



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

SECTION A: OBJECTIVES.

INSTRUCTION: ANSWER ALL QUESTIONS (20 MARKS)

1. Foods prepared from unwholesome ingredients with the aim of maximizing profit are said to be
 - A. adulterated
 - B. misbranded
 - C. enriched
 - D. fortified
2. When purchasing fresh fish, an indication of quality is its
 - A. deep sunken eyes
 - B. flabby flesh
 - C. limp tail
 - D. reddish gills
3. The most important factor to consider when preparing a family budget is the----
 - A. money available
 - B. foods in season
 - C. size of the kitchen
 - D. size of the kitchen
4. Food item which appear regularly in the diet and in large quantity are
 - A. Carbohydrate
 - B. farm grown
 - C. staple food
 - D. convenience
5. Classes of fish include -----
 - A. white, oily and shell
 - B. dry, fresh and shelly
 - C. bony, dry and white
 - D. bony, fresh and oily
6. An example of table linen is ---
 - A. food cover
 - B. tea towel
 - C. dish cloth
 - D. tray cloth
7. The enzyme that converts starch in food to maltose is
 - A. Pepsin
 - B. amylase
8. Denaturation of protein occurs when ----- is applied.
 - A. heat
 - B. air
 - C. water
 - D. steam
9. Which of the following food items is suitable for dry frying?
 - A. Bacon
 - B. Mushroom
 - C. Cheese
 - D. Plantain
10. The organs and entrails of animals used as meat are generally known as
 - A. brain
 - B. kidney
 - C. tripe
 - D. offal
11. Fruits are the best source of ----- in the diet.
 - A. minerals
 - B. proteins
 - C. carbohydrates
 - D. vitamins
12. Sea food is a good source of
 - A. chlorine
 - B. copper
 - C. iodine
 - D. sodium
13. Which of the following is non-alcoholic?
 - A. Coffee
 - B. Whisky
 - C. Brandy
 - D. Beer
14. Fresh fish should have
 - A. firm flesh
 - B. brown gills
 - C. dull eyes

D. few scales

15. The dishes that are eaten by indigenous people are called

- traditional dishes
- foreign
- family dishes
- community dishes

16. To control portion as desired, use-----

- compromise service
- plate service
- buffet service
- english service

17. Which of the following is used in the preparation of tea?

- Extraction
- Filtration
- Infusion
- Percolation

18. The principle which involves removing moisture in food preservation is

- Pickling
- dehydration
- jamming
- freezing

19. Translucency test indicates the presence of

- proteins
- oils
- starch
- carbohydrates

20. Ascorbic acid refers to vitamin—

- D
- E
- B
- C

21. To avoid the spread of infection, waiters/waitress should

- be neat in appearance
- bath daily
- not cough or sneeze over food
- not touch food

22. Which of the following involves laying of foods and dinner wares ready for guests to help themselves?

- Cocktail
- Buffet
- Compromise
- English

23. Why is it necessary to acknowledge invitations from others promptly? It

- enables the hostess to cook well
- will enable the hostess to relate with guests
- enables the hostess to plan properly
- will enable prompt arrival of the guests

24. Salt and pepper containers for a dining table are called

- Cruet set
- Servers
- Side containers
- Seasonings containers

25. To prevent dehydration of the fever patient, give him

- fluid diet
- vegetable only
- hot pepper soup only
- a one course diet

26. Which dish is most suitable for an anemic patient?

- Bean balls
- Corned beef stew
- Egg stew
- Liver soup

27. For an invalid, the best beverage is

- Alcohol
- Beer
- Cocoa drink
- Tea

28. Which of the following group of people should be advised to increase the number of meals eaten daily?

- Vegetarians
- Underweight
- Overweight
- Obese

29. Which of these does not affect food habits?

- Kitchen size
- Family upbringing
- Social interaction
- Customs and taboos

30. Food taboos may lead to

- Disease
- Malnutrition
- Over nutrition
- Overweight

31. Lemonade, orange drink and pineapple crush are---- drink.

- alcoholic
- nourishing
- refreshing
- stimulating

32. Which of the following sugar is the sweetest?

- Maltose
- Sucrose
- Lactose
- Glucose

33. Deficiency of protein in children results to

- 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 4 marks
b. Mention four importance of consumer education. 2 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