

ASSIGNMENT

1. write a brief note on vitamins in Cashews
2. write a brief note on chemical constituents in Cashews
3. how to process cashew nuts and other commercial rich nuts
4. list out the nutritive value contained in cashew
5. write a brief summary on the health benefits of cashew in Preventing Cancer
6. write a brief summary on the health benefits of cashew in Healthy Heart
7. write a brief summary on the health benefits of cashew in Lowering High Blood Pressure
8. write a brief summary on the health benefits of cashew in Healthy Bones
9. write a brief summary on the health benefits of cashew in Healthy Nerves
10. write a brief summary on the health benefits of cashew in Prevents Gallstones
11. write a brief summary on the health benefits of cashew in Digestion
12. write a brief summary on the health benefits of cashew in Healthy Gums and Teeth
13. write a brief summary on the health benefits of cashew in Helps in Weight Loss
14. write a brief summary on the health benefits of cashew in Macular
15. write a brief summary on the health benefits of cashew in Degeneration
16. write a brief summary on the health benefits of cashew in Pleasant sleep