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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** |

Types of food

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

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

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

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

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

6. Body-Building food supplies \_ into our body (a) fat (b) protein (c) carbohydrate

7. Butter and cheese are examples of \_ food (a) Fatty (b) Energy giving (c) Body-Building

8. \_ food helps to repair damaged cells in the body (a) Protective (b) Fatty (c) Energy giving

9. Fruits and vegetables are examples of \_ food (a) Fatty (b) Protective (c) Body-Building

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

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

12. Which of these must be present in a balanced diet? (a) Carbohydrate (b) Protein (c) Vitamins (d) All of the above

13. Moinmoin with vegetable, fish, pap and juice drink is an example of a \_ (a) healthy snack (b) balanced diet (c) fatty meal

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

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

When to take our bath

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

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

18. It is good to bath after \_ (a) sleeping (b) eating (c) exercises

Materials used to wash our body

19. Which of these is NOT a material used to wash our body? (a) toilet soap (b) clean water (c) dirty water

20. A \_ is used to hold water for bathing (a) cup (b) bucket (c) plate

Reasons why we bath regularly

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

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