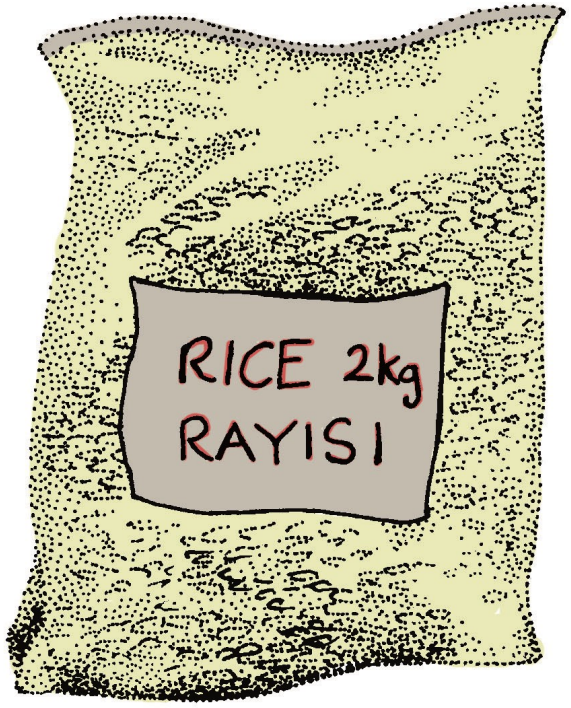
AFRICA AHEAD

# Topic. 10.a.

# 1.

# Nutrition Cabohydrates & Fats



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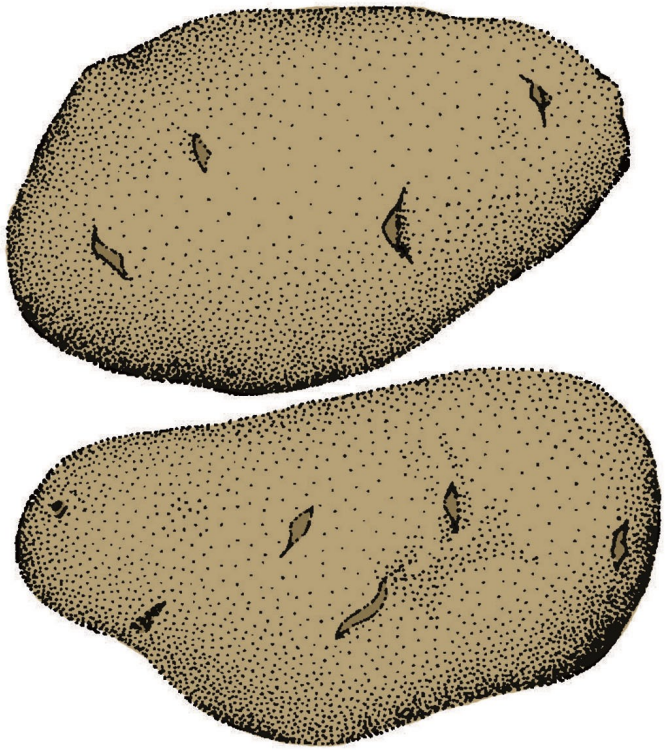
# Topic. 10.a.

## 2.

# Nutrition
# Cabohydrates & Fats



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**3.**

# Nutrition
# Cabohydrates & Fats

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# 4.

# Nutrition Cabohydrates & Fats

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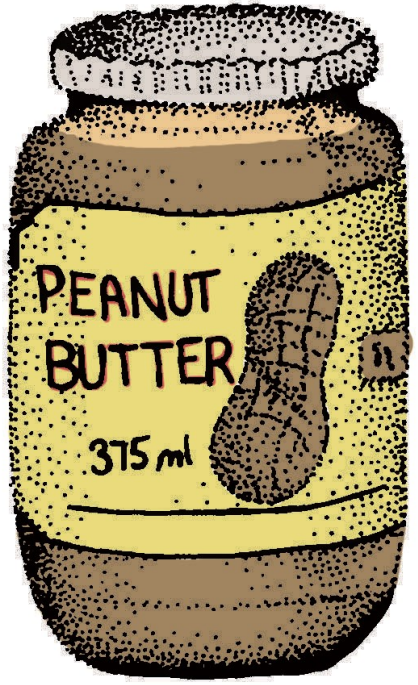
## 5.

# Nutrition Cabohydrates & Fats



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## 6.

# Nutrition Cabohydrates & Fats

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# 7.

# Nutrition Cabohydrates & Fats

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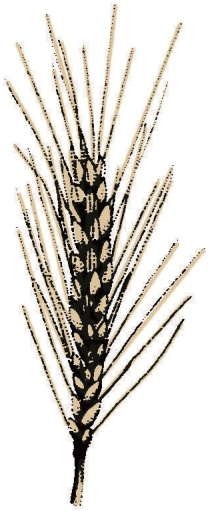
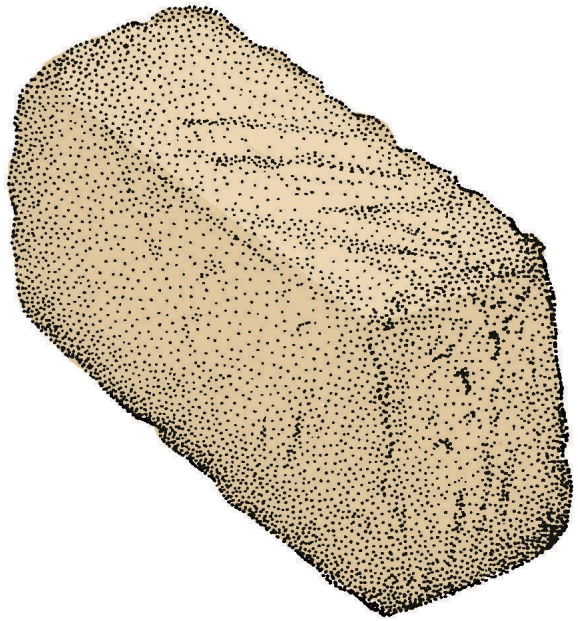
# 8.

# Nutrition Cabohydrates & Fats





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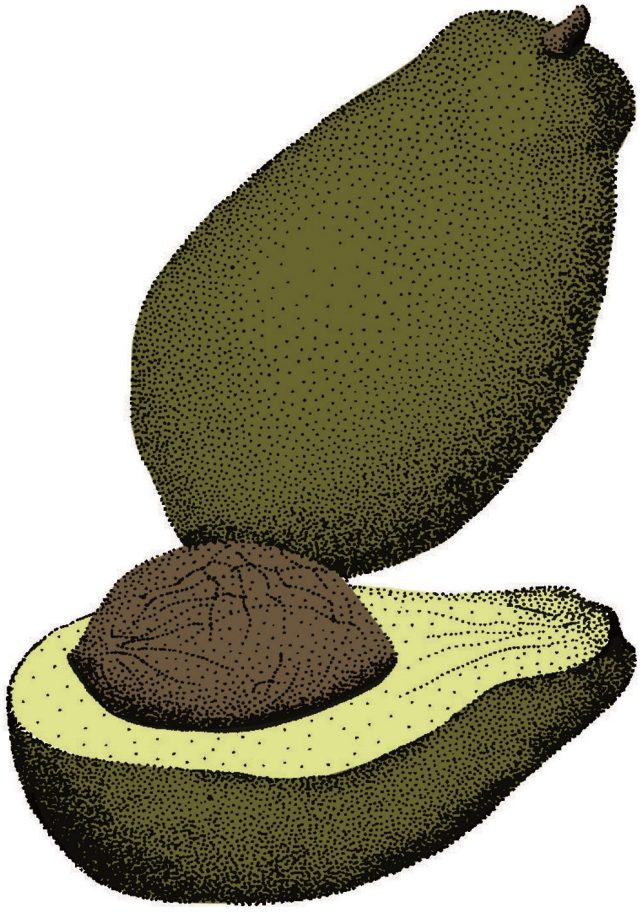
# 9.

# Nutrition Cabohydrates & Fats



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# 10.

# Nutrition Cabohydrates & Fats

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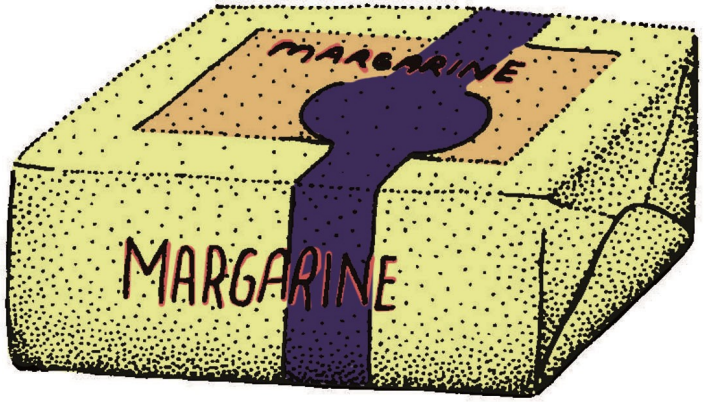
# 11.

# Nutrition Cabohydrates & Fats



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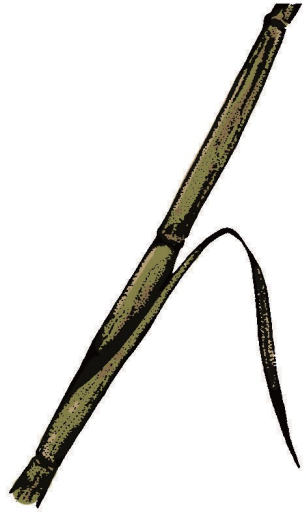
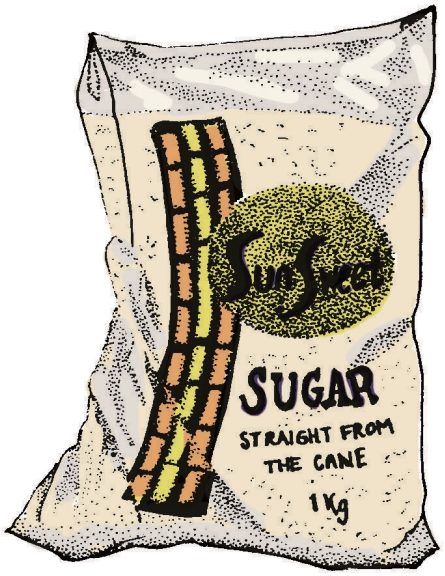
# 12.

# Nutrition Cabohydrates & Fats





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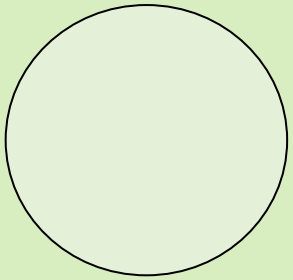

# Nutrition
# Cabohydrates & Fats

## NUTRITION : Carbohydrats & Fats

| | |
|---|---|
| 1 | Rice |
| 2 | Potatoes |
| 3 | Sweet Potato, Yam |
| 4 | Millet |
| 5 | Peanut |
| 6 | Cooking oil |
| 7 | Maize |
| 8 | Wheat / Bread |
| 9 | Avocado |
| 10 | Beer |
| 11 | Margarine |
| 12 | Sugar |