



# KITH & KIN INTERNATIONAL COLLEGE

7/11 Kaoli Olusanya Street, Owode Ibeshe, Ikorodu, Lagos State.

## FIRST TERM EXAMINATION 2025/2026 ACADEMIC SESSION

NAME					
SUBJECT	FOODS AND NUTRITION	CLASS	SS 1	DURATION	1HR: 30 MINS

SECTION A: Objectives      ANSWER ALL QUESTIONS (20 MARKS)

1. The mineral element involved in blood clotting is  
A. retinol  
B. phylguinone  
C. cyancobalamin  
D. cholecalciferol
2. Swelling of the neck is due to an over secretion of a gland called-----  
A. Adrenal  
B. pituitary  
C. thyroid  
D. endocrine
3. A dietary source of carbohydrate is -----  
A. oil seeds  
B. tubers and roots  
C. soya beans  
D. legumes
4. Proteins are made up of -----  
A. Carbon, hydrogen, oxygen, potassium  
B. Carbon, hydrogen, oxygen, nitrogen  
C. Carbon, hydrogen, nitrogen, potassium  
D. Carbon, hydrogen, oxygen, potassium
5. The carbohydrate in milk is called -----  
A. fructose  
B. maltose  
C. lactose  
D. glucose
6. Poor vision can be caused by inadequacy of -----  
A. vitamin C  
B. iron and calcium  
C. vitamin D and K  
D. vitamin A
7. A child whose diet consist mainly of hot pap and sugar will suffer from -----  
A. anemia  
B. kwashiorkor  
C. beriberi  
D. scurvy
8. Orange juice is a good source of -----  
A. vitamin B  
B. calcium  
C. iron  
D. vitamin C



9. Which of these is not a B-complex vitamin?  
A. Ascorbic acid  
B. Folic acid  
C. Thiamine  
D. Pyridoxine

10. Which of the following sugars is the sweetest?  
A. Sucrose  
B. Maltose  
C. Lactose  
D. Glucose

11. The essential substances present in food are called -----  
A. Atoms  
B. nutrients  
C. compound  
D. elements

12. A diet rich in seafood is highly recommended to cure the nutritional disease known as -----  
A. Fluorosis  
B. goiter  
C. marasmus  
D. osteomalacia

13. Hydrochloric acid which is essential for digestion is found in the -----  
A. stomach  
B. mouth  
C. small intestine  
D. large intestine

14. A nutrient that is particularly important for the adolescent girl and pregnant woman is --  
A. carbohydrate  
B. calcium  
C. fats and oils  
D. iron

15. Cellulose is important to the body because it acts as -----  
A. a nutrient  
B. roughage  
C. a stimulant  
D. a seasoning

16. The vitamin responsible for proper absorption of calcium is ---  
A. vitamin D  
B. vitamin C  
C. vitamin A  
D. vitamin B

17. Which of the following is not a factor affecting foods and nutrition?  
A. Availability of food  
B. Availability of income  
C. Food in season  
D. Hospitality

18. Which of the following job options is not available in Foods and Nutrition?  
A. Clinical nutrition  
B. Dietetic  
C. Pharmacology  
D. Teaching

19. Galactose is a simple sugar found in -----  
A. cassava  
B. fruit  
C. meat  
D. plantain

20. The sugar found in sugar cane is  
A. sucrose  
B. raffinose  
C. lactose  
D. maltose

21. A dietitian in the hospital has the duty of -----  
A. taking charge of the staff during meal service  
B. exercising control over the chief cook and servers  
C. collaborating with the catering manager to plan meals  
D. obtaining supplies and supervising food preparation

22. Malnutrition is a condition resulting from  
A. an insufficient intake of nutrients  
B. an incorrect intake of nutrients  
C. a diet that provides excess amount of nutrients  
D. a diet that an individual eats everyday



23. The image above represents a deficiency of-----  
A. carbohydrate  
B. fats and oils  
C. protein  
D. water

24. Citrus fruits are usually recommended for the treatment of -  
A. scurvy  
B. nasal disease  
C. ulcer  
D. night blindness

25. First class protein are of high biological value because  
A. they do not contain essential amino acid  
B. they contain essential amino acid  
C. they are easy to digest  
D. they are easy to cook

26. Essential amino acids are obtained from --  
A. plant sources only  
B. animal sources only  
C. plant and animal sources  
D. fats and minerals

27. A weight watcher should eat more of -  
A. fruits and vegetables  
B. fats and butter  
C. cassava and cocoyam  
D. bread and butter

28. The milk protein which is broken down by renin in the stomach is -  
A. trypsin  
B. peptide  
C. casein  
D. dipeptide

29. Vitamin E is a very important  
A. anti coagulant  
B. oxidant  
C. anti oxidant  
D. coagulant

30. Pellagra is a deficiency of  
A. vitamin A  
B. vitamin B  
C. vitamin C  
D. vitamin E

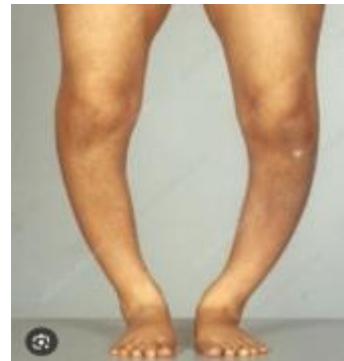
31. ----- is an energy giving nutrient.  
A. Yam  
B. Carbohydrate  
C. Mineral salt  
D. Beans

32. The end product of protein digestion is --  
A. Starch  
B. Fatty Acid  
C. Amino acid  
D. Saturated fatty acid

33. Fruits contains mostly vitamin and -----  
A. acid  
B. water  
C. protein  
D. minerals

34. Which of these is the simplest form of carbohydrate?  
A. Lactose  
B. Maltose  
C. Glucose  
D. Galactose

35. The following are macro nutrients except -----  
A. Fats  
B. carbohydrate  
C. protein  
D. minerals



36. The image above is a deficiency caused by lack of vitamin -----  
A. A  
B. E  
C. D  
D. K

37. Which of the following is a deficiency symptom of ascorbic acid?  
A. Bleeding gum  
B. Soft bones  
C. mental depression and nervousness  
D. weakened respiratory system

38. The carbohydrates that helps bowel movement is called -----  
A. lactose  
B. starch  
C. pectin  
D. cellulose

39. Anemia is caused by an insufficient intake of ----  
A. iodine  
B. calcium  
C. chlorine  
D. iron

40. The main source of water for the body is -----  
A. beverage  
B. liquor  
C. drinking water  
D. beer

41. The chemical name for vitamin E is  
A. thiamine  
B. antixerophthalmic  
C. tocopherols  
D. piridoxine

42. Over consumption of carbohydrates can lead to -----  
A. obesity  
B. wasted muscle  
C. poor eye sight  
D. bow leg

43. Lipids are components of -----  
A. sugar  
B. starch  
C. protein  
D. fat

44. As a result of malnutrition, the ability of the body to fight against infection is -----  
A. reduced  
B. improved  
C. increased  
D. developed

45. Fats are ----- at room temperature.  
A. solid  
B. liquid  
C. cool  
D. hot

46. Which of the following careers requires a degree in Foods and Nutrition?  
A. Kitchen management  
B. Restaurant supervision  
C. Dietetics  
D. Architecture

47. The area of Foods and Nutrition which deals with food preparation and service is -  
A. catering  
B. Food technology  
C. health clinic  
D. dietetics

48. The study of the various chemical substances in food and their effect in the body is called -----  
A. botany  
B. pharmacology  
C. horticulture  
D. nutrition

49. Which of the following are carbohydrate elements?  
A. Carbon, oxygen and hydrogen  
B. Carbon, nitrogen and oxygen  
C. Oxygen, hydrogen and nitrogen  
D. Hydrogen, nitrogen and carbon

50. A high concentration of calcium is found in  
A. citrus fruits  
B. potatoes  
C. offal  
D. milk and milk products

**SECTION B: 40 MARKS****ANSWER FOUR QUESTIONS ONLY**

1a. Explain the classification of carbohydrates with two examples of each.	3 marks
b. State four functions of carbohydrates.	4 marks
c. Highlight three differences between fats and oils.	3 marks
2a. Define the following	
i. Food   ii. Nutrition	2 marks
b. State four importance of studying Foods and Nutrition in our society.	4 marks
c. State four importance of human nutrition.	4 marks
3a. Define digestion.	2 marks
b. Enumerate the three major functions of hydrochloric acid in the digestion of food in the stomach.	3 marks
c. State three functions of saliva in the digestion of carbohydrates in the mouth.	3 marks
d. State two roles of water in digestion.	2 marks
4a. Explain four career opportunities open to any students that studies Foods and Nutrition,	4 marks
b. State the relationship between Foods and Nutrition and the following subjects	
i. Agriculture   ii Micro Biology   iii. Economics	6 marks
5a. Define i, water soluble vitamins ii Fat soluble vitamins. Give two examples of each	4 marks
b. Identify in a tabular form one deficiency disease of each of the following food nutrients	
i. Calcium   ii. Fats and oils   iii. Vitamin A   iv. Vitamin K	2 marks
c. Explain the classification of protein.	4 marks