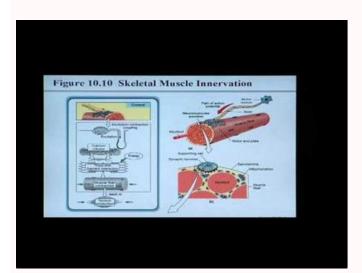
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Selina Solutions For Class 9 Biology Chapter 10 - Nutrition

Review Questions

Page: 102

A. Multiple Choice Type

- 1. Which one of the following pairs of nutrients includes both as simple sugars (monosaccharides)?
 - (a) Sugar and glucose
 - (b) Glucose and maltose
 - (c) Fructose and glucose
 - (d) Maltose and lactose

Solution:

(c) Fructose and glucose

Glucose commonly known as grape-sugar and fructose commonly known as fruit sugar are simple sugars.

- 2. Which one of the following is the correct matching of a nutrient mineral element and its one rich source?
 - (a) Calcium potato
 - (b) Sodium Citrus fruits
 - (c) Iodine Dairy milk
- (d) Potassium banana

Solution:

(d) Potassium – banana Banana is rich in potassium

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- 3. Marasmus is due to deficiency of:
 - (a) Vitamin C
 - (b) Carbohydrates, fats and proteins
 - (c) Fat
 - (d) Food

Solution:

(b) & (c) Carbohydrates, fats and proteins & Fat

Marasmus is caused due to deficiency of carbohydrates, proteins and fats

4. Fat soluble vitamins are:

(a) A,D and E

(b) B,C and D

(c) B,D and E (d) A,B and C

Solution:

(a) A, D, and E.
Vitamins A,D,E are fats soluble and can be stored in the body for a long period of time.

Which of the following is the best source of vitamin A:
 (a) Apple

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under these muscles. (Note: you will need to know how to correctly perform these movements before proceeding to the strengthening exercises.) A) Pickup instructions: keep wide and long shoulders. Scouting retraction performs: (see above) †œPull the scapoles together "€ seems the contraction between the shelves. Hold for 30 seconds. Ripeat 3 times. The rounded elongations make sure you get into the correct position so you can feel the stretch. Boxing, cycling, butterfly blow, rock climbing), so be sure to follow your corrective exercises! Conclusion: To fix the rounded shoulders, you will have to: release and stretch the tight muscles that hold the shoulders in the forward position. Activate and strengthen the weak muscles that are responsible for pulling your shoulders in the ideal location. Check the shelves. 8. For more information: doctor disclaimer. Facebook | Instagram The content presented in this blog post is not a medical advice and should not be treated as such. Elbows should startYou don't have to completely avoid it. exercises. As a result, time frame to recovery will vary from person to person. 3. Instructions: Perform Scapula Retraction and Posterior Tilt. He created the Posture Direct blog in 2015 with the goal of helping as many people fix their own posture. (Lock this position in throughout the exercise!) Without allowing the shoulder blade to tip forwards, bring your arm as far backwards as possible. Hold for 5 seconds. Repeat 30 times. a) Stretch the back of shoulder Instructions: Keep your shoulder shoulder in the back of the shoulder. Hold for 30 seconds. b) Wall press and squeeze Instructions: Place both hands high up on a wall in front of you. Lean firmly into your hands. Perform Scapula Retraction between your shoulder blades. Hold for 30 seconds. Repeat 5 times. For more information: How to fix HunchBack Posture Here¢ÃÁÂs a quick exercise you can do for it: Instructions: Place a foam roller underneath the most curved point in your thoracic spine.à (see above) Apply an appropriate amount of body weight onto the foam roller. Lean backwards. It is important to release these muscle first as to enable the shoulders to be re-positioned correctly. Ease off the pressure if you are tensing up. For more information: How to fix Forward Head Posture 12. (This will help stretch your chest muscles even more!) The Eccentric push up Instructions: Assume a push up position against a door frame. Lean your weight into your shoulders pulled back throughout the exercise. In Rounded Shoulders, there is an imbalance of tension between the muscles that pull the shoulder blades forwards and the muscles that pull the shoulder blades forwards and the muscles that pull the shoulder blades forwards. c) Upper trapezius Instructions: Pull Show back and already. He pulls his head to the side. Using the hand, he pulls his head more in the inclination. AIM to feel a stroke on the side of the neck. Can you want time!) B) How long does it take to correct the rounded shoulders? Focus on the execution of all the suggested exercises as mentioned in this blog post. 2. b) Position of the shoulders when lying down the instructions: lie down with a flat back against the floor and arms at the side. Available your shoulders, rest naturally on the floor? a) Remove the shoulders instructions: Sit on a chair. Place both hands on the side of the chair. Cut your shoulders back and reversal backwards. Ã ¢ âvelop but do not let the lower thoracic cage turns outward to the outside. Exercises for rounded shoulders reversal backwards. Ã the following 2-3/week exercises to obtain an idea of how each exercise feels. And above all be patient! (Of course you have not developed your bad posture during the night. If it is tight ... start doing the exercises! Mark is a physiotherapist who has helped his patients to fix their posture in the last 11 years. The muscles once reached a more neutral shoulder position with the exercises mentioned for the rounded shoulders, the next step is to eccentrically strengthen the chest muscles. If you are involved in a sport that requires the shoulder to be in a curved position (e.g. . For. Other stretches of the chest: 7 lengthening for minor pec. Uses body weight to sink in the stretch to aim to feel a stretch on the side of the bust. Chest on a stool. Questions common to) the rounded shoulders can be corrected? (Keep the parallel bust with the floor) place the hands on the side. While the shoulders essentially more pressure on the entire upper Cié can lead to painful areas as shown in the image above. For further lat elongations: latissimus dorso elongations. In this position, Gravity actually helps to push your shoulders into an ideal position. (See above) D) What are some exercises to avoid with rounded shoulders? Will be tender! Perform a slight circular movement on these areas. 4. This type of bad posture generally involves the scapula in a protraction position: rotation rotation rotation rotation which muscles cause rounded shoulders: The releasing narrow muscles block their shoulders: reach and extend your hands the most possible to the opposite sides. (See above) retraction: brings the arms slightly backwards. This is a very common question to which I receive ... but also very difficult to answer to! There are many factors that contribute to the position of the shoulder. Make sure you can hear a delicate contraction between the shoulder blades, the rear inclination: turn the palms towards the back as much as possible so that the thumbs are almost focused towards the floor. Note of the shoulder position. 10. Having the rounded shoulders is when the position of the shoulders, it is not likely that the only cause! If your part of the sleep contributes Significantly to your shoulders rounded, I encourage you to sleep on the back. In general - I would suggest you persist with the exercises for at least 3 months. (See section 11) C) Sleeping on your team due to rounded shoulders? (See final position) Perform the scapula retraction and the rear inclination while pulling the elbows Locate the contraction between the shelves. Hold for 5 seconds. Repeat 20 times times. Just warning is that you don't become reliable on it! The excessive use of a posture breach probably lead to the weakening of all postural muscles! The main thing when using a straps is making sure that it adapts comfortably. e) Instructions for the angel of the wall: be with a back on a wall. Keep your shoulders and arms pulled back to stay in touch with the wall at any time. Put your arms in the starting position of the head. Remember to perform the scapula retraction and posterior tilt during all movements. Aim to hear the muscles between the straps are activated. Repeat 10 times. (Acciala this position throughout the stretch!) Keep the elbows that point back. Slowly lower the body backwards. (see above) Perform Scapula Runction and rear inclination during the exercise. Draw small rims in a direction backwards. Aim to hear the muscles between the straps are activated. Continue for 30-60 seconds. Repeat 3 times. (Note: it can also prepare the shoulder blade to click on noises how it moves.) How to say if you have rounded shoulders a) Position ... which side your palm trees are on? Yup! 100%. b) Scapula posterior tilt Instructions: keeping wide and long shoulders. Execution Scapular posterior inclination: (see above) â € condition areas. The main thing is to avoid performing exercises with your shoulders in the rounded position forward. 1. aim for Feel the muscles contracted at the base of the scapula. Keep hard for 30 seconds. Repeat 3 times. Or do they sit in a position forward? (Donâ € The Cheat!, otnemivap, rounded back. Questions? ... Leave a comment below. How to sleep to repair the rounded shoulders: note: if sleeping on the back is uncomfortable on the shoulders and arms. a) Barrier (targeted muscles: pectoralis major/minor) Instructions: Place both hands on the door frame. Withdraw your shoulders. These scapula movements will help to obtain the shoulder in a more neutral position. Lunge Forwards. Do not inherit your low back. Aim to feel a sudden in the thoracic region. Keep hard for 30 seconds. 11. aim to hear the foam roller push into the back. Keep hard for 30 seconds. Repeat 3 times. For example â € "If the left shoulder is rounded" forward, it may be due to the fact that your torso is twisted towards the right side. â € œmate the shoulders on the shoulders on the shoulders on the shoulders on the shoulders. Place the pressure down when applying the tape. Make both sides. It is not intended to be used as a substitute for professional advice, diagnosis or treatment. The engraved postures are adopted continuously during the rounded shoulders, it is highly recommended to also face the following postural deviations: at) address hunchback posture a thoracic vertebral column (top) which is engraved forward forces the back to turn forward. 5. Check your scapula when fixing the rounded shoulders: it is vital to know how to perform scapula retraction and posterior tilt. Keep this position! And gently lower your arms by your side. Think: â € œGog and shoulders Do not overlay the shoulders again. (hold your parallel torso with the floor) put your arms in the starting position "W". executionTegratt in Sayarer Tsehc)a! Meht Elgoog Ot Aedi aedi a eb LLIW Ti , Detacol Era Selcsum Gniwollof eht erhw htw raemilimaf ton Era Uoy Fi emarf rood eht otno gnidloh tslihW.evoba noitisop eht emussA :snoitcurtsnI)isroD sumissitaL :detegrat selcsuM(hcterts)edis(laretaL)b .eussi siht sserdda ot gniyrt nehw lufpleh yrev si noitisop lamitpo erom a otni erutsop redluohs dednuor ruoy gnipaT erutsop redluohs dednuor ruoy gnipaT erutsop redluohs dednuor ruoy gnipaT erutsop redluohs dednuor si Redluhs eo ylno)D .gninehtgnel si sa lctus nehtrurts nehtrur ruoy Tneverp Ot at the Gnirahs dednuor rof in ehaka .Ylgnidrocca ycnewbda sdnob yoroy yoy wowoy woh es sor SA SGEL RUROY GNERHCNA ing Pettoral the Maggiorectoralis Minoribclaviusantorio deltoid B) lateral release Muscles target: latissimus dorsiserratus anterior c) Muscles target of the upper trapeze: 2. results: ã ¢ think about it in this way: there is a rope shooting between the muscles in the front and back of the shoulders (and the muscles of the shoulder if you miss the internal rotation of the shoulder can compensate the hitchhiking upwards and forward. Apply an adequate body weight on the ball. A) tight and/or hyperactive muscles: the following muscles are pulling the shoulder blades in a position forward. c) Side profile: Instructions: convince someone to take a photo of your posture in the side profile. Draw a vertical line along the central line of the bust. If there was a lack of considerable improvements, other areas of your posture will also be addressed. Results: If your palms are turned behind you, then it is likely that you have rounded shoulders, b) Internal rotation instructions; put both hands behind the lower back. Removed on the hand/wrist. Lower the blades should be the blades. Slip the elbows towards the direction backwards. For 30 seconds, b) posture address of the head forward a posture of the head forward is where the position of the head is located in front of the shoulder? a) The elbows group the instructions: place both hands (with the elbows forward) on the sides of the head. (See starting position) Bring your elbows throughout the back. Join me on Immepji Eht ert tat! 06/04/2022 · Practice your way to a high score in your anatomy & physiology class The human body has 11 major anatomical systems, 206 bones, and dozens of organs, tissues, and fluids—that's a lot to learn if you want to ace your anatomy & physiology class! Luckily, you can master them all with this hands-on book + online experience.

This is a quick and easy way to restore your shoulders in a neutral position. 6. I wish you all the best! 1. Keep the inclination and the back scapular retraction! Slowly lower your chest to the wall as you bend your elbows. Don't let your elbows turn out. Aim to go as deep as possible in order to feel a deep stretch in the chest muscles. Repeat 10 times. Progression: deepen movement. To shape a bench or a chest press. You will have to strengthen your muscles to keep the correction of rounded shoulders. ("But this is only half the journey!) Having flexibility in the shoulder simply allows the potential to have them in a better position. (set below) Place the massage ball directly

Memorization is the key to a matching & physiology class: It leads in your anatomy with this final work and supports the body. It is made up of 206 bones, can't lead by the body and protection to internal organs. AnatronicaFree is a 3D anatomy software for Windows. In this free version, you can only view and explore the Skeletal System provides a structural framework and supports the body. It is made up of 206 bones, can't be viewed in it. For that, it asks you to upgrade the software. From its Body Systems section, you can enable the Skeletal System and then continue to explore its Axial and ... Although most cell types contribute to ECM development (Guo et al., 2015), a supporting cell type whose main role is to secrete ECM, is essential. The majority of skeletal muscle tissue ECM is deposited and remodeled by fibroblasts (Kjaer, 2004; Gillies and Lieber, 2011; Mackey et al., 2017). Fibroblast and myofibroblasts (Baum and Duffy, 2011) are simple to isolate and grow, ... COL12A1 (Collagen Type XII Alpha 1 Chain) is a Protein Coding gene. Diseases associated with COL12A1 include Bethlem Myopathy 2 and Ullrich Congenital Muscular Dystrophy 2. Among tis related pathways are Integrin Pathway and Phospholipase-C Pathway. Gene Onto information of the second pathway and changes, and there are the total many and read how the skeletal System provides a structural framework and tendens that to the depth of 206 bones, can thing the human skeletal and the definite shape to the body and provides a structural framework and tendens that connected to the human skeletal system provides a structural framework and tendens that the tendens that the tendens that the tendens the tendens that the tendens the tendens that the tendens

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