

# HOME ECONOMICS

*FOR*

**Junior Secondary School**



**2**

Practice Questions and Answers

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Home Economics Exam Questions and Answers Pack

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# QUESTIONS

## TOPIC: BASIC CLOTHING CONSTRUCTION

**DIRECTION:** Choose the correct answer from the lettered options.

1. All these are considered when making garments except \_\_\_\_\_.

- A. fabric design
- B. fashion
- C. fabric texture
- D. figure type
- E. machine type

2. The following are classified under clothes except \_\_\_\_\_.

- A. textile
- B. fabric
- C. material
- D. rubbers

3. The major source of synthetic fibre is \_\_\_\_\_.

- A. rubber
- B. petroleum
- C. dead animals
- D. special plants

4. The following are man-made fibers except \_\_\_\_\_.

- A. acetate rayon
- B. acrylic
- C. cup ammonium
- D. ramie

5. Textiles fibers are group into \_\_\_\_ fibres.

- A. First and second class
- B. natural and man-made
- C. natural and artificial
- D. cotton and wool

6. The following are natural fibres except \_\_\_\_\_.

- A. mod acrylic
- B. cotton
- C. linen
- D. sisal

7. Edges can be finished in the following ways except \_\_\_\_\_.

- A. hems
- B. use of lace
- C. shell edging
- D. use of facing
- E. tacking

8. The method of constructing fibres into fabric affect the following except the \_\_\_\_\_ of the fabric.

- A. texture
- B. durability
- C. use and care
- D. designs

9. Which of these are not made from clothes?

- A. Bed sheets

- B. Roofing sheets
- C. cushion covers
- D. window blinds

10. Another name for man-made fibres is \_\_\_\_\_ fibres.

- A. sterilised
- B. stylus
- C. synthetic
- D. simulated

11. Fibres are the building blocks of \_\_\_\_\_.

- A. cotton
- B. rubber
- C. fabric
- D. wool

## TOPIC: BASIC SEWING PROCESSES

**DIRECTION: Choose the correct answer from the lettered options.**

1. \_\_\_\_\_ seams have their raw edges enclosed.
  - A. Open or plain
  - B. French
  - C. Lapped
  - D. Run-and-fell
  
2. The following are types of seams except \_\_\_\_\_ seam.
  - A. open and close
  - B. french
  - C. run-and-fell
  - D. open or plain
  
3. French knot, herring-bone and satin stitches are all \_\_\_\_\_type of stitch.
  - A. permanent
  - B. decorative
  - C. temorary
  - D. designing
  
4. Stitches are used for the following except to \_\_\_\_\_.
  - A. hem the edges of fabric
  - B. join two or more pieces of fabric together
  - C. make decorative designs on articles
  - D. mend tears in clothes

5. The following decorative stitches can be used for finishing raw edges except the \_\_\_\_\_ stitch.

- A. chain
- B. stem
- C. root
- D. satin

6. The simplest and most commonly used seam is \_\_\_\_\_ seam.

- A. French
- B. open
- C. run-and -fell seam
- D. overlaid
- E. lapped

7. The advantages of seam finishes include the following except that it \_\_\_\_\_.

- A. prevents the raw edges from fraying
- B. prolongs the life of the article
- C. gives the finished work a professional look
- D. displays some of the skills of the seam mistress.

8. We have \_\_\_\_\_ types of stitches.

- A. two
- B. three
- C. four
- D. five

9. \_\_\_\_\_ is a seam finishing process.

- A. Over-casting
- B. Bluing
- C. recasting
- D. Open seam

10. Running, back and over-sewing stitches fall under \_\_\_\_\_ type of stitches.

- A. permanent
- B. temporary
- C. decorative
- D. designing

11. The process of covering the raw edge of a garment with a piece of cloth is known as \_\_\_\_\_.

- A. facet
- B. facing
- C. finishing
- D. furnish

12. \_\_\_\_\_ is the process of passing threaded needle and thread in and out of a material to make a specific design.

- A. Sewing
- B. Netting
- C. Stitching
- D. Hemming
- E. Finishing

13. Temporary stitches include the following except \_\_\_\_\_.

- A. even basting or tacking
- B. uneven basting or tacking
- C. diagonal basting
- D. evil basting or tacking

14. The following are seam finishing processes except \_\_\_\_\_.

- A. pinking
- B. zig-zag
- C. edge linning
- D. edge stitching

15. One of the following does not belong to the group?

- A. Herring-bone
- B. Stem
- C. Chain
- D. Hemming
- E. Satin

16. Seam \_\_\_\_\_ are basic sewing processes used to neaten th raw edges of a seam.

- A. openings
- B. endings
- C. finishes
- D. finisher

17. \_\_\_\_\_ is a line of stitching that joins two or more pieces of cloth.

- A. Sewing
- B. Finishes
- C. Pinking
- D. Seam

## TOPIC: CARE OF THE FAMILY HOUSE

**DIRECTION: Choose the correct answer from the lettered options.**

1. When cleaning the room, it is important to open the doors and windows to \_\_\_\_\_.

- A. dry the room
- B. air the room
- C. open the room
- D. brighten the room
- E. decorate the room

## TOPIC: CARE OF SURFACES

**DIRECTION: Choose the correct answer from the lettered options.**

1. Tiles are fixed to the floor with a special \_\_\_\_\_.

- A. water
- B. gum
- C. glue
- D. starch
- E. clay

2. The major material for making of glass is \_\_\_\_\_.

- A. glass
- B. sand
- C. broken bottles tiles
- D. bottles
- E. special material

3. Where in the home are knives kept?

- A. Toilet
- B. Kitchen
- C. Bed room
- D. Sitting room
- E. Bathroom

4. Glass is easily cracked by changes in temperature because it is \_\_\_\_\_.

- A. a good conductor of heat
- B. a poor conductor of heat
- C. a right conductor of heat

- D. an absorber of heat
- E. a hater of heat

5. Which of these is not a hard wood?

- A. Opepe
- B. Oak
- C. Fir
- D. Abura
- E. Mahogany

6. The floor finish that is made of a mixture of cement, sand, gravel and water is \_\_\_\_\_.

- A. mud
- B. concrete
- C. gravel
- D. terrazzo
- E. cork

7. \_\_\_\_\_ is a soft wood.

- A. Iroko
- B. Abura
- C. Afara
- D. Pines
- E. Mahogany

8. Soft wood is useful in the \_\_\_\_\_ industry.

- A. paper
- B. milk

- C. bottle
- D. aluminum
- E. metal

9. Which of the following does not belong to the group?

- A. Rug
- B. Wood
- C. Carpet
- D. Mat
- E. Linoleum

10. Which among these is not a type of glass?

- A. Flat glass
- B. Fit glass
- C. Obscured glass
- D. Cut glass
- E. Hollow glass ware

11. \_\_\_\_\_ is used for washing pots and sinks.

- A. Brasso
- B. Detergent
- C. Silvio
- D. Water
- E. Scouring powder

12. \_\_\_\_\_ is used in making glasses.

- A. Soda powder
- B. Soda material

- C. Soda dust
- D. Soda ash
- E. Soda powder

13. The process of removing water from wood before it is used for construction is known as \_\_\_\_\_.

- A. seasoning
- B. watering
- C. drying
- D. warping
- E. twisting

14. What material is commonly used for work surface and makes cleaning easy in the kitchen?

- A. Marble
- B. Cement
- C. Mud
- D. Terrazzo
- E. Tile

15. When sweeping mud floor, sprinkle little water to keep down the \_\_\_\_\_.

- A. pieces of paper
- B. flies
- C. sand
- D. dust
- E. ants

16. Which one of the following is not a type of floor?

- A. Mud
- B. Concrete
- C. Terrazzo
- D. Marble
- E. Rug

17. Which of the following is made by coating one surface of plate glass with silver nitrate?

- A. Window glass
- B. Table ware
- C. Oven ware
- D. Mirror
- E. Vases

18. Which of these is suitable for making wooden bed?

- A. Hard wood
- B. Soft wood
- C. Black wood
- D. Polished wood
- E. Seasoned wood

19. Which is the odd one?

- A. Carpet
- B. Mud
- C. Tiles
- D. Terrazzo
- E. Concrete

19. Which is the odd one?

- A. Carpet
- B. Mud
- C. Tiles
- D. Terrazzo
- E. Concrete

## TOPIC: FOOD AND NUTRITION AND HEALTH

**DIRECTION: Choose the correct answer from the lettered options.**

1. \_\_\_\_\_ is the best cooking method for eggs.

- A. Frying
- B. Stewing
- C. Roasting
- D. Boiling
- E. Steaming

2. Which of these vitamins are destroyed when we cook?

- A. vitamin A
- B. vitamin k
- C. vitamin D
- D. vitamin B and C
- E. vitamin E

3. Which of the following nutrients help to build the body and promote growth?

- A. Carbohydrate
- B. Vitamins
- C. Minerals
- D. Proteins
- E. Fats

4. Iodine is necessary for the proper functioning of the \_\_\_\_\_.

- A. thyroid gland
- B. cell walls
- C. healing of wounds

- D. growth of cell
- E. formation of blood

5. \_\_\_\_\_ helps in proper bone formation.

- A. Protein
- B. Carbohydrates
- C. Vitamins
- D. Iodine
- E. Calcium

6. Which of the following is an example of mineral salts?

- A. Fruits and salty drinks
- B. Fats and oil
- C. Vitamins and protein
- D. Iron, iodine and calcium
- E. Salt and water

8. Iodine is found mostly in \_\_\_\_\_.

- A. sea foods
- B. perishable foods
- C. carbohydrate
- D. beans
- E. vitamins

9. \_\_\_\_\_ and \_\_\_\_\_ are sources of mineral salts.

- A. Milk and fruits
- B. Oil and carrot
- C. Sea foods and liver

- D. Lime and lemon
- E. Peas and lentils

10. Carbohydrates and fats are \_\_\_\_\_.

- A. healthy foods
- B. energy foods
- C. body-building food
- D. protecting food
- E. none of the above

11. Animal protein is also called \_\_\_\_\_.

- A. complete protein
- B. incomplete protein
- C. Third class protein
- D. Second class protein
- E. all of the above

12. Which one of the following helps digestion and bowel movement?

- A. Starch
- B. Protein
- C. Roughage
- D. Vitamin
- E. Mineral

14. The vitamin that is common in fruits is \_\_\_\_\_.

- A. vitamin B
- B. vitamin C
- C. vitamin K

- D. vitamin D
- E. vitamin A

15. Proteins are made up of small units called \_\_\_\_\_.

- A. fatty acids
- B. amino acids
- C. oily acids
- D. simple protein
- E. monosaccharide

16. Loss of appetite, fatigue and tiredness is caused by \_\_\_\_\_.

- A. lack of vitamin C
- B. lack of vitamin A
- C. lack of vitamin B
- D. lack of vitamin K
- E. lack of vitamin D

17. The sunshine vitamin is known as \_\_\_\_\_.

- A. vitamin B
- B. vitamin D
- C. vitamin K
- D. vitamin A
- E. vitamin C

18. Which of these is not a fat soluble vitamin?

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D

- D. Vitamin E
- E. Vitamin K

20. \_\_\_\_\_ help the body to fight against diseases.

- A. Vitamins
- B. Carbohydrate
- C. Protein
- D. Oil
- E. Mineral

21. \_\_\_\_\_ is an iodine rich food.

- A. Plantain
- B. Milk
- C. Yam
- D. Cassava
- E. Sea food

22. Nutrients which supply heat and energy are \_\_\_\_\_.

- A. water and calcium
- B. minerals and protein
- C. carbohydrates and fats
- D. vitamins
- E. calcium

23. The last product of protein digestion is \_\_\_\_\_.

- A. glucose
- B. fructose
- C. sugar

- D. amino acid
- E. fatty acids

24. Which one of the following are protective food?

- A. Carbohydrates
- B. Fats
- C. Vitamins
- D. Proteins
- E. Oils

25. Baking is often done in the\_\_\_\_\_.

- A. refrigerator
- B. cooker
- C. oven
- D. sink
- E. stove

26. Which of the following supply the body with heat and energy?

- A. Carbohydrate and calcium
- B. Carbohydrates and fats
- C. Minerals and fats
- D. Oils and vitamins
- E. Proteins and iron

27. \_\_\_\_\_ is the odd one out.

- A. Vitamin C
- B. Vitamin E
- C. Vitamin A

- D. Vitamin K
- E. Vitamin D

28. \_\_\_\_\_ is that which the body cannot manufacture that we need to get from our food.

- A. Essential amino acids
- B. Non-essential amino acids
- C. Colic acids
- D. Fructose acids
- E. Acids

29. Proteins can be made up of all except \_\_\_\_\_.

- A. carbon
- B. hydrogen
- C. nitrogen
- D. sulphur
- E. starch

30. Proteins are \_\_\_\_\_.

- A. health food
- B. protective food
- C. energy food
- D. body building food
- E. none of the above

31. Protein \_\_\_\_\_.

- A. increases our blood
- B. kills our body tissue

- C. prevents us from bleeding
- D. builds the body tissue
- E. none of the above

32. What makes sugar caramelize and burn?

- A. Moisture
- B. Air
- C. Dry heat
- D. Wet heat
- E. Sunlight

33. Which one of the following helps indigestion and bowl movement?

- A. Starch
- B. Protein
- C. Roughage
- D. Vitamin
- E. Mineral

34. \_\_\_\_\_ are those which the body can manufacture.

- A. Essential amino acids
- B. Non-essential amino acids
- C. Fructose
- D. Acids
- E. Lactose

35. Sources of protein are \_\_\_\_\_.

- A. Orange, rice, pepper
- B. biscuits, beans, tomato

- C. egg, fish, meat
- D. egg, pineapple and milk
- E. yam, garri, cassava

36. Which of the following is not a body builder?

- A. Soya bean
- B. Meat
- C. Cassava
- D. Milk
- E. Egg

37. \_\_\_\_\_ Diet is a diet that contains two or more food nutrient.

- A. Mixed
- B. Combine
- C. Varicose
- D. Meal
- E. Proper

38. Breast milk is sometimes referred to as nature's perfect food because it \_\_\_\_\_.

- A. contains calcium caseinate
- B. contains second class protein and water
- C. contains practically all the essential food nutrients
- D. contains very little Vitamin B12
- E. is easily digested

39. Which of the following group of food gives energy?

- A. Chicken, fish, egg, milk
- B. Rice, yam, cake, bread

- C. Vegetables, mango, pawpaw
- D. Egg, sea foods, fruits
- E. Tomato, pepper, spices

40. \_\_\_\_\_ are sources of protein.

- A. Meat, fish and egg
- B. Bread, rice and fish
- C. Cassava, meat and onions
- D. Fish, potatoes, beans
- E. All of the above

41. Surplus carbohydrate in the body is stored as body \_\_\_\_\_.

- A. fat
- B. protein
- C. starch
- D. glucose
- E. vitamins

42. Raw meat should be stored in the \_\_\_\_\_.

- A. refrigerator compartment
- B. vegetable crisper
- C. freezer compartment
- D. top-most shelf
- E. middle shelf

43. Lack of vitamin C causes \_\_\_\_\_.

- A. beriberi
- B. thiamine

- C. scurvy
- D. pellagra
- E. oedema

44. Which one of the following does not belong to the group?

- A. Fructose
- B. Lactose
- C. Maltose
- D. Gelactos
- E. Glycogen

45. The absence of vitamin B in the body causes \_\_\_\_\_.

- A. night blindness and weakness
- B. lack of growth and night blindness
- C. night blindness, rough and dry skin
- D. loss of appetite and fatigue
- E. loss of body fuel and fatigue

46. The main nutrient in Soya beans is \_\_\_\_\_.

- A. carbohydrate
- B. vitamins
- C. fats and oil
- D. protein
- E. mineral salt

47. Which of these is necessary for normal clotting of blood?

- A. Vitamin C
- B. Vitamin K

- C. Vitamin D
- D. Vitamin A
- E. Vitamin B

48. Which of these is best eaten raw?

- A. Yam
- B. Rice
- C. Meat
- D. Fruit
- E. Plantain

49. All these are raising agents except \_\_\_\_\_.

- A. baking powder
- B. yeast
- C. air
- D. eggs
- E. water

50. \_\_\_\_\_ is a fat soluble vitamin.

- A. Vitamin C
- B. Vitamin K
- C. Vitamin B2
- D. All of the above
- E. None of the above

51. Which of these is solid at room temperature?

- A. Starch
- B. Amino acid

- C. Fatty acid
- D. Fat
- E. Oil

52. The sources of protein are \_\_\_\_\_.

- A. meat, fish, eggs
- B. bread, rice, yam
- C. cassava, onions, pepper
- D. salt, potatoes, oranges
- E. all of the above

53. First class proteins contains \_\_\_\_\_.

- A. double sugar
- B. complex sugar
- C. simple sugar
- D. essentials amino acids
- E. non essential amino acids

54 Vegetables are cooked in small quantity of water in order to \_\_\_\_\_.

- A. economize water
- B. retain nutrients
- C. save salt
- D. preserve vitamin D
- E. improve the taste

55. Protective foods includes \_\_\_\_\_.

- A. protein and milk
- B. fats and oil

- C. vitamins and minerals
- D. carbohydrates and protein
- E. all off the above

56. Constipation is common with \_\_\_\_\_ babies.

- A. breast-fed
- B. bottle-fed
- C. well-fed
- D. hungry
- E. angry

57. Nutrition is defined as \_\_\_\_\_.

- A. the way the body uses the food we eat
- B. how to cook food
- C. how to serve food
- D. how to entertain people
- E. how to preserve food

58. The nutritive value of any food item is \_\_\_\_ it supplies.

- A. all the vitamins
- B. all the food nutrient
- C. all the minerals
- D. the amount of protein in the food
- E. all the carbohydrates it supplies

## TOPIC: CLEANING AGENTS

**DIRECTION: Choose the correct answer from the lettered options.**

1. The following are local except \_\_\_\_\_.

- A. starch powder
- B. polishes
- C. chalk powder
- D. egg-shell powder
- E. fine sand

2. \_\_\_\_\_ combine readily with greasy dirt and so reduce the amount of rubbing needed for cleaning.

- A. Water
- B. Alkalis
- C. Washing soda
- D. bleaches
- E. water wax

3. Greasy solvents include the following except \_\_\_\_\_.

- A. benzene
- B. turpentine
- C. sand paper
- D. petrol
- E. paraffin

4. Polished wood can be cared for by doing the following except \_\_\_\_\_.

- A. removing of dirt by dusting wood
- B. shinning the surface

- C. wiping the surface of the wood
- D. washing the wood
- E. dusting the wood

5. Abrasive cleaners include the following except \_\_\_\_\_.

- A. wool
- B. sandpaper
- C. glass paper
- D. detergent
- E. metal sponges

6. The most common solvent is \_\_\_\_\_.

- A. abrasives
- B. alkalis
- C. ammonia
- D. water
- E. synthetic detergent

7. \_\_\_\_\_ is the odd one out.

- A. Fine sand
- B. Paw-paw leaf
- C. Vim
- D. Ash
- E. Egg shell

8. \_\_\_\_\_ are substances which act to remove dirt or soil by liquefying it and holding it in suspension.

- A. Water

- B. Solvents
- C. Abrasives
- D. Soap
- E. Synthetic detergents

9. Include the following except \_\_\_\_\_.

- A. alkalis
- B. acids
- C. blue
- D. abrasives
- E. bleaches

## TOPIC: ENTERTAINMENT

**DIRECTION: Choose the correct answer from the lettered options.**

1. The following items except one is used when setting a dining table \_\_\_\_\_.

- A. table cloth
- B. cups
- C. hand towels
- D. cutleries
- E. book

2. The best material for making a cooking pot is \_\_\_\_\_.

- A. enamel
- B. iron
- C. aluminum
- D. copper
- E. gold

3. Table laying could be formal or \_\_\_\_\_.

- A. plain
- B. good
- C. informal
- D. big
- E. descent

4. Which of the following is not a kitchen tool?

- A. Knife
- B. Radio
- C. Kettle
- D. Drinking cup
- E. Cooking pot

## TOPIC: GOOD GROOMING

**DIRECTION: Choose the correct answer from the lettered options.**

1. Hides and skin are used for \_\_\_\_\_.

- A. beverages
- B. flour
- C. soap
- D. margarine
- E. leather

2. The use of which one of the following prevents serious mistakes in dress making?

- A. Styles
- B. Fashion
- C. Stitches
- D. Seams
- E. Patterns

3. When is narrow hemmer used?

- A. When sewing on lace fabric
- B. When fixing button hole
- C. When fixing zig-zag
- D. When weaving clothes
- E. When fixing gathers on cotton fabric

4. The menstrual circle\_\_\_\_\_.

- A. is not common
- B. is impossible
- C. uniform

- D. is the same for all
- E. in different persons is not the same

5. Breast development in girls is \_\_\_\_\_.

- A. not a sign of puberty
- B. a sign of puberty
- C. a sign of illness
- D. a sign of height
- E. a sign of class

6. Body measurements should be taken over \_\_\_\_\_.

- A. a sweater
- B. loose fitted garment
- C. tight fitted garment
- D. high-healed shoes
- E. loose-gown

7. The male sex cells are called \_\_\_\_\_.

- A. testis
- B. ovum
- C. sperms
- D. ova
- E. egg

8. The short span of time which marks the beginning of sexual maturity is called \_\_\_\_\_.

- A. womanhood
- B. adulthood

- C. childhood
- D. puberty
- E. adolescence

9. \_\_\_\_\_ is the outline of a pattern.

- A. Notches
- B. Cutting line
- C. Stitching line
- D. Drafted pattern
- E. Darts

10. The unpleasant smell that comes from the body is called body \_\_\_\_\_.

- A. gas
- B. complexion
- C. smell
- D. perfume
- E. odour

11. The period which lies between the beginning of puberty and adulthood is called \_\_\_\_\_.

- A. puberty
- B. adolescence
- C. boyhood
- D. girlhood
- E. manhood

12. What is the main function of a button hole on garment?

- A. Edge finishing
- B. Beautification
- C. Lacing
- D. To fasten garment
- E. To create loop

13. An adolescent falls between the age range of \_\_\_\_\_ years.

- A. 20 - 35
- B. 13 - 19
- C. 10 - 18
- D. 1 - 18
- E. 1 month - 18

14. Which of the following is not a tool for pattern drafting?

- A. Needle
- B. Paper
- C. French curve
- D. Metre rule
- E. Tape measure

15. The monthly discharge of blood from the uterus of nonpregnant women from puberty to menopause is called \_\_\_\_\_.

- A. Bleeding
- B. Sweating
- C. Pregnancy
- D. Menstruation
- E. Reproduction

16. \_\_\_\_\_ is the change from childhood to adulthood.

- A. Abdomen
- B. Puberty
- C. Property
- D. Adulthood
- E. Maturity

17. Which of the following is used as guides in garment construction?

- A. Pins
- B. Patterns
- C. Thread
- D. Pencil
- E. Brown paper

18. Which one of these is not a sign of puberty?

- A. Breaking of voice
- B. Hairs under the pubic region and armpit
- C. Discharge of semen
- D. Change in complexion
- E. None of the above

19. Which of the following is not a tool for taking body measurement?

- A. French curve
- B. String
- C. Paper
- D. Pencil
- E. Tape measure

20. The age of puberty in boys and girls is \_\_\_\_\_.

- A. the same
- B. different
- C. prolonged
- D. equal
- E. all of the above

21. A well groomed person does one of the following.

- A. Keeps bushy hair
- B. Takes good care of his or herself
- C. Sews many dresses
- D. Has many pair of shoes
- E. Prevents eye diseases

# ANSWERS

## TOPIC: BASIC CLOTHING CONSTRUCTION

**DIRECTION: Choose the correct answer from the lettered options.**

1. All these are considered when making garments except \_\_\_\_\_.

- A. fabric design
- B. fashion
- C. fabric texture
- D. figure type
- E. machine type

The correct answer is option [B]

2. The following are classified under clothes except \_\_\_\_\_.

- A. textile
- B. fabric
- C. material
- D. rubbers

The correct answer is option [D]

3. The major source of synthetic fibre is \_\_\_\_\_.

- A. rubber
- B. petroleum
- C. dead animals
- D. special plants

The correct answer is option [B]

4. The following are man-made fibers except \_\_\_\_\_.

- A. acetate rayon
- B. acrylic
- C. cup ammonium
- D. ramie

The correct answer is option [C]

5. Textiles fibers are group into \_\_\_\_\_ fibres.

- A. First and second class
- B. natural and man-made
- C. natural and artificial
- D. cotton and wool

The correct answer is option [B]

6. The following are natural fibres except \_\_\_\_\_.

- A. mod acrylic
- B. cotton
- C. linen
- D. sisal

The correct answer is option [A]

7. Edges can be finished in the following ways except \_\_\_\_\_.

- A. hems
- B. use of lace
- C. shell edging
- D. use of facing
- E. tacking

The correct answer is option [E]

8. The method of constructing fibres into fabric affect the following except the \_\_\_\_\_ of the fabric.

- A. texture
- B. durability
- C. use and care
- D. designs

The correct answer is option [D]

9. Which of these are not made from clothes?

- A. Bed sheets
- B. Roofing sheets
- C. cushion covers
- D. window blinds

The correct answer is option [B]

10. Another name for man-made fibres is \_\_\_\_\_ fibres.

- A. sterilised
- B. stylus
- C. synthetic
- D. simulated

The correct answer is option [C]

11. Fibres are the building blocks of \_\_\_\_\_.

- A. cotton
- B. rubber
- C. fabric
- D. wool

The correct answer is option [C]

## TOPIC: BASIC SEWING PROCESSES

**DIRECTION: Choose the correct answer from the lettered options.**

1. \_\_\_\_\_ seams have their raw edges enclosed.

- A. Open or plain
- B. French
- C. Lapped
- D. Run-and-fell

The correct answer is option [B]

2. The following are types of seams except \_\_\_\_\_ seam.

- A. open and close
- B. french
- C. run-and-fell
- D. open or plain

The correct answer is option [A]

3. French knot, herring-bone and satin stitches are all \_\_\_\_\_type of stitch.

- A. permanent
- B. decorative
- C. temorary
- D. designing

The correct answer is option [B]

4. Stitches are used for the following except to \_\_\_\_\_.

- A. hem the edges of fabric
- B. join two or more pieces of fabric together
- C. make decorative designs on articles

D. mend tears in clothes

The correct answer is option [A]

5. The following decorative stitches can be used for finishing raw edges except the \_\_\_\_\_ stitch.

A. chain

B. stem

C. root

D. satin

The correct answer is option [C]

6. The simplest and most commonly used seam is \_\_\_\_\_ seam.

A. French

B. open

C. run-and -fell seam

D. overlaid

E. lapped

The correct answer is option [B]

7. The advantages of seam finishes include the following except that it \_\_\_\_\_.

A. prevents the raw edges from fraying

B. prolongs the life of the article

C. gives the finished work a professional look

D. displays some of the skills of the seam mistress.

The correct answer is option [D]

8. We have \_\_\_\_\_ types of stitches.

- A. two
- B. three
- C. four
- D. five

The correct answer is option [B]

9. \_\_\_\_\_ is a seam finishing process.

- A. Over-casting
- B. Bluing
- C. recasting
- D. Open seam

The correct answer is option [A]

10. Running, back and over-sewing stitches fall under \_\_\_\_\_ type of stitches.

- A. permanent
- B. temporary
- C. decorative
- D. designing

The correct answer is option [A]

11. The process of covering the raw edge of a garment with a piece of cloth is known as \_\_\_\_\_.

- A. facet
- B. facing
- C. finishing
- D. furnish

The correct answer is option [B]

12. \_\_\_\_\_ is the process of passing threaded needle and thread in and out of a material to make a specific design.

- A. Sewing
- B. Netting
- C. Stitching
- D. Hemming
- E. Finishing

The correct answer is option [C]

13. Temporary stitches include the following except \_\_\_\_\_.

- A. even basting or tacking
- B. uneven basting or tacking
- C. diagonal basting
- D. evil basting or tacking

The correct answer is option [D]

14. The following are seam finishing processes except \_\_\_\_\_.

- A. pinking
- B. zig-zag
- C. edge lining
- D. edge stitching

The correct answer is option [C]

15. One of the following does not belong to the group?

- A. Herring-bone
- B. Stem
- C. Chain
- D. Hemming

E. Satin

The correct answer is option [D]

16. Seam \_\_\_\_\_ are basic sewing processes used to neaten th raw edges of a seam.

- A. openings
- B. endings
- C. finishes
- D. finisher

The correct answer is option [C]

17. \_\_\_\_\_ is a line of stitching that joins two or more pieces of cloth.

- A. Sewing
- B. Finishes
- C. Pinking
- D. Seam

The correct answer is option [D]

## TOPIC: CARE OF THE FAMILY HOUSE

**DIRECTION: Choose the correct answer from the lettered options.**

1. When cleaning the room, it is important to open the doors and windows to \_\_\_\_\_.

- A. dry the room
- B. air the room
- C. open the room
- D. brighten the room
- E. decorate the room

The correct answer is option [B]

## TOPIC: CARE OF SURFACES

**DIRECTION: Choose the correct answer from the lettered options.**

1. Tiles are fixed to the floor with a special \_\_\_\_\_.

- A. water
- B. gum
- C. glue
- D. starch
- E. clay

The correct answer is option [B]

2. The major material for making of glass is \_\_\_\_\_.

- A. glass
- B. sand
- C. broken bottles tiles
- D. bottles
- E. special material

The correct answer is option [B]

3. Where in the home are knives kept?

- A. Toilet
- B. Kitchen
- C. Bed room
- D. Sitting room
- E. Bathroom

The correct answer is option [B]

4. Glass is easily cracked by changes in temperature because it is \_\_\_\_\_.

- A. a good conductor of heat
- B. a poor conductor of heat
- C. a right conductor of heat
- D. an absorber of heat
- E. a hater of heat

The correct answer is option [B]

5. Which of these is not a hard wood?

- A. Opepe
- B. Oak
- C. Fir
- D. Abura
- E. Mahogany

The correct answer is option [C]

6. The floor finish that is made of a mixture of cement, sand, gravel and water is \_\_\_\_\_.

- A. mud
- B. concrete
- C. gravel
- D. terrazzo
- E. cork

The correct answer is option [B]

7. \_\_\_\_\_ is a soft wood.

- A. Iroko
- B. Abura

- C. Afara
- D. Pines
- E. Mahogany

The correct answer is option [D]

8. Soft wood is useful in the \_\_\_\_\_ industry.

- A. paper
- B. milk
- C. bottle
- D. aluminum
- E. metal

The correct answer is option [A]

9. Which of the following does not belong to the group?

- A. Rug
- B. Wood
- C. Carpet
- D. Mat
- E. Linoleum

The correct answer is option [B]

10. Which among these is not a type of glass?

- A. Flat glass
- B. Fit glass
- C. Obscured glass
- D. Cut glass
- E. Hollow glass ware

The correct answer is option [B]

11. \_\_\_\_\_ is used for washing pots and sinks.

- A. Brasso
- B. Detergent
- C. Silvio
- D. Water
- E. Scouring powder

The correct answer is option [E]

12. \_\_\_\_\_ is used in making glasses.

- A. Soda powder
- B. Soda material
- C. Soda dust
- D. Soda ash
- E. Soda powder

The correct answer is option [D]

13. The process of removing water from wood before it is used for construction is known as \_\_\_\_\_.

- A. seasoning
- B. watering
- C. drying
- D. warping
- E. twisting

The correct answer is option [A]

14. What material is commonly used for work surface and makes cleaning easy in the kitchen?

- A. Marble

- B. Cement
- C. Mud
- D. Terrazzo
- E. Tile

The correct answer is option [E]

15. When sweeping mud floor, sprinkle little water to keep down the \_\_\_\_\_.

- A. pieces of paper
- B. flies
- C. sand
- D. dust
- E. ants

The correct answer is option [D]

16. Which one of the following is not a type of floor?

- A. Mud
- B. Concrete
- C. Terrazzo
- D. Marble
- E. Rug

The correct answer is option [E]

17. Which of the following is made by coating one surface of plate glass with silver nitrate?

- A. Window glass
- B. Table ware
- C. Oven ware
- D. Mirror

E. Vases

The correct answer is option [D]

18. Which of these is suitable for making wooden bed?

- A. Hard wood
- B. Soft wood
- C. Black wood
- D. Polished wood
- E. Seasoned wood

The correct answer is option [A]

19. Which is the odd one?

- A. Carpet
- B. Mud
- C. Tiles
- D. Terrazzo
- E. Concrete

The correct answer is option [B]

19. Which is the odd one?

- A. Carpet
- B. Mud
- C. Tiles
- D. Terrazzo
- E. Concrete

The correct answer is option [B]

## TOPIC: FOOD AND NUTRITION AND HEALTH

**DIRECTION: Choose the correct answer from the lettered options.**

1. \_\_\_\_\_ is the best cooking method for eggs.

- A. Frying
- B. Stewing
- C. Roasting
- D. Boiling
- E. Steaming

The correct answer is option [D]

2. Which of these vitamins are destroyed when we cook?

- A. vitamin A
- B. vitamin k
- C. vitamin D
- D. vitamin B and C
- E. vitamin E

The correct answer is option [D]

3. Which of the following nutrients help to build the body and promote growth?

- A. Carbohydrate
- B. Vitamins
- C. Minerals
- D. Proteins
- E. Fats

The correct answer is option [D]

4. Iodine is necessary for the proper functioning of the \_\_\_\_\_.

- A. thyroid gland
- B. cell walls
- C. healing of wounds
- D. growth of cell
- E. formation of blood

The correct answer is option [A]

5. \_\_\_\_\_ helps in proper bone formation.

- A. Protein
- B. Carbohydrates
- C. Vitamins
- D. Iodine
- E. Calcium

The correct answer is option [E]

6. Which of the following is an example of mineral salts?

- A. Fruits and salty drinks
- B. Fats and oil
- C. Vitamins and protein
- D. Iron, iodine and calcium
- E. Salt and water

The correct answer is option [D]

8. Iodine is found mostly in \_\_\_\_\_.

- A. sea foods
- B. perishable foods
- C. carbohydrate

- D. beans
- E. vitamins

The correct answer is option [A]

9. \_\_\_\_\_ and \_\_\_\_\_ are sources of mineral salts.

- A. Milk and fruits
- B. Oil and carrot
- C. Sea foods and liver
- D. Lime and lemon
- E. Peas and lentils

The correct answer is option [C]

10. Carbohydrates and fats are \_\_\_\_\_.

- A. healthy foods
- B. energy foods
- C. body-building food
- D. protecting food
- E. none of the above

The correct answer is option [B]

11. Animal protein is also called \_\_\_\_\_.

- A. complete protein
- B. incomplete protein
- C. Third class protein
- D. Second class protein
- E. all of the above

The correct answer is option [A]

12. Which one of the following helps digestion and bowel movement?

- A. Starch
- B. Protein
- C. Roughage
- D. Vitamin
- E. Mineral

The correct answer is option [C]

14. The vitamin that is common in fruits is \_\_\_\_\_.

- A. vitamin B
- B. vitamin C
- C. vitamin K
- D. vitamin D
- E. vitamin A

The correct answer is option [B]

15. Proteins are made up of small units called \_\_\_\_\_.

- A. fatty acids
- B. amino acids
- C. oily acids
- D. simple protein
- E. monosaccharide

The correct answer is option [B]

16. Loss of appetite, fatigue and tiredness is caused by \_\_\_\_\_.

- A. lack of vitamin C
- B. lack of vitamin A
- C. lack of vitamin B

- D. lack of vitamin K
- E. lack of vitamin D

The correct answer is option [C]

17. The sunshine vitamin is known as \_\_\_\_\_.

- A. vitamin B
- B. vitamin D
- C. vitamin K
- D. vitamin A
- E. vitamin C

The correct answer is option [B]

18. Which of these is not a fat soluble vitamin?

- A. Vitamin A
- B. Vitamin C
- C. Vitamin D
- D. Vitamin E
- E. Vitamin K

The correct answer is option [B]

20. \_\_\_\_\_ help the body to fight against diseases.

- A. Vitamins
- B. Carbohydrate
- C. Protein
- D. Oil
- E. Mineral

The correct answer is option [A]

21. \_\_\_\_\_ is an iodine rich food.

- A. Plantain
- B. Milk
- C. Yam
- D. Cassava
- E. Sea food

The correct answer is option [E]

22. Nutrients which supply heat and energy are \_\_\_\_\_.

- A. water and calcium
- B. minerals and protein
- C. carbohydrates and fats
- D. vitamins
- E. calcium

The correct answer is option [C]

23. The last product of protein digestion is \_\_\_\_\_.

- A. glucose
- B. fructose
- C. sugar
- D. amino acid
- E. fatty acids

The correct answer is option [D]

24. Which one of the following are protective food?

- A. Carbohydrates
- B. Fats
- C. Vitamins

- D. Proteins
- E. Oils

The correct answer is option [C]

25. Baking is often done in the\_\_\_\_\_.

- A. refrigerator
- B. cooker
- C. oven
- D. sink
- E. stove

The correct answer is option [C]

26. Which of the following supply the body with heat and energy?

- A. Carbohydrate and calcium
- B. Carbohydrates and fats
- C. Minerals and fats
- D. Oils and vitamins
- E. Proteins and iron

The correct answer is option [B]

27. \_\_\_\_\_ is the odd one out.

- A. Vitamin C
- B. Vitamin E
- C. Vitamin A
- D. Vitamin K
- E. Vitamin D

The correct answer is option [A]

28. \_\_\_\_\_ is that which the body cannot manufacture that we need to get from our food.

- A. Essential amino acids
- B. Non-essential amino acids
- C. Colic acids
- D. Fructose acids
- E. Acids

The correct answer is option [A]

29. Proteins can be made up of all except \_\_\_\_\_.

- A. carbon
- B. hydrogen
- C. nitrogen
- D. sulphur
- E. starch

The correct answer is option [E]

30. Proteins are \_\_\_\_\_.

- A. health food
- B. protective food
- C. energy food
- D. body building food
- E. none of the above

The correct answer is option [D]

31. Protein \_\_\_\_\_.

- A. increases our blood
- B. kills our body tissue

- C. prevents us from bleeding
- D. builds the body tissue
- E. none of the above

The correct answer is option [D]

32. What makes sugar caramelize and burn?

- A. Moisture
- B. Air
- C. Dry heat
- D. Wet heat
- E. Sunlight

The correct answer is option [C]

33. Which one of the following helps indigestion and bowel movement?

- A. Starch
- B. Protein
- C. Roughage
- D. Vitamin
- E. Mineral

The correct answer is option [C]

34. \_\_\_\_\_ are those which the body can manufacture.

- A. Essential amino acids
- B. Non-essential amino acids
- C. Fructose
- D. Acids
- E. Lactose

The correct answer is option [B]

35. Sources of protein are \_\_\_\_\_.

- A. Orange, rice, pepper
- B. biscuits, beans, tomato
- C. egg, fish, meat
- D. egg, pineapple and milk
- E. yam, garri, cassava

The correct answer is option [C]

36. Which of the following is not a body builder?

- A. Soya bean
- B. Meat
- C. Cassava
- D. Milk
- E. Egg

The correct answer is option [C]

37. \_\_\_\_\_ Diet is a diet that contains two or more food nutrient.

- A. Mixed
- B. Combine
- C. Varicose
- D. Meal
- E. Proper

The correct answer is option [A]

38. Brest milk is sometimes referred to as nature's perfect food because it \_\_\_\_\_.

- A. contains calcium caseinate
- B. contains second class protein and water
- C. contains practically all the essential food nutrients

- D. contains very little Vitamin B12
- E. is easily digested

The correct answer is option [C]

39. Which of the following group of food gives energy?

- A. Chicken, fish, egg, milk
- B. Rice, yam, cake, bread
- C. Vegetables, mango, pawpaw
- D. Egg, sea foods, fruits
- E. Tomato, pepper, spices

The correct answer is option [B]

40. \_\_\_\_\_ are sources of protein.

- A. Meat, fish and egg
- B. Bread, rice and fish
- C. Cassava, meat and onions
- D. Fish, potatoes, beans
- E. All of the above

The correct answer is option [A]

41. Surplus carbohydrate in the body is stored as body \_\_\_\_\_.

- A. fat
- B. protein
- C. starch
- D. glucose
- E. vitamins

The correct answer is option [A]

42. Raw meat should be stored in the \_\_\_\_\_.

- A. refrigerator compartment
- B. vegetable crisper
- C. freezer compartment
- D. top-most shelf
- E. middle shelf

The correct answer is option [C]

43. Lack of vitamin C causes \_\_\_\_\_.

- A. beriberi
- B. thiamine
- C. scurvy
- D. pellagra
- E. oedema

The correct answer is option [C]

44. Which one of the following does not belong to the group?

- A. Fructose
- B. Lactose
- C. Maltose
- D. Galactos
- E. Glycogen

The correct answer is option [C]

45. The absence of vitamin B in the body causes \_\_\_\_\_.

- A. night blindness and weakness
- B. lack of growth and night blindness
- C. night blindness, rough and dry skin

- D. loss of appetite and fatigue
- E. loss of body fuel and fatigue

The correct answer is option [C]

46. The main nutrient in Soya beans is \_\_\_\_\_.

- A. carbohydrate
- B. vitamins
- C. fats and oil
- D. protein
- E. mineral salt

The correct answer is option [D]

47. Which of these is necessary for normal clotting of blood?

- A. Vitamin C
- B. Vitamin K
- C. Vitamin D
- D. Vitamin A
- E. Vitamin B

The correct answer is option [B]

48. Which of these is best eaten raw?

- A. Yam
- B. Rice
- C. Meat
- D. Fruit
- E. Plantain

The correct answer is option [D]

49. All these are raising agents except \_\_\_\_\_.

- A. baking powder
- B. yeast
- C. air
- D. eggs
- E. water

The correct answer is option [E]

50. \_\_\_\_\_ is a fat soluble vitamin.

- A. Vitamin C
- B. Vitamin K
- C. Vitamin B2
- D. All of the above
- E. None of the above

The correct answer is option [E]

51. Which of these is solid at room temperature?

- A. Starch
- B. Amino acid
- C. Fatty acid
- D. Fat
- E. Oil

The correct answer is option [D]

52. The sources of protein are \_\_\_\_\_.

- A. meat, fish, eggs
- B. bread, rice, yam
- C. cassava, onions, pepper

- D. salt, potatoes, oranges
- E. all of the above

The correct answer is option [A]

53. First class proteins contains \_\_\_\_\_.

- A. double sugar
- B. complex sugar
- C. simple sugar
- D. essentials amino acids
- E. non essential amino acids

The correct answer is option [D]

54 Vegetables are cooked in small quantity of water in order to \_\_\_\_\_.

- A. economize water
- B. retain nutrients
- C. save salt
- D. preserve vitamin D
- E. improve the taste

The correct answer is option [B]

55. Protective foods includes \_\_\_\_\_.

- A. protein and milk
- B. fats and oil
- C. vitamins and minerals
- D. carbohydrates and protein
- E. all off the above

The correct answer is option [C]

56. Constipation is common with \_\_\_\_\_ babies.

- A. breast-fed
- B. bottle-fed
- C. well-fed
- D. hungry
- E. angry

The correct answer is option [B]

57. Nutrition is defined as \_\_\_\_\_.

- A. the way the body uses the food we eat
- B. how to cook food
- C. how to serve food
- D. how to entertain people
- E. how to preserve food

The correct answer is option [A]

58. The nutritive value of any food item is \_\_\_\_ it supplies.

- A. all the vitamins
- B. all the food nutrient
- C. all the minerals
- D. the amount of protein in the food
- E. all the carbohydrates it supplies

The correct answer is option [B]

## TOPIC: CLEANING AGENTS

**DIRECTION: Choose the correct answer from the lettered options.**

1. The following are local except \_\_\_\_\_.

- A. starch powder
- B. polishes
- C. chalk powder
- D. egg-shell powder
- E. fine sand

The correct answer is option [B]

2. \_\_\_\_\_ combine readily with greasy dirt and so reduce the amount of rubbing needed for cleaning.

- A. Water
- B. Alkalis
- C. Washing soda
- D. bleaches
- E. water wax

The correct answer is option [B]

3. Greasy solvents include the following except \_\_\_\_\_.

- A. benzene
- B. turpentine
- C. sand paper
- D. petrol
- E. paraffin

The correct answer is option [C]

4. Polished wood can be cared for by doing the following except \_\_\_\_\_.

- A. removing of dirt by dusting wood
- B. shinning the surface
- C. wiping the surface of the wood
- D. washing the wood
- E. dusting the wood

The correct answer is option [C]

5. Abrasive cleaners include the following except \_\_\_\_\_.

- A. wool
- B. sandpaper
- C. glass paper
- D. detergent
- E. metal sponges

The correct answer is option [D]

6. The most common solvent is \_\_\_\_\_.

- A. abrasives
- B. alkalis
- C. ammonia
- D. water
- E. synthetic detergent

The correct answer is option [D]

7. \_\_\_\_\_ is the odd one out.

- A. Fine sand
- B. Paw-paw leaf
- C. Vim

- D. Ash
- E. Egg shell

The correct answer is option [B].

The paw-paw leaf is used as a medicine while others are used for washing and scrubbing off soot from blackened pots.

8. \_\_\_\_\_ are substances which act to remove dirt or soil by liquefying it and holding it in suspension.

- A. Water
- B. Solvents
- C. Abrasives
- D. Soap
- E. Synthetic detergents

The correct answer is option [B]

9. include the following except \_\_\_\_\_.

- A. alkalis
- B. acids
- C. blue
- D. abrasives
- E. bleaches

The correct answer is option [C]

## TOPIC: ENTERTAINMENT

**DIRECTION: Choose the correct answer from the lettered options.**

1. The following items except one is used when setting a dining table \_\_\_\_\_.

- A. table cloth
- B. cups
- C. hand towels
- D. cutleries
- E. book

The correct answer is option [E]

2. The best material for making a cooking pot is \_\_\_\_\_.

- A. enamel
- B. iron
- C. aluminum
- D. copper
- E. gold

The correct answer is option [C]

3. Table laying could be formal or \_\_\_\_\_.

- A. plain
- B. good
- C. informal
- D. big
- E. descent

The correct answer is option [C]

4. Which of the following is not a kitchen tool?

- A. Knife
- B. Radio
- C. Kettle
- D. Drinking cup
- E. Cooking pot

The correct answer is option [B]

## TOPIC: GOOD GROOMING

**DIRECTION: Choose the correct answer from the lettered options.**

1. Hides and skin are used for \_\_\_\_\_.

- A. beverages
- B. flour
- C. soap
- D. margarine
- E. leather

The correct answer is option [E]

2. The use of which one of the following prevents serious mistakes in dress making?

- A. Styles
- B. Fashion
- C. Stitches
- D. Seams
- E. Patterns

The correct answer is option [E]

3. When is narrow hemmer used?

- A. When sewing on lace fabric
- B. When fixing button hole
- C. When fixing zig-zag
- D. When weaving clothes
- E. When fixing gathers on cotton fabric

The correct answer is option [A]

4. The menstrual circle\_\_\_\_\_.

- A. is not common
- B. is impossible
- C. uniform
- D. is the same for all
- E. in different persons is not the same

The correct answer is option [E]

5. Breast development in girls is \_\_\_\_\_.

- A. not a sign of puberty
- B. a sign of puberty
- C. a sign of illness
- D. a sign of height
- E. a sign of class

The correct answer is option [B]

6. Body measurements should be taken over \_\_\_\_\_.

- A. a sweater
- B. loose fitted garment
- C. tight fitted garment
- D. high-healed shoes
- E. loose-gown

The correct answer is option [C]

7. The male sex cells are called \_\_\_\_\_.

- A. testis
- B. ovum
- C. sperms

- D. ova
- E. egg

The correct answer is option [C]

8. The short span of time which marks the beginning of sexual maturity is called \_\_\_\_\_.

- A. womanhood
- B. adulthood
- C. childhood
- D. puberty
- E. adolescence

The correct answer is option [D]

9. \_\_\_\_\_ is the outline of a pattern.

- A. Notches
- B. Cutting line
- C. Stitching line
- D. Drafted pattern
- E. Darts

The correct answer is option [B]

10. The unpleasant smell that comes from the body is called body \_\_\_\_\_.

- A. gas
- B. complexion
- C. smell
- D. perfume
- E. odour

The correct answer is option [E]

11. The period which lies between the beginning of puberty and adulthood is called \_\_\_\_\_.

- A. puberty
- B. adolescence
- C. boyhood
- D. girlhood
- E. manhood

The correct answer is option [B]

12. What is the main function of a button hole on garment?

- A. Edge finishing
- B. Beautification
- C. Lacing
- D. To fasten garment
- E. To create loop

The correct answer is option [D]

13. An adolescent falls between the age range of \_\_\_\_\_ years.

- A. 20 - 35
- B. 13 - 19
- C. 10 - 18
- D. 1 - 18
- E. 1 month - 18

The correct answer is option [B]

14. Which of the following is not a tool for pattern drafting?

- A. Needle
- B. Paper

- C. French curve
- D. Metre rule
- E. Tape measure

The correct answer is option [A]

15. The monthly discharge of blood from the uterus of nonpregnant women from puberty to menopause is called \_\_\_\_\_.

- A. Bleeding
- B. Sweating
- C. Pregnancy
- D. Menstruation
- E. Reproduction

The correct answer is option [D]

Menopause is the time in a woman's life in which the menstrual cycle ends.

16. \_\_\_\_\_ is the change from childhood to adulthood.

- A. Abdomen
- B. Puberty
- C. Property
- D. Adulthood
- E. Maturity

The correct answer is option [B]

17. Which of the following is used as guides in garment construction?

- A. Pins
- B. Patterns
- C. Thread
- D. Pencil

E. Brown paper

The correct answer is option [B]

18. Which one of these is not a sign of puberty?

- A. Breaking of voice
- B. Hairs under the pubic region and armpit
- C. Discharge of semen
- D. Change in complexion
- E. None of the above

The correct answer is option [D]

19. Which of the following is not a tool for taking body measurement?

- A. French curve
- B. String
- C. Paper
- D. Pencil
- E. Tape measure

The correct answer is option [A]

20. The age of puberty in boys and girls is \_\_\_\_\_.

- A. the same
- B. different
- C. prolonged
- D. equal
- E. all of the above

The correct answer is option [B]

21. A well groomed person does one of the following.

- A. Keeps bushy hair
- B. Takes good care of his or herself
- C. Sews many dresses
- D. Has many pair of shoes
- E. Prevents eye diseases

The correct answer is option [B]