



THIRD TERM EXAMINATION

SUBJECT: FOOD AND NUTRITION CLASS: FORM 1 COEF 3

STUDENT'S NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ TIME ALLOWED: 2hrs

NAME OF PARENT: \_\_\_\_\_

COMMENT: \_\_\_\_\_

TEL: \_\_\_\_\_

COMPETENCE ACQUIRED [Tick the corresponding box]

Not acquired (1-10)	In the process of acquiring (10-14)	Acquired (15-17)	Expert (18-20)
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FOR THIS SECTION, MARK AN "X" ON THE CORRECT LETTER

- Any material that is liquid or solid and eatable which gives energy is called:
  - Water
  - Food
  - Beans
  - Corn
- It is a class of food:
  - Rice
  - Carbohydrates
  - Yams
  - Trees
- An example of carbohydrate food is?
  - Beans
  - Meat
  - Rice
  - Water
- The food that repairs worn out tissues is:
  - Protein food
  - Carbohydrate food
  - Cassava
  - Rice

5. An example of a substance that contains all classes of food is:
- A. Beans
  - B. Water
  - C. Rice
  - D. Egg

**CHOOSE ANSWERS FROM THE LIST BELOW TO COMPLETE THE BLANK SPACES**

6. The food that produces energy for the body is -----
7. A factor that can enhance good health -----
8. A state of complete physical, mental and social well being -----
9. A diet that provide the correct amount of nutrients needed by an individual -----
10. An incorrect or unbalanced intake of nutrients by an individual -----

**ANSWERS: balanced diet, health, carbohydrate, exercise, unbalanced diet, rain.**

**FILL IN THE BLANK SPACES WITH SUITABLE ANSWERS.**

11. List two types of food nutrients ----- and -----
12. One way to reduce sugar consumption is by -----  
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13. Give one effect of alcoholism -----
14. Name two types of pressure cookers ----- and -----
15. Write down two types of separating containers ----- and -----
16. List one importance of pressure cookers -----
17. Different liquids have different boiling points. What is the boiling point of water? -----
18. State one importance of a dish washer -----
19. Name two kitchen utensils ----- and -----
20. Write down two labor saving machines in the kitchen -----  
and -----
21. What is a kitchen? -----
22. Give one importance of planning a kitchen -----  
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**GOOD LUCK!!**