

J & K POLICE PUBLIC SCHOOL  
MIRAN SAHIB JAMMU

CLASS: - 12<sup>th</sup>  
SUBJECT: - PHE  
UNIT:- 1& 2

Date:- 24/04/20  
MARKS: - 20

**Assignment :- 1**

**Section A (1 x 6 = 6)**

**20 - 30 words**

- Q1. Give two objectives of Extramural activities.
- Q2. What do you understand by planning in sports?
- Q3. Define Run for unity.
- Q4. Why roughage is considered a necessary part of diet.
- Q5. Write about Micronutrients."
- Q6. What do you mean by nutritive Component of diet?

**Section B (3 x 3 = 9)**

**80 - 90 words**

- Q7. Explain three food myths in detail.
- Q8. Discuss in detail food allergy with examples.
- Q9. List the steps needed to control weight.

**Section B (1 x 5 = 5)**

**100 -150 words**

- Q10. What do you mean by a healthy weight? Explain ways to maintain a healthy weight.

**SUKHMEET KOUR**  
**PGT:- PHYSICAL EDUCATION**