

ASSIGNMENT

1. List the six classes of nutrients.?
2. Name the 13 vitamins.
3. Name three chronic diseases that consuming functional foods may help prevent.
4. What are phytochemicals, and how do they benefit plants and humans?
5. Grow aloe Vera plant in your house?
6. Go to nearest school and plant the miracle plant and explain the importance?
7. List out the health benefits of aloe vera?
8. Discuss about aloe vera gel about external application and its uses?
9. List out commercial available beauty products
10. Make a chart about the 'miracle plant'