



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 3
DURATION	1 HOUR : 30 MINUTES

SECTION A: OBJECTIVES.

INSTRUCTION: ANSWER ALL QUESTIONS (20 MARKS)

- Foods prepared from unwholesome ingredients with the aim of maximizing profit are said to be
 - adulterated
 - misbranded
 - enriched
 - fortified
- When purchasing fresh fish, an indication of quality is its
 - deep sunken eyes
 - flabby flesh
 - limp tail
 - reddish gills
- The most important factor to consider when preparing a family budget is the—

 - money available
 - foods in season
 - size of the kitchen
 - size of the kitchen
- Food item which appear regularly in the diet and in large quantity are
 - Carbohydrate
 - farm grown
 - staple food
 - convenience
- Classes of fish include -----
 - white, oily and shell
 - dry, fresh and shelly
 - bony, dry and white
 - bony, fresh and oily
- An example of table linen is —
 - food cover
 - tea towel
 - dish cloth
 - tray cloth
- The enzyme that converts starch in food to maltose is
 - Pepsin
 - amylase
 - renin
 - trypsin
- Denaturation of protein occurs when —
----- is applied.
 - heat
 - air
 - water
 - steam
- Which of the following food items is suitable for dry frying?
 - Bacon
 - Mushroom
 - Cheese
 - Plantain
- The organs and entrails of animals used as meat are generally known as
 - brain
 - kidney
 - tripe
 - offal
- Fruits are the best source of -----
in the diet.
 - minerals
 - proteins
 - carbohydrates
 - vitamins
- Sea food is a good source of
 - chlorine
 - copper
 - iodine
 - sodium
- Which of the following is non-alcoholic?
 - Coffee
 - Whisky
 - Brandy
 - Beer
- Fresh fish should have
 - firm flesh
 - brown gills
 - dull eyes

- D. few scales
15. The dishes that are eaten by indigenous people are called
 - A. traditional dishes
 - B. foreign
 - C. family dishes
 - D. community dishes
 16. To control portion as desired, use-----
 - A. compromise service
 - B. plate service
 - C. buffet service
 - D. english service
 17. Which of the following is used in the preparation of tea?
 - A. Extraction
 - B. Filtration
 - C. Infusion
 - D. Percolation
 18. The principle which involves removing moisture in food preservation is
 - A. Pickling
 - B. dehydration
 - C. jamming
 - D. freezing
 19. Translucency test indicates the presence of
 - A. proteins
 - B. oils
 - C. starch
 - D. carbohydrates
 20. Ascorbic acid refers to vitamin—
 - A. D
 - B. E
 - C. B
 - D. C
 21. To avoid the spread of infection, waiters/waitress should
 - A. be neat in appearance
 - B. bath daily
 - C. not cough or sneeze over food
 - D. not touch food
 22. Which of the following involves laying of foods and dinner wares ready for guests to help themselves?
 - A. Cocktail
 - B. Buffet
 - C. Compromise
 - D. English
 23. Why is it necessary to acknowledge invitations from others promptly? It
 - A. enables the hostess to cook well
 - B. will enable the hostess to relate with guests
 - C. enables the hostess to plan properly
 - D. will enable prompt arrival of the guests
 24. Salt and pepper containers for a dining table are called
 - A. Cruet set
 - B. Servers
 - C. Side containers
 - D. Seasonings containers
 25. To prevent dehydration of the fever patient, give him
 - A. fluid diet
 - B. vegetable only
 - C. hot pepper soup only
 - D. a one course diet
 26. Which dish is most suitable for an anemic patient?
 - A. Bean balls
 - B. Corned beef stew
 - C. Egg stew
 - D. Liver soup
 27. For an invalid, the best beverage is
 - A. Alcohol
 - B. Beer
 - C. Cocoa drink
 - D. Tea
 28. Which of the following group of people should be advised to increase the number of meals eaten daily?
 - A. Vegetarians
 - B. Underweight
 - C. Overweight
 - D. Obese
 29. Which of these does not affect food habits?
 - A. Kitchen size
 - B. Family upbringing
 - C. Social interaction
 - D. Customs and taboos
 30. Food taboos may lead to
 - A. Disease
 - B. Malnutrition
 - C. Over nutrition
 - D. Overweight
 31. Lemonade, orange drink and pineapple crush are---- drink.
 - A. alcoholic
 - B. nourishing
 - C. refreshing
 - D. stimulating
 32. Which of the following sugar is the sweetest?
 - A. Maltose
 - B. Sucrose
 - C. Lactose
 - D. Glucose
 33. Deficiency of protein in children results to
 - A. scurvy

- B. marasmus
 - C. kwashiorkor
 - D. jaundice
34. The third agent in the consumer network chain is the
- A. Seller
 - B. Retailer
 - C. Wholesaler
 - D. Manufacturer
35. Lumps in dry food items can be removed by the use of
- A. colander
 - B. knife
 - C. sieve
 - D. whisk
36. Recommended dietary allowance is affected by----- and body size.
- A. age
 - B. cultural value
 - C. likes and dislikes
 - D. economic status
37. The part of poultry that is slit open at the side to remove its inner bag is
- A. gizzard
 - B. heart
 - C. kidney
 - D. liver
38. Which of the following edible flesh is considered white meat?
- A. Bacon
 - B. Beef
 - C. Mutton
 - D. Poultry.
39. Which of the following is a polysaccharide?
- A. Starch
 - B. Sugar
 - C. Grape
 - D. Fruit
40. A kitchen sink that is blocked by grease should be cleaned with
- A. sulphuric acid
 - B. soapy water
 - C. sink plunger
 - D. boiling water
41. Which of the following has the lowest shelf life?
- A. Egg
 - B. Fish
 - C. Yam
 - D. Beans
42. Which of the chemical component is unique to protein?
- A. Carbon
 - B. Hydrogen
 - C. Nitrogen
 - D. Oxygen
43. The nutrient that changes to retinol after digestion is found in
- A. potatoes and apples
 - B. fish and cabbage
 - C. tomatoes and carrots
 - D. milk and avocado pear
44. Which of these is a stimulating drink?
- A. Lemon squash
 - B. Tea
 - C. Fruit punch
 - D. Pineapple crush
45. A percolator is used for.
- A. serving meat
 - B. brewing coffee
 - C. making tea
 - D. chopping onions
46. Caffeine and tannin in coffee give
- A. satiety effect
 - B. aromatic effect
 - C. stimulating effect
 - D. colour effect
47. A beverage could be defined as any sort of
- A. milk and eggs only
 - B. wine and beer drink only
 - C. drink except water
 - D. all of the above
48. In a formal invitation card, the abbreviation R.S.V.P is written on the
- A. upper left
 - B. upper right
 - C. bottom left
 - D. bottom right
49. Which of the following is good table manner?
- A. Chewing with mouth closed
 - B. Talking often while eating
 - C. Too much food in the mouth
 - D. Wiping face with dinner napkin
50. Which is a nourishing drink?
- A. Beef tea
 - B. Egg flip
 - C. Fruit punch
 - D. Lemon drink

SECTION B: THEORY

INSTRUCTION: ANSWER FOUR QUESTIONS ONLY (40 MARKS)

- 1a. Special diets are required for special people with recommended meal.
List four examples of these special people, explain two. 4 marks
b. Explain the three types of vegetarians. 6 marks
- 2a. Explain in detail the three types of non-alcoholic beverages with two examples of each 6 marks
b. State four characteristics of alcoholic beverages. 4 marks
- 3a. List and explain four factors that influence the formation of food habits. 4 marks
b. Explain the following with examples 6 marks
i. Food fad ii. Food taboo iii. Food fallacy
- 4a. Briefly explain the following 4 mark
i. Adulterated food ii. Consumer iii. Impulse buying iv. Misbranded food
b. Mention four importance of consumer education. 4 marks
c. State two reasons for preparing a shopping list. 2 marks
- 5a. Explain the five types of Food service 5 mark
b. State two peculiarities each for the two types of table setting. 3 marks
c. State two qualities of a waiter/waitress. 2 marks