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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 makes us grow and remain \_ (a) sleepy (b) healthy (c) sad

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

3. Which type of food gives us energy\_ (a) Body-Building (b) Fatty (c) Energy giving

4. Yam is an example of \_ food (a) protective (b) energy giving (c) fatty

5. Maize is a type of \_ food (a) energy giving (b) body-building (c) fatty

6. Cassava is an example of \_ food (a) protective (b) energy giving (c) fatty

7. Beans are a type of \_ food (a) energy giving (b) body-building (c) fatty

8. Eggs are examples of \_ food (a) protective (b) body-building (c) energy giving

9. Fish is a \_ food (a) body-building (b) fatty (c) energy giving

10. Meat helps in \_ building (a) energy (b) body (c) fat

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

12. Butter is an example of \_ food (a) protective (b) energy giving (c) fatty

13. Vegetable oil is a \_ food (a) body-building (b) fatty (c) protective

14. Palm oil is a type of \_ food (a) energy giving (b) fatty (c) body-building

15. Groundnut oil is a \_ food (a) fatty (b) protective (c) body-building

16. Cheese is an example of \_ food (a) protective (b) fatty (c) energy giving

17. Which food type helps repair damaged cells\_ (a) Energy giving (b) Fatty food (c) Protective food

18. Fruits are \_ food (a) fatty (b) protective (c) energy giving

19. Vegetables protect the body against \_ (a) hunger (b) diseases (c) sleep

20. A Balanced diet contains all classes of \_ (a) drinks (b) food (c) snacks

21. A balanced diet must have the right amount of carbohydrate, protein, vitamins and \_ (a) sugar (b) minerals (c) salt

22. Moinmoin with vegetable and fish served with pap is an example of a \_ diet (a) fatty (b) unbalanced (c) balanced

23. Rice and Beans with boiled egg and fish is an example of a \_ diet (a) balanced (b) energy (c) fatty

24. Boiled egg served with bread and fruit juice is a \_ diet (a) protective (b) balanced (c) fatty

25. Pounded yam with vegetable and melon soup is an example of a \_ diet (a) energy (b) balanced (c) body-building

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

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

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

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

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

Section B

1. What is the act of washing our body with clean water, soap, and sponge called\_\_\_\_\_\_\_\_\_

2. What class of food provides fat and oil\_\_\_\_\_\_\_\_\_

3. What food makes us grow and remain healthy\_\_\_\_\_\_\_\_\_

4. What is yam an example of\_\_\_\_\_\_\_\_\_

5. Name one material used for bathing\_\_\_\_\_\_\_\_\_

Section C

1. What is food?

2. Name one type of food.

3. What is a balanced diet?

4. Give one reason why we bath regularly.

5. State one time when we should take our bath.