ZnSO4

Mw of ZnSO4 = (65.409 + 32.065 + 15.9994*4)== 161.4716 g/mol

w of Zn = n*Mw(of Zn)/Mw(of ZnSO4) * 100% = 1*65.409/161.4716=40.508%

n - number of atoms in compound
The same for other elements in ZnSO4 (for FeCl2,CuO)

It was example how to calculate persent.

But there are some tables which can show you persent of element in compound. The name of that tables is " Percent composition by element "
You can find some tables in this site http://www.convertunits.com/molarmass/ZnSO4

Element	Symbol	Atomic Mass	# of Atoms	Mass Percent
Zinc	Zn	65.409	1	40.508%
Oxygen	O	15.9994	4	39.634%
Sulfur	S	32.065	1	19.858%

Element	Symbol	Atomic Mass	# of Atoms	Mass Percent
Copper	Cu	63.546	1	79.886%
Oxygen	O	15.9994	1	20.114%

Element	Symbol	Atomic Mass	# of Atoms	Mass Percent
Chlorine	Cl	35.453	2	55.941%
Iron	Fe	55.845	1	44.059%