Exothermic & Endothermic Reaction

Determine the following examples as an exothermic or an endothermic reaction.

Photosynthesis	
Respiration	
Baking cake	
Rusting of iron	
Instant cold pack	
Instant hot pack	

Write the correct conversion of matters for exothermic and endothermic respectively.

$ ightarrow$ liquid $ ightarrow$	Exothermic
\longrightarrow liquid \longrightarrow \longrightarrow	Endothermic