

## ASSIGNMENT

1. Define future of phytochemicals?
2. What are phytonutrients and where are they found?
3. What are the Major Classes of Phytonutrients
4. List the food containing Carotenoids?
5. What are secondary plant metabolites?
6. Write notes on how do phytonutrients protect against disease?
7. Define how Vegetable Intake will help in maintaining good health?
8. Write notes on Alpha-carotene, beta-carotene, and beta-cryptoxanthin.?
9. Write notes Ellagic Acid and health benefits?
10. Mention what is lycopene and how it protect against disease?
11. Go to nearest school and explain which foods contain cholesterol as well as its effect on health?.
12. List the potential health benefits of a vegetarian diet.
13. List the six classes of nutrients.?
14. Make a chart of the diseases and/or characteristic symptoms of deficiencies of each water-soluble vitamin put it in school notice board.