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

1. Food can be \_ or solid form (a) liquid (b) gas (c) plasma

2. Food helps us to \_ and remain healthy (a) sleep (b) grow (c) play

3. What is the primary purpose of food? (a) To make us thin (b) To make us grow and remain healthy (c) To make us lazy

4. Food makes us \_ (a) sick (b) grow (c) tired

5. Food can be liquid or \_ (a) gas (b) solid (c) vapor

Types of food

6. Yam, maize, and cassava are examples of \_ food (a) Body-Building (b) Energy giving (c) Protective

7. Food that gives us energy is called \_ food (a) Fatty (b) Protective (c) Energy giving

8. Beans, eggs, and fish are examples of \_ food (a) Energy giving (b) Body-Building (c) Fatty

9. Protein is supplied to our body by \_ food (a) Fatty (b) Body-Building (c) Protective

10. Butter, vegetable oil, and cheese are examples of \_ food (a) Energy giving (b) Body-Building (c) Fatty

11. Fatty foods provide fat and \_ (a) water (b) oil (c) protein

12. Fatty foods help to repair \_ cells in the body (a) healthy (b) damaged (c) new

13. Fruits and vegetables are examples of \_ food (a) Fatty (b) Energy giving (c) Protective

14. Food that protects the body against diseases is called \_ food (a) Body-Building (b) Protective (c) Energy giving

15. Which type of food helps to repair damaged cells? (a) Energy giving food (b) Fatty food (c) Protective food

16. Carbohydrates are examples of \_ food (a) Protective (b) Energy giving (c) Fatty

17. Which of these is an example of Body-Building food? (a) Yam (b) Eggs (c) Cheese

18. Which of these is an example of Fatty food? (a) Maize (b) Fruits (c) Palm oil

19. Which of these is an example of Protective food? (a) Fish (b) Vegetables (c) Cassava

20. Energy giving foods primarily provide us with \_ (a) vitamins (b) energy (c) fat

Balanced diet

21. A balanced diet contains all the \_ of food (a) types (b) classes (c) colors

22. A balanced diet must have the right amount of Carbohydrate, protein, vitamins, and \_ (a) sugar (b) fat (c) minerals

23. Moinmoin with vegetable and fish served with pap is an example of a \_ diet (a) unhealthy (b) balanced (c) junk

24. Rice and Beans served with boiled egg and fruit juice is an example of a \_ diet (a) unbalanced (b) balanced (c) sugary

25. A balanced diet makes our bones and teeth \_ (a) weak (b) strong (c) yellow

26. A balanced diet gives us \_ and strength (a) hunger (b) energy (c) sleep

Bathing

27. Bathing is an act of washing our body with clean water, soap, and \_ (a) towel (b) sponge (c) brush

28. When should we take our bath? (a) Only in the morning (b) After exercises (c) Only before going to bed

29. Which of these is NOT a material used to wash our body? (a) Toilet soap (b) Clean water (c) Toothbrush

30. We bath regularly to be clean, neat, and smell \_ (a) bad (b) nice (c) nothing

Section B

1. What is food?\_\_\_\_\_\_\_\_\_

2. Name two types of food that give us energy.\_\_\_\_\_\_\_\_\_

3. List three examples of body-building food.\_\_\_\_\_\_\_\_\_

4. What is a balanced diet?\_\_\_\_\_\_\_\_\_

5. Name two materials used to wash our body.\_\_\_\_\_\_\_\_\_

Section C

1. Explain the importance of food to the human body.

2. Describe the four main types of food based on their functions and provide two examples for each type.

3. Discuss the concept of a balanced diet and why it is essential for health, referencing at least two benefits.

4. Outline the key reasons why regular bathing is important for personal hygiene.

5. Imagine you are preparing a meal. Propose a menu for a balanced diet and justify why it meets the criteria of a balanced diet.