

## **ASSIGNMENT**

1. why fruit and vegetables are essential to our body?
2. explain the health benefits of fruits
3. explain the health benefits of vegetables
4. how fruit and vegetables are stored for long time?
5. write the nutritive value of apple
6. write the nutritive value of tomato
7. write the nutritive value of pine apple
8. write the nutritive value of green apple
9. write the nutritive value of carrot
10. write the nutritive value of radish
11. write the nutritive value of pomegranate
12. write the nutritive value of bottle guard
13. write the nutritive value of snake guard
14. write the nutritive value of onions
15. write the nutritive value of cashews
16. write the nutritive value of some dry fruits
17. list out the nutritive values of daily consuming food