I carbon down hydrogenation:

Il oxygen down hydrogenation:

III side on hydrogenation:

$$1 \stackrel{\bigcirc}{=} 01$$
 or  $\stackrel{\bigcirc}{|} 1 \stackrel{2H}{\longrightarrow} \stackrel{H}{\longrightarrow} \stackrel{2H}{\longrightarrow} M + CH_3OI$ 
formaldehyde