

our foods?
Cereals

[AFS202] Vegetables and fruits are recommended to be in our diet because it -----
All of the options

[AFS202] Which of the following carbohydrate food also contains the highest quantity of protein?
Yam

[AFS202] Which of the following classes of food is largely consumed as bread and to a less extent as cakes
Cereals

[AFS202] Which of the following foods is most recommended for diabetic patients
Plantain

[AFS202] Niacin generally is in bound form. True or false
True'

[AFS202] The carotenoids in corn majorly contains -----
Vitamin A

[AFS202] The low quantity of thiamine and riboflavin in polished rice results to a disease condition known as -----
Beriberi

[AFS202] Fruits are usually recommended to be taken as much as possible because of its -----
Vitamin C

[AFS202] The niacin in corn can most likely be digested through the process of -----
Pre-treating and roasting

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