



Chess is a strategic board game played between two players on a board with 64 squares. It has been played for centuries and is one of the most popular and intellectually stimulating games in the world. The game requires players to use their critical thinking, analysis, and problem-solving skills to outmanoeuvre their opponent and capture their king. Each piece on the board has its own unique abilities and movements, making the game complex and challenging.

1. Almonds

There are a lot of health benefits associated with almonds. Almonds are very high in vitamin E and protein as well as other nutrients such as magnesium and phosphorus. Almonds contain anti-cancer properties as well. Whether almonds are best raw or pasteurized is still a source of heated debate.

Peanuts are not classified as nuts because they are not botanically nuts. Botanically, a nut is a dry fruit that contains a single seed and has a hard, woody shell. Peanuts, on the other hand, are legumes, which are fruits that contain multiple seeds and have a soft, fleshy shell. Peanuts are also grown underground, while true nuts grow on trees.