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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 eat. It may be in liquid or \_ form (a) Gas (b) Solid (c) Powder

2. Food makes us \_ and remain healthy (a) Sleep (b) Grow (c) Shrink

3. Carbohydrate is an example of \_ giving food (a) Body-Building (b) Energy (c) Fatty

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

5. Body-Building food supplies \_ into our body (a) Sugar (b) Protein (c) Water

6. Which of these is a Body-Building food (a) Maize (b) Butter (c) Fish

7. Fatty food helps to repair \_ cells in the body (a) Healthy (b) Damaged (c) New

8. Butter and vegetable oil are examples of \_ food (a) Energy giving (b) Fatty (c) Protective

9. Protective food protects the body against \_ (a) Hunger (b) Diseases (c) Sleep

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

11. A Balanced diet is the diet that contains all the classes of \_ (a) Vitamins (b) Food (c) Minerals

12. A balanced diet must contain the right amount of Carbohydrate, protein, vitamins and \_ (a) Sugar (b) Minerals (c) Salt

13. Moinmoin with vegetable, fish served with pap is an example of a \_ diet (a) Unbalanced (b) Balanced (c) Poor

14. Balanced diet makes our bones and teeth \_ (a) Weak (b) Strong (c) Soft

15. Balanced diet gives us \_ and strength (a) Pain (b) Energy (c) Sadness

16. Which of these is an energy giving food (a) Beans (b) Eggs (c) Yam

17. Beans, eggs, fish, and meat are examples of \_ food (a) Fatty (b) Body-Building (c) Protective

18. Palm oil and groundnut oil are examples of \_ food (a) Protective (b) Fatty (c) Energy giving

19. Which of these is NOT a type of food mentioned (a) Energy giving (b) Body-Building (c) Sugary

20. A balanced diet ensures the right amount of protein, vitamins, minerals and \_ (a) Water (b) Carbohydrate (c) Fat

21. Bathing is an act of washing our body with clean water, soap and \_ (a) Towel (b) Sponge (c) Brush

22. When we wake up in the morning, we should take our \_ (a) Breakfast (b) Bath (c) Rest

23. It is good to bath before going to bed at \_ (a) Noon (b) Night (c) Morning

24. After exercises, it is recommended to take a \_ (a) Nap (b) Bath (c) Walk

25. We bath to be clean, neat and smell \_ (a) Bad (b) Nice (c) Nothing

26. One reason why we bath regularly is to be free from body \_ (a) Odour (b) Pain (c) Ache

27. Toilet soap is a \_ used for washing our body (a) Tool (b) Material (c) Device

28. Which of these is NOT a material used to wash our body (a) Clean water (b) Bucket (c) Toothpaste

29. Bathing regularly helps us maintain good \_ (a) Mood (b) Hygiene (c) Habits

30. The text mentions we should bath after \_ (a) Eating (b) Working (c) Sleeping

Section B

1. Define food. \_\_\_\_\_\_\_\_\_

2. List two types of food mentioned in the text. \_\_\_\_\_\_\_\_\_

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

4. Name two materials used for bathing. \_\_\_\_\_\_\_\_\_

5. State one reason why we bath regularly. \_\_\_\_\_\_\_\_\_

Section C

1. Explain the importance of food to the human body based on the provided text.

2. Differentiate between energy-giving food and body-building food, providing examples for each.

3. Discuss the concept of a balanced diet and its benefits according to the text.

4. Elaborate on the reasons why regular bathing is crucial for personal hygiene.

5. Identify and describe the various materials essential for effective bathing as stated in the text.