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| **ANGELWINGS COMPREHENSIVE COLLEGE, MAROKO, PW, KUBWA, ABUJA** | |
| **THIRD TERM MIDTERM EXAMINATION 2024/2025 ACADEMIC SESSION** | |
| **SUBJECT: National Values** | **CLASS: YEAR THREE** |

Foods we eat in our Culture as family members

1. Food is something solid or liquid that we eat to \_, remain alive and healthy (a) play (b) grow (c) sleep

2. In Nigeria, we eat \_ types of food (a) many (b) few (c) one

3. Which of these is a food eaten in Nigeria? (a) Stones (b) Yam (c) Air

4. Cassava is a type of food eaten in \_ (a) Nigeria (b) America (c) China

5. Tuwo shinkafa is a food commonly eaten in Nigeria (a) True (b) False (c) Maybe

6. Eating together makes members of the family \_ (a) sad (b) happy (c) angry

7. Eating together brings \_ and loyalty to the family (a) disunity (b) unity (c) conflict

8. Eating together promotes the sense of \_ in the family (a) hoarding (b) sharing (c) fighting

9. Eating together creates \_ among family members (a) hatred (b) love (c) indifference

10. Eating together teaches children table \_ (a) games (b) manners (c) songs

Importance of food to our Growth

11. The nutrients in the foods we take are Carbohydrate, Protein, Vitamins, and \_ (a) Sugar (b) Fats and Oil (c) Water

12. Yam and bread are examples of \_ (a) Protein (b) Carbohydrate (c) Vitamins

13. Meat and fish are examples of \_ (a) Carbohydrate (b) Protein (c) Fats and Oil

14. Fruits and vegetables are examples of \_ (a) Protein (b) Fats and Oil (c) Vitamins

15. Butter and cheese are examples of \_ (a) Vitamins (b) Carbohydrate (c) Fats and Oil

16. Food supply \_ needed to do work (a) sleep (b) energy (c) water

17. Food helps to \_ our body (a) break (b) build (c) shrink

18. Food keeps the body \_ (a) sick (b) weak (c) healthy

19. Food provides heat and \_ (a) cold (b) energy (c) light

20. Food also makes people remain \_ (a) alive (b) asleep (c) hungry

Greeting and Respect to Elders in our Culture

21. Greeting is a way of showing \_ to people and appreciating them (a) disrespect (b) anger (c) respect

22. Which of these is a form of greeting? (a) Crying (b) Kneeling (c) Shouting

23. Prostrating is a form of greeting (a) True (b) False (c) Sometimes

24. Shaking of hands is a form of greeting (a) True (b) False (c) Never

25. Greeting promotes \_ (a) intolerance (b) tolerance (c) conflict

26. Greeting promotes good \_ (a) neighbourliness (b) isolation (c) arguments

27. Greeting promotes \_ (a) rudeness (b) courtesy (c) sadness

28. Greeting shows \_ (a) anger (b) appreciation (c) fear

29. Greeting is a sign of respect to \_ (a) children (b) elders (c) animals

Ways of keeping our Environment clean

30. Our \_ is our surroundings (a) house (b) environment (c) car

Section B

Write the short answer questions for this section

1. List two benefits of eating together as a family \_\_\_\_\_\_\_\_\_

2. Name two types of food commonly eaten in Nigeria \_\_\_\_\_\_\_\_\_

3. Mention two nutrients found in food \_\_\_\_\_\_\_\_\_

4. List two forms of greetings \_\_\_\_\_\_\_\_\_

5. State two ways to keep your environment clean \_\_\_\_\_\_\_\_\_

Section C

Answer the following essay questions

1. Explain the meaning and importance of food.

2. Discuss the benefits of eating together as a family.

3. Describe the different types of nutrients and provide examples for each.

4. Elaborate on the importance of greeting in our culture.

5. How can we keep our environment clean? Provide specific examples based on the text.