

## **ASSIGNMENT**

1. List the six classes of nutrients.
2. Name the 13 vitamins.
- 3: Explain the young school going children's about the importance of breakfast cereals
- 4: List out commercially available breakfast cereals.
- 5: Guide the people about the problems are associated with skipping breakfast
- 6: Make a chart of breakfast cereals
- 7: Explain the nearby school children about the cereals and its importance.
- 8: Discuss with your family members about the main roles of vitamins in the body? Other phytochemicals deficiency?
- 9: List the Nutritional facts: essential amino acid present in the cereals
- 10: Apart from normal cereals try other grain product and find out the benefits