

Teacher - Ranvir GillSubject - Human Physiology

Distance Learning

**April – Assignments 1, 2 & 3**

Student Name: \_\_\_\_\_

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Zoom Virtual Meeting: Monday – Thursday (April 6- April 9)

Ranvir Gill is inviting Parents and students to a scheduled Zoom meeting.

Topic: Questions about Biology, Human Physiology and Advisory/ Vision classwork

Time: Apr 6, 2020 12:00 PM Pacific Time (US and Canada)

Every day, until Apr 9, 2020, 4 occurrence(s)

Apr 6, 2020 12:00 PM

Apr 7, 2020 12:00 PM

Apr 8, 2020 12:00 PM

Apr 9, 2020 12:00 PM

Please download and import the following iCalendar (.ics) files to your calendar system.

Daily: <https://us04web.zoom.us/join/u50td-mgpz8scSvbmXH-u3TM4Z7wVpljww/ics?icsToken=98tyKu-hrjsqEt2RtlyCARltW4HqbuG5kXJ9vKFQpDeoFnNnT1fMYfV0lr51B8-B>

Join Zoom Meeting

<https://us04web.zoom.us/j/690008946?pwd=dDJlOVlZSEtpeFd6WUJ4Q2t1VzdKdz09>

Meeting ID: 690 008 946

Password: 774674

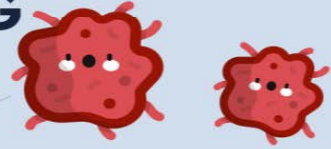
Directions for the Assignments**Total Credits - 3**

- Complete Pages 2 – 3 by April 8 – 15 lessons
- Complete Page 4 - 5 by April 13 – 15 lessons
- Complete Page 6 by April 17 – 15 Lessons
- Assignment numbers are on the 2<sup>nd</sup> line on page 1
- Make sure to put your name on every page
- You may use google docs or paper assignment to complete these assignments
- These worksheets will be graded
- Score of at least 60% is required to earn full credit for each assignment

Assignment 1:

Read the diet instructions for BEATING COVID 19 (CORONAVIRUS) and answer the following questions.

## DIET INSTRUCTIONS FOR BEATING COVID 19(CORONAVIRUS):



1.

**REMEMBER – PREVENTION IS ONLY CURE FOR THIS DISEASE**

**AS IT PREVENTS DIRECT CONTACT WITH BODY.**

**2. HYDRATE YOURSELF WITH HEALTHY LIQUIDS LIKE :**

**LEMON WATER**

**GINGER WATER**

**TULSI WATER**

**MINT WATER**



**3. AVOID MUCUS FORMING FOODS LIKE :**

**GUAVA**

**BANANA**

**COLD MILK CURD / BUTTERMILK**

**ICE-CREAM**

**COLD DRINKS**

**CAKES**

**COLD AND FROZEN FOODS**



Q1. What is COVID 19? What is a simple CURE for COVID – 19?

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Q2. How would you keep yourself hydrated?

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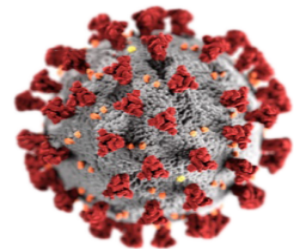
Q3. What foods should we avoid for during this pandemic?

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**4. EAT HOMEMADE FOODS WHICH IS SLIGHTLY WARM AND WELL- COOKED.**

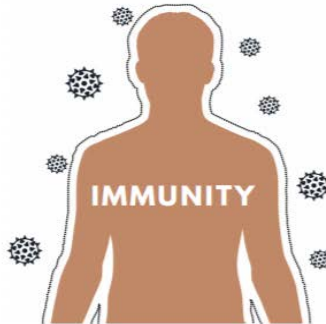


**6. COOKING VEGETABLES, GRAINS MAY REDUCE CONTAMINATION BECAUSE OF HEATING AS CORONA VIRUS DOES NOT SURVIVE IN HOT MEDIUM.**



Q5. Why should we eat well cooked slightly warm food? (25 words)

## Assignment 2:

**7. TAKE IMMUNITY BUILDING FOODS LIKE:-****TULSI DROPS****HALDI (CURCUMIN)****ASHWAGANDHA****WATER****POMEGRANATE****GINGER****JAGGERY****IN MODERATION EVERY DAY****9. GARGLE WITH SALT WATER (LUKEWARM )  
EVERYDAY 2/DAYS****11. EAT 25GM NUTS DAILY FOR REGULAR PROTEIN  
IN BODY. IF CANNOT EAT NUTS THAN DAILY EAT  
BOILED MOONG OR PEANUTS (BOILED).****12. DRINK WARM WATER + LEMON DAILY TO KEEP  
YOUR BODY ALKALINE.**

Q6. How can Immunity building foods, gargle with lukewarm water with a pinch of salt, nuts and drinking warm water help us stay healthy? (25 words)

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**14. TAKE GOOD REST AS IT BEST IMMUNITY BOOSTER.**

**15. LAST BUT NOT THE LEAST :  
BE POSITIVE.  
QUARANTINE YOURSELF.**

Q7. Health plays such an important role in our life. The most common symptoms of COVID – 19 are fever, cough, shortness of breath, and breathing difficulties. In more severe cases infection can cause pneumonia, severe acute respiratory syndrome, and even death. The period within which the symptoms would appear is 2-14 days.

*"How do you feel when you hear about coronavirus?"*

*"How do you feel when you see others wearing masks?"*

*"What do you think about school, being canceled?"*

Why COVID 19 patients are advised to take good rest and self-quarantine themselves? (50 words)

**Assignment 3:**

Schools have been dismissed all over US and in over 150 other countries. Draw/ write your views how it may be affecting our health, education, jobs, day-to-day life, families and the economy? Are you maintaining social distance? (25 words)



Why doctors, nurses, and other medical staff dressing in safety medical gowns, masks and gloves?(25 words)