

FBQ1: ----- as meals, are eaten at certain times of the day

Answer: *Food*

FBQ2: The science of nourishing the body properly or as the analysis of the effect of food on the living organism is known as -----

Answer: *Nutrition*

FBQ3: ----- are manufactured in the plants through the process of photosynthesis.

Answer: *Carbohydrates*

FBQ4: In the presence of ----- energy, water and carbon dioxide are converted to carbohydrates and oxygen.

Answer: *Sunlight*

FBQ5: ----- has interrelationships with other fields such as chemistry, biochemistry, microbiology, physiology, medicine, and many other fields of human endeavour.

Answer: *Nutrition*

FBQ6: ----- is the word used for both excessive intakes of some nutrients

Answer: *Malnutrition*

FBQ7: The enrichment of rice by the addition of thiamine has had remarkable influence in the reduction of incidence of -----

Answer: *Beriberi*

FBQ8: ----- has reduced remarkably the incidence of simple goiter in some populations of the World.

Answer: *Iodization*

FBQ9: Good nutrition in women results have shown reduction in complications during -----.

Answer: *Pregnancy*

FBQ10: The ----- in the food are water, carbohydrates, proteins, lipids, vitamins and minerals.

Answer: *Nutrients*

FBQ11: ----- and protein supply energy in the body

Answer: *Carbohydrates*

FBQ12: Protein and ----- promote growth and repair body tissues

Answer: *Mineral elements*

FBQ13: Proteins, mineral elements, vitamin and water ----- the body processes

Answer: *Regulate*

FBQ14: Milk, yogurt & cheese ----- provide few vitamins & minerals and are high in -----

Answer: *Sugars and fats*

FBQ15: Solar, chemical, mechanical, thermal, and ----- energy are five forms of energy

Answer: *Electrical*

FBQ16: The unit of ----- is given in joules, kilojoules, megajoules and kilocalories

Answer: *Energy*

FBQ17: ----- is required for physical activities, basal metabolism, and

synthesis of some micro molecules in the body and maintenance of body temperature.

Answer: *Energy*

FBQ18: Age, climate and environment affect ----- requirements of individuals

Answer: *Energy*

FBQ19: ----- has been found to rise from a minimum in young children to a maximum in adolescents

Answer: *Energy requirement*

FBQ20: ----- is made up of 75% water

Answer: *Fruits*

FBQ21: ----- Contain Carbon, hydrogen and oxygen

Answer: *Carbohydrates*

FBQ22: Mention a class of carbohydrate.

Answer: *Monosaccharide*

FBQ23: As a source of energy, one gram of fat yields -----

Answer: *9 kilocalories of energy*

FBQ24: The range of calories from fat intake that is good for health as recommended by Nutritionists is between -----

Answer: *25% to 30% *

FBQ25: ----- are complex organic substances that are made of amino acids.

Answer: *Protein*

FBQ26: Meat and meat products, milk and mild products, eggs, fish are sources of -----

Answer: *Animal protein*

FBQ27: Beans, peanuts, whole wheat bread, soya beans are sources of -----

Answer: *Plant protein*

FBQ28: ----- are inorganic substances drawn from the soil by plants.

Answer: *Minerals*

FBQ29: Chlorine, phosphorus and sulphur that are found predominantly in protein foods like eggs, meats and in cereal products, generate ----- medium

Answer: *Acid*

FBQ30: The deficiency of ----- is implicated in rickets in small children..

Answer: *Calcium and phosphorous*

FBQ31: ----- is important in the clotting of blood

Answer: *Calcium*

FBQ32: ----- is important in the oxidation of foodstuffs and release of energy.

Answer: *Iron*

FBQ33: ----- are organic substances that are required in small amount some in few micrograms to a maximum of about 30 milligrams.

Answer: *Vitamins*

FBQ34: ----- is used by complex organisms such as human beings for at least three physiological functions namely vision, growth and reproduction

Answer: *Vitamin A*

FBQ35: ----- is very useful in the metabolism of calcium as it is associated with the calcification of bones

Answer: *Vitamin D*

Multiple Choice Questions (MCQs):

MCQ1: A source of simple carbohydrates

Answer: seeds

MCQ2: The risk of obesity heart disease & cancer is increase by a diet high in

Answer: Fat

MCQ3: Essential amino acids

Answer: Are vitamins that dissolve in fat

MCQ4: The only way to get all the nutrients you need is

Answer: to drink alcohol in moderation

MCQ5: All of the following are sources of calories except

Answer: Protein

MCQ6: high blood pressure has been linked to a diet high in

Answer: Iron

MCQ7: The body's p referred source of energy is

Answer: Protein

MCQ8: Deficiency of vitamin C leads to

Answer: Scurvy in children and young people more than in adults

MCQ9: Which of these is not a class of food?

Answer: Monosacharride

MCQ10: Digestion is

Answer: the consumption of meals

MCQ11: Describe cereals

Answer: Cereals are cultivated roots

MCQ12: Which is the most favourable climate for the cultivation of wheat?

Answer: in most damp tropical climate,

MCQ13: What are the chemical composition and nutritive value of wheat?

Answer: They supply energy and some protein of good quality.

MCQ14: What is the characteristics of wheat flour?

Answer: Wheat flour contains some soluble protein such as albumins, globulins and proteoses.

MCQ15: Why is salt added to flour during bread making?

Answer: Salt is added to preserve the bread

MCQ16: Why is it necessary to cool bread after baking?

Answer: To dry it out

MCQ17: Why are raising agent used in bakery products?

Answer: Raising agents are used to kill harmful bacteria

MCQ18: Mention three types of raising agents are used in bakery products

Answer: Carbon dioxide

MCQ19: Define Milk

Answer: Milk has been defined as the sole natural food of the human infant for few months of life

MCQ20: What are the characteristics of fresh milk

Answer: Milk is produced by female mammals for the feeding of their infants at the early stage of life

MCQ21: Describe curd

Answer: It is a mixture of milk with some chemicals

MCQ22: State the composition of milk

Answer: Milk consists mostly of water (87.5%)

MCQ23: What is the function of the connective tissue?

Answer: The connective tissues bind the muscle fibres together

MCQ24: Identify the most important nutritive properties of meat

Answer: Meat is an important source of energy, it contains protein and a rich source of iron

MCQ25: Why are Oysters very expensive?

Answer: Because they live on sea shores and are few

MCQ26: When fish is cut in strips what is it called?

Answer: Darné

MCQ27: What is a true fruit?

Answer: fruit develops from ovary and other floral part

MCQ28: What type of fruit is Simple, Aggregate and Composite Fruit?

Answer: A simple fruit that develops from flower with a simple ovary

MCQ29: How important are fruits to the body?

Answer: Fruits contain little or no protein

MCQ30: What is the nutritive value of vegetable?

Answer: Vegetables help to promote satiety

MCQ31: How do leafy vegetables obtain their characteristic green colour?

Answer: It is obtained by exposing it to the sun

MCQ32: What happens to vegetable during cooking?

Answer: During cooking of vegetables, some vitamins are added into the cooking water

MCQ33: Why is an alkaline added to the cooking liquid of green vegetables?

Answer: To cook it faster

MCQ34: Why the need for a dietary standards?

Answer: To assist with the purchasing of foods

MCQ35: Describe food toxicants

Answer: Food toxicants are chemicals added to foods to kill harmful bacteria