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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 \_ and remain healthy. (a) sad (b) grow (c) small (d) tired

2. What is food? (a) What we drink (b) What we wear (c) What we eat (d) What we play with

3. Food can be in \_ or solid form. (a) gas (b) liquid (c) plasma (d) gel

4. Yam is an example of \_ food. (a) Fatty (b) Protective (c) Energy giving (d) Body-Building

5. Beans are an example of \_ food. (a) Protective (b) Fatty (c) Energy giving (d) Body-Building

6. Butter is an example of \_ food. (a) Protective (b) Fatty (c) Energy giving (d) Body-Building

7. Fruits are an example of \_ food. (a) Fatty (b) Protective (c) Energy giving (d) Body-Building

8. Carbohydrates give us \_. (a) fat (b) energy (c) protein (d) vitamins

9. Proteins help to \_ our body. (a) protect (b) build (c) repair (d) energize

10. Fatty foods help to \_ damage cells. (a) destroy (b) grow (c) repair (d) protect

11. Protective foods protect the body against \_. (a) energy (b) diseases (c) growth (d) fat

12. Maize is an example of \_ giving food. (a) Energy (b) Body-Building (c) Fatty (d) Protective

13. Eggs are an example of \_ food. (a) Energy giving (b) Body-Building (c) Fatty (d) Protective

14. Palm oil is an example of \_ food. (a) Energy giving (b) Body-Building (c) Fatty (d) Protective

15. Vegetables are an example of \_ food. (a) Energy giving (b) Body-Building (c) Fatty (d) Protective

16. A balanced diet contains all classes of \_. (a) water (b) food (c) air (d) sleep

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

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

19. Rice and Beans served with boiled egg is an example of a \_ diet. (a) protective (b) unbalanced (c) balanced (d) energy

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

21. Pounded yam served with vegetable soup is an example of a \_ diet. (a) unbalanced (b) balanced (c) sugary (d) salty

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

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

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

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

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

27. We should take our bath after \_. (a) sleeping (b) working (c) eating (d) watching TV

28. Which material is used to wash our body? (a) Toothbrush (b) Toilet soap (c) Comb (d) Spoon

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

30. Bathing regularly helps us to be free from body \_. (a) odor (b) pain (c) sweat (d) hunger

Section B

1. What form can food be in besides solid? \_\_\_\_\_\_\_\_\_

2. What type of food is beans? \_\_\_\_\_\_\_\_\_

3. What protects the body against diseases? \_\_\_\_\_\_\_\_\_

4. What makes our bones and teeth strong? \_\_\_\_\_\_\_\_\_

5. What material is used to wash our body besides soap and water? \_\_\_\_\_\_\_\_\_

Section C

1. List two types of food.

2. State two examples of energy giving food.

3. Name two examples of a balanced diet.

4. When should we take our bath? (List two times)

5. Give two reasons why we bath regularly.