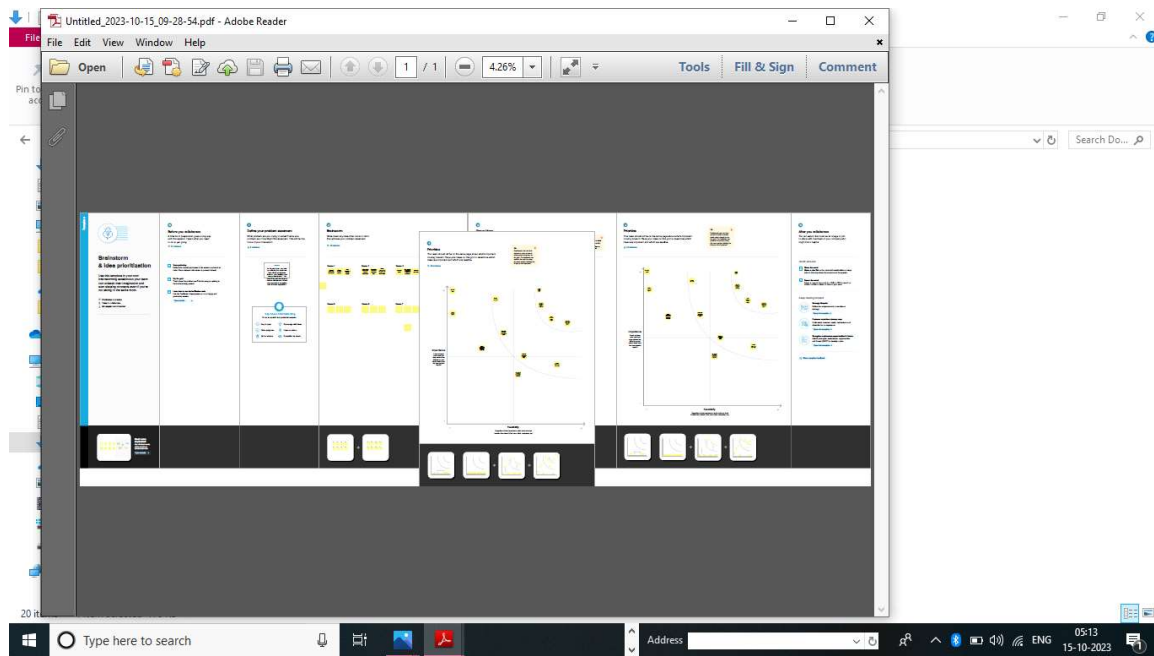


2.2 IDEATION & BRAINSTROMING MAP:



3. RESULT:

amounts medical news today.

5.APPLICATIONS:

Green leafy vegetables contain essential micronutrient like beta_carotene,lutein,and zeanthin. these can help prevent damage to the cells of our body and even enhance eyesight.apart from these, green leafy vegetables are highly effective and beneficial for healthy skin and hair.

6.CONCLUSION:

The leafy vegetables such as a spinach ,lettuce, chenopodium,fenugreek,and mustard constitute an important segment of vegetables and are extremely nutritive and good for health.