1. There are four types of margins that can be adjusted:

* **Top Margin:** The distance between the top edge of the page and the top of the worksheet.
* **Bottom Margin**: The distance between the bottom edge of the page and the bottom of the worksheet.
* **Left Margin:** The distance between the left edge of the page and the leftmost cell in the worksheet.
* **Right Margin:** The distance between the right edge of the page and the rightmost cell in the worksheet.

By default, Excel sets margins to 1 inch for each margin type. However, margins can be adjusted to accommodate specific printing or formatting requirements.

1. To set a background for table in Excel:

* Select the table for which you want to set a background.
* Click on the Home tab in the ribbon.
* Click on the Format as Table dropdown button.
* Choose a table style that you want to use for your table.
* Once the table style is applied, click on the Design tab in the ribbon.
* Click on the Table Styles Options button.
* In the Table Options dialog box, check the box next to "Header Row" and "Total Row" if you want to apply the background to these rows as well.
* Click on the Fill dropdown button in the ribbon and choose a color that you want to use as the background for your table.
* The background color will be applied to the cells in your table.

Alternatively, you can also select the cells that you want to apply a background color to and then click on the Fill Color dropdown button in the ribbon to choose a color. This will only apply the background color to the selected cells and not the entire table.

1. Freeze panes is a feature that allows you to freeze certain rows or columns in a worksheet so that they remain visible while you scroll through the rest of the worksheet. This is useful for keeping important headers or labels visible while you work with large sets of data.

To use Freeze Panes:

* Select the row below the rows that you want to freeze or the column to the right of the columns that you want to freeze.
* Click on the View tab in the ribbon.
* Click on the Freeze Panes dropdown button.
* Choose the option that best suits your needs, such as Freeze Panes, Freeze Top Row, or Freeze First Column.

1. There are three different options available within the Freeze Panes command:

* **Freeze Panes:** This option freezes both rows and columns, meaning that the selected cell or range of cells will be locked in place and visible at all times while you navigate through the worksheet.
* **Freeze Top Row:** This option freezes the top row of the worksheet, meaning that the row containing the column headings will remain visible as you scroll down through the worksheet. This is useful for working with large sets of data where the column headings are important for reference.
* **Freeze First Column:** This option freezes the first column of the worksheet, meaning that the leftmost column will remain visible as you scroll horizontally through the worksheet. This is useful for working with large sets of data where the leftmost column contains important information that you want to keep in view.

1. Workbook can contain multiple worksheets or sheets, which are essentially different tabs that hold different sets of data. The different sheet options present are as follows:

* Rename: This option allows you to rename the selected sheet to a custom name of your choice.
* Move or Copy: This option allows you to move or copy the selected sheet to a new location within the same workbook or to a different workbook.
* Delete: This option allows you to delete the selected sheet from the workbook.
* Insert: This option allows you to insert a new sheet into the workbook. You can choose to insert a blank sheet, a sheet with a specific layout, or a sheet copied from an existing sheet.
* Tab Color: This option allows you to change the color of the selected sheet tab for easy identification.
* Protect Sheet: This option allows you to protect the selected sheet from being edited or deleted by others. You can choose to password-protect the sheet or restrict certain actions such as formatting, sorting, or selecting cells.
* Hide or Unhide: This option allows you to hide or unhide the selected sheet from view. This is useful for keeping certain sensitive or confidential information hidden from view.
* View Code: This option allows you to view the Visual Basic for Applications (VBA) code associated with the selected sheet. This is useful for advanced users who want to create custom macros or automate tasks using VBA.