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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 is what we \_ (a) drink (b) eat (c) play

2. Food may be in \_ or solid form (a) liquid (b) gas (c) powder

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

4. Food that gives us energy are called \_ food (a) Body-Building (b) Fatty (c) Energy giving

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

6. Food which supply protein into our body are called \_ food (a) Fatty (b) Body-Building (c) Protective

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

8. Food that provide fat and oil are called \_ food (a) Protective (b) Energy giving (c) Fatty

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

10. Food that protect the body against diseases are called \_ food (a) Energy giving (b) Fatty (c) Protective

11. Fruits and vegetables are examples of \_ food (a) Protective (b) Energy giving (c) Body-Building

12. A diet that contains all the classes of food is called a \_ diet (a) Unbalanced (b) Balanced (c) Fatty

13. A balanced diet must contain the right amount of Carbohydrate, protein, vitamins, and \_ (a) sugar (b) minerals (c) salt

14. Moinmoin with vegetable, fish served with pap or bread and juice drink is an example of a \_ diet (a) unhealthy (b) balanced (c) junk

15. Rice and Beans served with boiled egg, fish or meat, stew and fruit juice is an example of a \_ diet (a) unbalanced (b) balanced (c) fatty

16. Boiled or fried egg served with bread and fruit juice is an example of a \_ diet (a) balanced (b) energy giving (c) protective

17. Pounded yam served with vegetable and melon soup, fish, meat and juice drink is an example of a \_ diet (a) unbalanced (b) balanced (c) fatty

18. Balanced diet makes our bones and teeth \_ (a) weak (b) strong (c) soft

19. Balanced diet gives us \_ and strength (a) weakness (b) energy (c) sleep

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

21. We should take our bath when we wake up in the \_ (a) afternoon (b) morning (c) evening

22. We should take our bath before going to bed at \_ (a) noon (b) night (c) dawn

23. We should take our bath after \_ (a) eating (b) watching TV (c) exercises

24. We should take our bath after \_ (a) reading (b) working (c) playing games

25. Which of these is a material used to wash our body? (a) Toothpaste (b) Toilet soap (c) Shampoo

26. Which of these is a material used for bathing? (a) Scissors (b) Sponge (c) Hammer

27. Clean \_ is a material used to wash our body (a) oil (b) water (c) sand

28. A \_ is a material used for bathing (a) cup (b) bucket (c) plate

29. We bath regularly to be clean, neat and smell \_ (a) bad (b) nice (c) weird

30. Bathing regularly helps us to be free from body \_ (a) pain (b) odour (c) aches

Section B

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

2. Name two types of food based on their functions.\_\_\_\_\_\_\_\_\_

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

4. List two examples of a balanced diet mentioned in the text.\_\_\_\_\_\_\_\_\_

5. State two reasons why we bath regularly.\_\_\_\_\_\_\_\_\_

Section C

1. Discuss the importance of food for the human body.

2. Explain the four main types of food based on their functions, providing examples for each.

3. Define a balanced diet and elaborate on its components and benefits.

4. Describe the process of bathing and list the essential materials required.

5. Explain why regular bathing is crucial for personal hygiene and health.