

**Editor's Comment:**

I have read the manuscript and I have the following comments to make

1. the background and the reasons for the experiment are not stated in the abstract, This should be done
  2. The topics: aim, design, methodology, results and conclusion should be removed from the abstract so that the sentence flow.
  3. the ages for the adolescents should be synchronized is it 12-18, 15-18, 15-19?
  4. The compositional figures for Kcal, protein, energy, fatty acids, fat, etc. are given but are they per gram or per 100 g?
  5. The grammar in some of the sentences have mistakes. The authors should correct the grammar
  6. the conclusion is very poor. It does not give the picture of what was done. it is too brief and vague.
- I do not recommend it for publication until the manuscript is improved further.

**Editor's Details:**

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