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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 in \_ form or solid form (a) liquid (b) gas (c) powder

2. Food makes us \_ and remain healthy (a) sleep (b) grow (c) tired

3. Which type of food gives us energy? (a) Body-Building food (b) Energy giving food (c) Protective food

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

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

6. Fatty food provides \_ and oil (a) protein (b) fat (c) carbohydrate

7. Which type of food helps to repair damaged cells in the body? (a) Energy giving food (b) Body-Building food (c) Fatty food

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

9. Protective food helps to protect the body against \_ (a) hunger (b) diseases (c) weakness

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

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

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

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

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

15. We should take our bath after \_ (a) eating (b) exercises (c) sleeping

16. It is good to bath when we wake up in the \_ (a) afternoon (b) evening (c) morning

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

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

19. Bathing regularly helps us to be free from \_ (a) body odour (b) hunger (c) thirst