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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** |

1. Food is something solid or \_ that we eat (a) gas (b) liquid (c) plasma

2. We eat food to grow, remain alive and \_ (a) strong (b) happy (c) healthy

3. Which of these foods is eaten in Nigeria (a) yam (b) pizza (c) sushi

4. Which of these foods is eaten in Nigeria (a) pasta (b) rice (c) tacos

5. Beans are a type of food eaten in \_ (a) India (b) Nigeria (c) China

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

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

8. Eating together creates \_ among family members (a) hate (b) fear (c) love

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

10. Eating together brings unity and \_ to the family (a) discord (b) loyalty (c) silence

11. \_ are found in the foods we take (a) Chemicals (b) Nutrients (c) Flavors

12. Yam is an example of (a) Protein (b) Carbohydrate (c) Vitamin

13. Meat is an example of (a) Carbohydrate (b) Protein (c) Fat

14. Fruits are an example of (a) Fats and Oil (b) Protein (c) Vitamins

15. Butter is an example of (a) Protein (b) Fats and Oil (c) Vitamin

16. Bread belongs to which nutrient group (a) Protein (b) Carbohydrate (c) Vitamin

17. Fish is a source of (a) Carbohydrate (b) Protein (c) Fat

18. Vegetables provide (a) Fats and Oil (b) Protein (c) Vitamins

19. Cheese is rich in (a) Protein (b) Fats and Oil (c) Vitamin

20. Food supplies \_ needed to do work (a) rest (b) energy (c) water

21. Food helps to build our \_ (a) clothes (b) body (c) house

22. Food keeps the body \_ (a) weak (b) healthy (c) tired

23. Food provides heat and \_ (a) cold (b) energy (c) darkness

24. Food makes people remain \_ (a) sick (b) alive (c) hungry

25. Greeting is a way of showing \_ to people (a) anger (b) disrespect (c) respect

26. Kneeling is a form of \_ (a) sleeping (b) greeting (c) running

27. Prostrating is a form of \_ (a) playing (b) greeting (c) eating

28. Shaking hands is a form of \_ (a) fighting (b) greeting (c) dancing

29. Greeting promotes good \_ (a) rivalry (b) neighbourliness (c) silence

30. Our environment is our \_ (a) school (b) surroundings (c) family

Section B

1. What do we eat to grow, remain alive, and healthy?\_\_\_\_\_\_\_\_\_

2. What type of nutrient is yam?\_\_\_\_\_\_\_\_\_

3. What type of nutrient is meat?\_\_\_\_\_\_\_\_\_

4. What does greeting promote among neighbors?\_\_\_\_\_\_\_\_\_

5. What must we sweep every day in our rooms?\_\_\_\_\_\_\_\_\_

Section C

1. State two benefits of families eating together.

2. Name two main nutrient groups.

3. Explain two ways food is important to our body.

4. List two forms of greeting.

5. Describe one way to keep our environment clean.