

Second Terminal Evaluation 2019-20

Health And Physical Education

9th Answer Key

1. D Pranayama
2. C Slugger
3. A. Bhujangasana
4. D. Leander Paes
5. C. Yoga Olympiad
6. The condition where one or more nutrients are not enough or too much or in wrong proportion in a diet is termed as malnutrition
7. Only a minimal amount of energy is utilised for day to day activities. The excess energy that remains in our body is termed as 'surplus energy.'
8. Junk food further leads to dangerous health issues like cardiac diseases, high blood pressure and stroke. So it is necessary that we should abstain from consuming junk food in our daily lives.
9. Pranayamam helps to control the act of breathing.
10. The four Grand slam(Tennis) tournaments are
 - Wimbledon
 - Australian Open
 - US Open
 - French Open.
11. Sunstroke is a phenomenon affecting the skin as a result of overexposure to radiation coming from the sun. To Avoid excessive direct exposure to intense sunlight. Drink plenty of water. Wear light cotton clothes. Use sunscreen ointments. Avoid over consumption of tea and coffee during hot days.
12. Bhujangasana
 - It helps to increase the flexibility and strength of your abdomen muscles.
 - It strengthens the spine and keeps it flexible.
 - It promotes better lung functioning.
 - It improves the functioning of digestive system and leads to better digestion.
 - It resolves body pain.

Sasangasana

- Gives a good stretch to the spine and the waist.
- Strengthens body muscles.
- Improves digestion
- Betters concentration.

Pavanamuktasana

- Provides flexibility to the spine, strengthens and gives a good stretch to your abdominal muscles.
- Expels trapped digestive gas from the stomach.

Prepared By

Anas Nadubail
Muhimmath HSS

