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QUESTIONS

TOPIC: CLEANING AGENTS

DIRECTION: Choose the correct answer from the lettered options.

1. _____ is when the baby spits or vomits his feed frequently.
 - A. Constipation
 - B. Indigestion
 - C. Diarrhea
 - D. Colic
 - E. Rashes

2. Severe deficiency of vitamin A results in _____.
 - A. goiter
 - B. long sightedness
 - C. bow-leg
 - D. short-sightedness
 - E. night blindness

3. The joining of two or more pieces of material is called _____.
 - A. satin
 - B. stitch
 - C. seam
 - D. binding
 - E. hemming

4. Which of these food is suitable for stewing?

- A. Corn
- B. Moi-moi
- C. Beef
- D. Bean balls
- E. Rice

5. An ox tail is cooked by_____.

- A. direct steaming
- B. indirect steaming
- C. stewing
- D. indirect stewing
- E. grilling

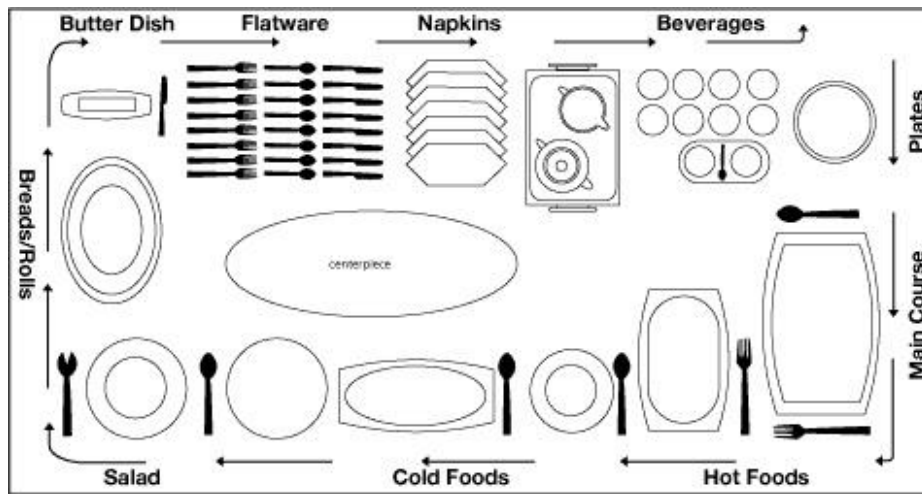
6. Which of the following is constructed on top of sticks standing in water with thatched roofs?

- A. Stray house
- B. Duplex
- C. Blocks of flat
- D. Bamboo house
- E. Bungalow

7. Another name for chef's knife is _____.

- A. boning knife
- B. French knife
- C. bread knife
- D. kitchen knife
- E. table knife

8. What type of service is this?



- A. Bachelors service
- B. Buffet service
- C. Kitchen service
- D. Cocktail service
- E. Self service

9. All these are suitable dishes for grilling except _____.

- A. fish
- B. kidney
- C. rice
- D. chops
- E. mushrooms

10. ____ is a homemade cleaning agent.

- A. Plantain leaves
- B. Bitter leaf
- C. Paw-paw leaves
- D. Ogu leaf

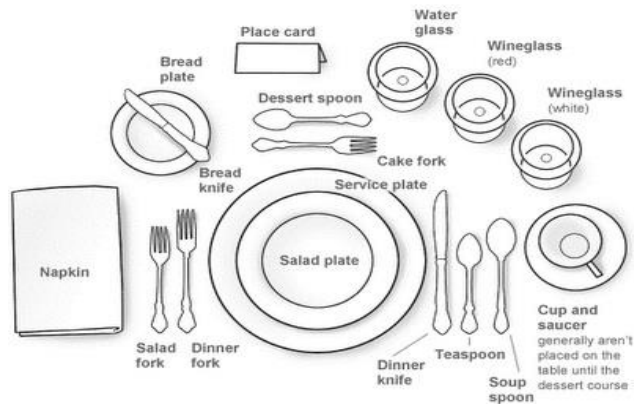
11. Why is it important to keep aerosol cans away from fire?

- A. One might trip and fall
- B. Because it is poisonous
- C. Because they can explode when over heated
- D. Because it is a poisonous gas
- E. Because it is a good conductor of electricity

12. Which of these food is suitable for boiling?

- A. Starch
- B. Vitamins
- C. Fruits
- D. Pudding
- E. Yam

13. What pattern of table setting is this?



- A. Informal table setting
- B. Board table setting
- C. Presidential table setting
- D. Line table setting
- E. Formal table setting

14. The following are classes of cleaning agents except ____.

- A. solute
- B. waxes
- C. acidic cleaners
- D. abrasive cleaners

TOPIC: CLOTHING THE FAMILY

DIRECTION: Choose the correct answer from the lettered options.

1. The direction of yarns or thread in a fabric is _____.
 - A. true bias
 - B. bias
 - C. weft
 - D. warp
 - E. grain

2. The thread which runs lengthwise in a woven fabric is the _____.
 - A. weft
 - B. selvedge
 - C. bias
 - D. fiber
 - E. warp

3. _____ is the name given to fibre of continuous length.
 - A. Yarn
 - B. Textile
 - C. Filament
 - D. Thread
 - E. Staple

4. Which of the following are animal fibres?

- A. Cotton and Nylon
- B. Linen and Cotton
- C. Wool and Silk
- D. Wool and Silk
- E. Wool and Cotton

5. The diagonal direction across the two grain lines, warp and weft, is called _____.

- A. selvedge
- B. bias
- C. weft
- D. warp
- E. fibre

6. The thread that runs cross-wise in a woven fabric is the _____.

- A. warp
- B. weft
- C. fabric
- D. fibre
- E. bias

7. The mill-finish edge of the fabric is the _____.

- A. weft
- B. warp
- C. selvedge
- D. self-edge
- E. bias

8. White cotton fabrics are bleached to _____.
- A. help brighten the colour and make them whiter
 - B. help the detergents lather more than usual
 - C. soften the fabric
 - D. to stop them from running colour
 - E. to prevent the fabric from shrinking
9. A thread made by twisting or spinning fibres is a _____.
- A. fabric
 - B. fibre
 - C. yarn
 - D. warp
 - E. weft
10. _____ is a hair-like basic unit of raw material used in the making of yarns and fabrics.
- A. Yarn
 - B. Fabric
 - C. Fibre
 - D. Grain

TOPIC: FEEDING THE FAMILY

DIRECTION: Choose the correct answer from the lettered options.

1. Which is the odd one out?

- A. Chopping knife
- B. Table knife
- C. Bread knife
- D. Vegetable knife
- E. Butcher knife

2. Which of the following is not a method of cooking food?

- A. Boiling
- B. Stewing
- C. Steaming
- D. Baking
- E. Garnishing

3. The container that holds salt and pepper on the table is called _____.

- A. cruet
- B. crodet
- C. crescent
- D. center
- E. cutlery

4. Which of the following require increased intake of energy foods?

- A. Manual workers
- B. Sedentary workers
- C. Clerks
- D. Directors
- E. Shop-keepers

5. A person who is no longer sick but is gradually recovering after illness is _____.

- A. an invalid
- B. a convalescent
- C. a sick man
- D. a stickler
- E. a weak man

6. Lactating mothers are _____ feeding their babies.

- A. bottle
- B. breast
- C. over
- D. under
- E. always

7. The doctor's instructions must be followed when providing food for the _____.

- A. young
- B. aged
- C. adolescent
- D. sick

E. lactating mother

8. Which is the odd one?

A. Soup spoon

B. Dessert spoon

C. Tea spoon

D. Serving spoon

E. Eating spoon

9. Meals for children should be cooked by easily ____ method.

A. acceptable

B. manipulated

C. consumable

D. attractive

10. Which of the following groups of people require increased intake of iron?

A. Adolescents

B. Adolescent boys

C. Adolescents girls

D. The aged

E. Manual worker

11. Which of the following groups is generally characterized by reduced physical activity?

- A. The aged
- B. The lactating mother
- C. The pregnant women
- D. The adolescents
- E. The children

12. Persons who do strenuous jobs are called ____.

- A. sedentary workers
- B. manual workers
- C. vegetarians
- D. adults
- E. activists

13. Which of the following will not affect meal planning?

- A. Health
- B. Money
- C. Height
- D. Age
- E. Season

14. A _____ does not take animal products.

- A. strict vegetarian
- B. convalescence
- C. lactating mother
- D. lacto-vegetarian
- E. diabetic patient

15. A strict vegetarian will not eat any ____.

- A. food
- B. vegetable protein
- C. animal food
- D. soya bean meals
- E. carrot

16. _____ makes food easier to eat.

- A. Garnishing
- B. Storing
- C. Cooking
- D. Washing
- E. Dressing

17. Which of the following groups do not require much energy food in their diet?

- A. The aged
- B. The invalids
- C. The sedentary workers
- D. The manual workers
- E. The children

18. Excessive consumption of sweets by children can lead to ____.

- A. good teeth
- B. strong teeth
- C. tooth decay
- D. tooth hardness
- E. tooth growth

TOPIC: MANAGING THE HOME

DIRECTION: Choose the correct answer from the lettered options.

1. The ____ needs are important for survival and the family cannot do without them.

- A. secondary
- B. tertiary
- C. primary
- D. total
- E. family

2. Budget is normally based on _____ income.

- A. gross
- B. future
- C. net
- D. total
- E. partial

3. One of the following is not a source of family income?

- A. salaries
- B. wages
- C. debts
- D. gifts
- E. investments

4. The amount of money that remains after deductions, such as, tax and water rate have been removed from income is _____.

- A. partial income
- B. net income
- C. Gross income
- D. total income
- E. whole income

5. Which of the following may not affect family budget?

- A. inflation
- B. family size
- C. family income
- D. family needs
- E. family colour

6. _____ is the amount of money spent on the goods and services which the family needs.

- A. Expenditure
- B. Family income
- C. Gross income
- D. Budget
- E. Net income

7. The _____ needs are desirable, but the family can do without them.

- A. community
- B. family
- C. tertiary
- D. primary

E. secondary

8. The amount of money a family has at a given time is their money _____.

- A. power
- B. budget
- C. expenditure
- D. expenses
- E. income

9. Which of the following are primary needs?

- A. Food, shelter and clothing
- B. Food, shelter and car
- C. Food, shelter and vacation
- D. Food, shelter and recreation

10. The practice of buying things not planned for is called _____.

- A. hire purchase
- B. impulsive buying
- C. wise buying
- D. basic buying
- E. whole sale

11. The total amount of money from a person's income is his _____.

- A. Gross income
- B. net income
- C. whole income
- D. all income
- E. basic income

12. The plan for the future expenditures of a family is called household _____.

- A. plan
- B. expenses
- C. budget
- D. income
- E. money

TOPIC: FAMILY LIVING AND RELATIONSHIP

DIRECTION: Choose the correct answer from the lettered options.

1. The foetus develops in the _____.
 - A. womb
 - B. ovary
 - C. verge
 - D. uterus
 - E. fallopian tube

2. Why are tea cups not made from metal?
 - A. Because metals are harder
 - B. Because metals are shiny
 - C. Because metals get heated faster
 - D. Because metals do not break easily
 - E. None of the above

3. A baby needs about _____ of sleep a day.
 - A. 3 to 6 hours
 - B. 8 to 10 hours
 - C. 14 to 16 hours
 - D. 12 to 14 hours
 - E. 20 to 30 hour

4. The first set of teeth grown by babies is called _____.
- A. stone teeth
 - B. temporary teeth
 - C. permanent teeth
 - D. wooden teeth
 - E. wisdom teeth
5. A method of cooking that does not need constant attention is _____.
- A. frying
 - B. roasting
 - C. seasoning
 - D. boiling
 - E. grilling
6. Motherhood is _____.
- A. when a girl is married
 - B. when a girl is pregnant
 - C. the kinship relationship between a mother and her child
 - D. when the woman takes care of a baby
 - E. the relationship between a boy and a girl
7. Which one of the following groups permits polygamous form of marriage?
- A. Christian marriage
 - B. Court marriage
 - C. Ordinance marriage
 - D. Islamic marriage
 - E. None of the above

8. Which item is not needed to bath a baby?

- A. Bath tub
- B. Face cloth
- C. Cotton buds
- D. Talcum powder
- E. Feeding bottle

9. The baby in the mother's womb draws it's nutrient from _____.

- A. vitamins
- B. the mother
- C. milk
- D. the fetus
- E. minerals

10. The period of getting to know each other better between a man and a woman who wants to get married is _____.

- A. matting
- B. wedding
- C. friendship
- D. courtship
- E. marriage

11. The weight of a baby at birth should be between

- A. 1.9 kg and 3.6 kg
- B. 3.1 kg and 6.2 kg
- C. 1.9 kg and 2.0 kg
- D. 8.1 kg and 8.5 kg
- E. 5.2 kg and 6.2 kg

12. The best food for a baby is ____.

- A. lactogenic
- B. akamu
- C. breast milk
- D. cerealac
- E. corn flake

13. The process of introducing a baby gradually to food other than milk is called ____.

- A. feeding
- B. weaning
- C. warring
- D. warning
- E. weaving

14. Immunization is a method of making someone immune or resistant to the ____ 'killer' diseases.

- A. 8
- B. 6
- C. 7
- D. 4

15. The period between childhood and adulthood is called ____.

- A. abdomen
- B. adulthood
- C. puberty
- D. teenage
- E. maturity

16. Which of the following is not a treatment for nappy or diaper rash?

- A. Keep the baby's skin as dry as possible
- B. Leave the diaper (nappy) off and leave the baby's skin open to the air
- C. Change diaper (nappy) regularly
- D. Allow the baby to be very soaked with his/her urine before changing diaper (nappy)
- E. Apply a barrier ointment at each diaper change to keep moisture away from skin

17. _____ prevents children from contacting diseases.

- A. Air
- B. Sun
- C. Dancing
- D. Immunization
- E. Playing

18. What type of shoe is good for a pregnant woman?

- A. Flat shoes
- B. High heeled shoes
- C. Pump heels shoes
- D. Ankle length shoes
- E. Cock shoes

19. Which specialist look after women in pregnancy and delivery?

- A. Dietician
- B. Pediatrician
- C. Obstetrician
- D. Dentist
- E. Dermatologist

20. A normal pregnancy lasts for _____ months.

- A. 8
- B. 6
- C. 9
- D. 10
- E. 12

21. ____ is the odd one out.

- A. High blood pressure
- B. Rickets
- C. Kwashiorkor
- D. Darasmus
- E. Dysentery

22. ____ is the care given to nursing mother from the day of delivery up to six weeks after.

- A. Post-diet clinic
- B. Mother care
- C. Anti-natal care
- D. Doctor-natal care
- E. Post-natal clinic

23. The best fabric for cloth nappies is _____.

- A. polyester
- B. satin
- C. linen
- D. cotton
- E. silk

24. Indigestion in babies occurs when the baby _____ his food frequently.

- A. eats
- B. drinks
- C. vomits
- D. sucks
- E. refuses

25. Which of the following protects children against tuberculosis?

- A. Triple
- B. BCG vaccine
- C. Quadruple vaccine
- D. Small pox vaccine
- E. Immunization

26. Pregnant mothers feel baby's movement in the _____.

- A. First month
- B. quarter stage
- C. middle stage
- D. later stage
- E. birth

27. A baby's skin is delicate. It should not be allowed to get _____.

- A. clean
- B. good
- C. dirty
- D. simple
- E. well

28. Soaking napkins regularly in hot water helps to remove _____.

- A. rashes and ringworm
- B. urine and feces
- C. feces and odour
- D. odour and discoloration

29. The first teeth a child grows is called _____.

- A. childhood teeth
- B. matured teeth
- C. milk teeth
- D. premolar teeth
- E. incisors teeth

30. The process of producing an ovum by the ovary is called _____.

- A. menstruation
- B. fertilization
- C. ovulation
- D. pregnancy
- E. reproduction

31. Development in human being is influenced by _____.

- A. heredity only
- B. heredity and environment
- C. environment only
- D. food only
- E. size of clothes

32. The care given to a pregnant woman is _____.

- A. emergency care
- B. postnatal care
- C. First aid
- D. antenatal care
- E. nursing care

33. Why should a baby's feeding equipment be sterilized?

- A. To avoid cleanliness
- B. To avoid germs
- C. To avoid blindness
- D. To avoid cough
- E. To avoid measles

34. A pregnant woman does not need _____.

- A. regular exercises
- B. good hygiene
- C. special dress
- D. strong coffee
- E. nutritious food

35. Development is influenced by _____.

- A. heredity and environment
- B. heredity only
- C. environment only
- D. food only
- E. size of clothes

36. O.R.T stands for _____.

- A. Oral Rehydration Therapy
- B. Oral Rehydrated Therapy
- C. Oral Related Therapy
- D. Oral Relation Therapy
- E. Oral Relationship Therapy

37. Which one of the following does a baby not require good clothes for?

- A. Protection
- B. Warmth
- C. Comfort
- D. Appearance
- E. Height

38. After delivery, a _____ appointment is given to the mother to see her obstetrician.

- A. six week
- B. five week
- C. four week
- D. seven week
- E. eight week

39. Breast milk is the best for babies because it is _____.

- A. balanced
- B. clean
- C. easy to give
- D. sweet
- E. warm

40. Which of the following vaccines should be given to a baby at birth?

- A. BCG vaccine
- B. Triple vaccine
- C. Smallpox
- D. DPT vaccine
- E. Quadruple vaccine

41. Which is the odd item?

- A. Bib
- B. Bootee
- C. Flannel wrap
- D. Napkin
- E. Seam

42. Lactating mother's _____ feed their babies.

- A. bottle
- B. breast
- C. over
- D. under
- E. always

43. The third dose of DTP is given to a child at _____ months.

- A. nine
- B. four
- C. six
- D. eight
- E. twelve

44. Which one of the following is a mixture of three vaccines?

- A. Quadruple vaccine
- B. Triple vaccine
- C. D.T.P
- D. Small pox vaccine
- E. Polio vaccine

45. Brassieres give firm support to the _____.

- A. ribs
- B. shoulders
- C. arms
- D. breast
- E. breast arm

46. Another name for court marriage is _____.

- A. lawyer's marriage
- B. harmony for marriage
- C. marriage under the ordinance
- D. marriage under the court
- E. marriage under law

47. Bottle feeding is used as a supplement for _____.

- A. cow milk
- B. breast milk
- C. peak milk
- D. cerelac

48. The best food for a baby is _____.

- A. milk
- B. apple
- C. beef
- D. rice
- E. vegetable

49. _____ occurs when the ovum is fertilized by a sperm.

- A. Child birth
- B. Infertility
- C. Pregnancy
- D. Ovulation
- E. Menstruation

50. What type of material does the Yoruba women wear during engagement?

- A. Organza
- B. George
- C. Cotton
- D. Asho-oke
- E. Linen

51. Colic in babies is defined as stomach ache due to wind in the _____.

- A. mouth
- B. stomach
- C. food
- D. feeding bottle
- E. chest

52. Morning sickness is a sign of _____.

- A. good health
- B. pregnancy
- C. growth
- D. maturity
- E. menstruation

53. The sun _____ napkins.

- A. softens
- B. wets
- C. stretches
- D. bleaches
- E. colours

54. A complete single food for infants is _____.

- A. breast milk
- B. tea
- C. mineral
- D. fruits
- E. vegetable

55. Vitamins will build up the pregnant mother's resistance against _____.

- A. food
- B. tiredness
- C. sweet foods
- D. delivery
- E. infections

56. After a baby has been born, the care given to the mother and child is _____ natal care.

- A. ante
- B. post
- C. pre
- D. semi
- E. real

57. The weight of a baby at birth is determined by the following except _____.

- A. genetics
- B. nutrition of the mother
- C. place of birth
- D. health of the mother

58. What is the name of the equipment used to open canned food?

- A. Opener
- B. Saw
- C. Chisel
- D. Toaster
- E. Tin cutter

59. _____ is the care given to a pregnant woman from the beginning of her pregnancy to the delivery day.

- A. Post-natal care
- B. Nursing care
- C. Doctor-natal care
- D. Ante-natal care

E. Pre-natal clinic

60. Which of the following contains important antibodies needed by the baby?

- A. Artificial milk
- B. Cow milk
- C. Breast milk
- D. Breast milk
- E. Feeding unit

61. _____ is used to supplement a mother's breast milk for a young baby.

- A. Cake
- B. Bottle feeding
- C. Fruits
- D. Drugs
- E. Teething powder

62. The marriage of one man to one woman is known as _____.

- A. monotonous
- B. polyandry
- C. polygamy
- D. monogamy
- E. polygamous

63. Constipation is common with _____ babies.

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

64. Child development starts from the _____.

- A. eye
- B. nose
- C. head
- D. leg
- E. hand

65. Your mother's brother is your _____.

- A. niece
- B. uncle
- C. friend
- D. brother
- E. half brother

66. Kitchen refuse should always be in the _____.

- A. bin
- B. sink
- C. bucket
- D. cabinet
- E. refrigerator

67. Proteins are broken down into

- A. carbohydrates
- B. glucose
- C. oil
- D. amino acids
- E. fats

68. Which one of the following is not carried out as an ante-natal test?

- A. Urine test
- B. Blood test
- C. Blood pressure test
- D. Abdominal test
- E. Complexion test

69. From which of the options can starch for laundry use be gotten from?

- A. Egg
- B. Beans
- C. Cassava
- D. Maize
- E. Groundnut

70. What type of milk contains all essential nutrient for a baby?

- A. Cerelac
- B. NAN
- C. SMA Gold
- D. Peak milk
- E. Breast milk

71. Which is the odd one.

- A. Traditional marriage
- B. Church marriage
- C. Moslem marriage
- D. Court marriage
- E. Ghost marriage

72. The first milk produced by a nursing mother is called _____.

- A. yellow milk
- B. colostrum
- C. antibodies
- D. artificial milk
- E. meconium

73. Fats are broken down into _____.

- A. oil
- B. amini acid
- C. glycerol
- D. carbohydrates
- E. glucose

74. ____ is the odd one out.

- A. Diphtheria
- B. Poliomyelitis
- C. Diarrhea
- D. Whooping cough
- E. Tuberculosis

75. Immunization is a method of preventing _____ killer diseases.

- A. 8
- B. 7
- C. 6
- D. 5
- E. 4

76. Children develop at _____ rates.

- A. similar
- B. equal
- C. the same
- D. different
- E. half

77. The female sex cell is called _____.

- A. sperm
- B. ovum
- C. cell
- D. testicle
- E. womb

78. O.R.T (Oral Rehydration Therapy) is treatment for _____.

- A. fever
- B. AIDS
- C. malaria
- D. diarrhea
- E. skin disease

79. Baby's clothes should not be _____.

- A. washed.
- B. ironed
- C. starched
- D. dried
- E. rinsed

80. Pregnant mothers should not take _____.

- A. meals with protein
- B. minerals
- C. vitamins
- D. alcohol
- E. milk

81. Constipation in babies occurs when _____.

- A. breast feeding babies
- B. a baby is hungry
- C. stools are infrequent and hard
- D. a baby is teething
- E. none of the above

82. _____ is the tendency for a parent to transfer his characteristics to his child.

- A. Shelter
- B. Care
- C. Heredity
- D. Affection
- E. Love

83. An item which is not a common bride price in Nigeria is _____.

- A. cash
- B. kola nuts
- C. baby napkins
- D. sugar
- E. drinks

84. A man that is not married is called a ____.

- A. spinster
- B. bachelor
- C. uncle
- D. friend
- E. teacher

85. _____ test is not an ante-natal test.

- A. Complexion
- B. Abdominal
- C. Blood pressure
- D. Blood
- E. Urine

86. _____ marriage is when one man marries one wife.

- A. Monogamous
- B. Polygamous
- C. Single
- D. Double
- E. Tertiary

87. The foetus develops in the _____.

- A. vulva
- B. uterus
- C. fallopian tube
- D. ovary
- E. intestine

88. _____ is caused by sensitive skin or wetness from nappies.

- A. Eczema
- B. Reaction
- C. Skin burn
- D. Colic
- E. Rashes

89. At two months, what type of immunization is given to a baby?

- A. First dose of DTP
- B. Mixable vaccine
- C. Third dose of DTP
- D. Second dose DTP
- E. All of the above

90. Diaper (nappy) rash is caused by _____.

- A. powdered milk
- B. castor oil
- C. breast milk
- D. petroleum jelly
- E. moisture

91. Mother and child development involves all except ____.

- A. child development
- B. midwifery
- C. feeding babies
- D. learning the importance of play
- E. language development

TOPIC: FOOD AND NUTRITION

DIRECTION: Choose the correct answer from the lettered options.

1. When sugar is heated to 200 degrees Centigrade, the colour changes to brown. This is known as _____.

- A. coagulation
- B. gelatinization
- C. browning
- D. caramelization
- E. none of the above

2. Which of these food items requires quick preservation?

- A. Beans
- B. Garri
- C. Margarine
- D. Onions
- E. Fresh fish

3. _____ is cooking food in hot oil.

- A. Drying
- B. Frying
- C. Radiant heat
- D. Moistening
- E. Caning

4. A family's _____ needs are important for survival and the family cannot do without them.

- A. secondary
- B. primary
- C. tertiary
- D. total
- E. family

5. _____ is the second meal of the day.

- A. In-between
- B. Breakfast
- C. Brunch
- D. Lunch
- E. Take away

6. Which of the following require increase intake of energy food?

- A. Manual workers
- B. Sedentary worker
- C. Clerks
- D. Directors
- E. Shop-keepers

7. Pick the odd one out.

- A. Boiling
- B. Steaming
- C. Stewing
- D. Baking
- E. Washing

8. Fehling's solution is used to determine the presence of _____.

- A. starch
- B. fat
- C. protein
- D. mineral
- E. simple sugar

9. Raw meat should be stored in the _____.

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

10. Vitamins, minerals and trace elements are called _____.

- A. vitamin nutrients
- B. iron nutrients
- C. macro nutrients
- D. micro nutrients
- E. iodine nutrients

11. A list of planned meal for the day is known as _____.

- A. master plan
- B. menu
- C. food sheet
- D. food chart
- E. food plan

12. Which one of the following requires careful temperature control?

- A. Roasting
- B. Grilling
- C. Drinking
- D. Boiling
- E. Steaming

13. The Iodine test is used to determine the presence of _____ only.

- A. amino acid
- B. starch
- C. fatty acid
- D. protein
- E. vitamin

14. Which of the following is the odd item?

- A. Beans
- B. Fish
- C. Yam
- D. Meat
- E. Milk

15. What happens when heat is applied to fat ?

- A. It shrinks
- B. It coagulates
- C. It becomes thick
- D. It becomes brown
- E. It melts

16. _____ is the continuous upward movement in the price level of goods and services.

- A. Immunization
- B. Inflation
- C. Budget
- D. Price
- E. Impulse buying

17. It is advisable for students to eat breakfast so that they can _____.

- A. concentrate in class
- B. run very fast
- C. grow very tall
- D. Score high marks
- E. be brilliant

18. Which of the following may not affect family budget?

- A. The family size
- B. The family income
- C. The family needs
- D. The family colour
- E. Inflation

19. Which of the following insulates the body from cold and keeps it warm?

- A. Fats
- B. Starches
- C. Carbohydrates
- D. Sugar
- E. Foods

20. Which of the options cannot be considered when planning the family meal?

- A. Serve food attractively with simple garnish
- B. Serve meals at regular hours
- C. Spend the house keeping money wisely
- D. Consider the need of every member of the family, their age, occupation and the state of their health
- E. Select foods containing only one nutrient and serve in the meal

21. The last product of carbohydrate digestion is _____.

- A. cellulose
- B. complex
- C. glucose
- D. lactose
- E. starch

22. When you increase your daily intake of fibre, you will absorb fewer _____.

- A. protein
- B. vitamins
- C. mineral
- D. calories
- E. calcium

23. One of the points you should bear in mind when buying in bulk is _____.

- A. the storage facility available
- B. the expensive food in the market
- C. the cooking method
- D. the taste of the food
- E. the food in season

24. Which of the following vitamins are fat soluble vitamins?

- A. Vitamin A and B
- B. Vitamin K only
- C. Vitamin E only
- D. Vitamin C and K
- E. All of the above.

25. The brown honey-like substance formed when sugar is heated is called _____.

- A. gelatine
- B. chocolate
- C. sweet
- D. caramel
- E. honey

26. Which two factors influence meal planning?

- A. Starchy and proteinous food
- B. Money and age
- C. Primary and secondary needs
- D. Heights and complexion of the people
- E. None of the above

27. Your father's sister is your _____.

- A. uncle
- B. aunt
- C. father
- D. sister
- E. cousin

28. When boiling water is poured into corn starch, it _____.

- A. dextrinizes
- B. coagulates
- C. gelatinizes
- D. caramelizes
- E. all of the above

29. House-hold budget is normally based on _____.

- A. Gross income
- B. future income
- C. net income
- D. total income
- E. partial income

30. Which of the following is a mineral fibre?

- A. Flax
- B. Cotton
- C. Silk
- D. Jute
- E. Asbestos

31. Meals are cooked for the following reasons except _____.

- A. appearance
- B. manipulation
- C. presentation
- D. consumption
- E. digestion

32. Dry frying is cooking food in _____.

- A. hot oil
- B. groundnut oil
- C. water
- D. its oil
- E. deep frying pan

33. What is the effect of heat on dry sugar?

- A. It caramelizes and burns
- B. It coagulates and burns
- C. It sets and burns
- D. It crystallizes and burns
- E. It fumes and burns

34. The best method of serving fresh fruits is to prepare _____.

- A. fruit salad
- B. baked fruit
- C. roasted fruit
- D. fruit soup
- E. fruit stew

35. Every home should have _____ for storing perishable food.

- A. cupboard
- B. plastic bag
- C. refrigerator
- D. shelf
- E. woven basket

36. A child with knocked knee lacks vitamin _____.

- A. C
- B. A
- C. D
- D. E
- E. F

37. Planning meals ahead helps you _____.

- A. have healthy food on hand
- B. make fewer trips to the grocery store
- C. eat less high-calorie, take-out meals
- D. increase the variety of foods you eat each week
- E. all of the above

38. Vitamins and minerals are _____ food.

- A. protective
- B. energy
- C. blood
- D. harmful

39. _____ does not take animal protein.

- A. Convalescent
- B. Lactating mother
- C. Strict vegetarian
- D. Lacto-vegetarian
- E. Diabetic patient

40. Which of the following rust easily?

- A. Iron
- B. Glues
- C. Aluminium
- D. Plastic
- E. Tin

41. _____ is a method of food preservation.

- A. Smoking
- B. Boiling
- C. Roasting
- D. Steaming
- E. All of the above

42. Vegetables are cooked in small quantity of water in order to ____.

- A. economize water
- B. retain nutrients
- C. save salt
- D. keep Vitamin D
- E. improve the odour

43. The primary needs of any family include ____.

- A. food
- B. shelter
- C. clothing
- D. all of the above

44. The deficiency name for lack of vitamin C is _____.

- A. goitre
- B. scurvy
- C. anaemia
- D. kwashiorkor
- E. proteins

45. Which of the following is the odd item?

- A. Pineapple
- B. Paw-paw
- C. Apple
- D. Corn
- E. Orange

46. Which of the following is prepared through indirect steaming?

- A. Moi-moi
- B. Akara
- C. Meat pie
- D. Scotch egg
- E. Puf-puf

47. _____ is produced when we boil, steam or stew food.

- A. dry heat
- B. smoke
- C. wave
- D. moist heat
- E. fat

48. _____ is required for the preparation of bean balls.

- A. Yam
- B. Potato
- C. Beans
- D. Rice
- E. Flour

49. _____ is produced when dry heat is applied to starch.

- A. Dextrin
- B. Glucose
- C. Starch
- D. Cellulose
- E. Gel

50. Which one of the following food is perishable?

- A. Rice
- B. Beans
- C. Maize
- D. Flour
- E. Meat

51. One of the points to remember while buying food in bulk is the _____.

- A. cheapest food in the market
- B. most expensive food in the market
- C. storage facilities available
- D. cooking method
- E. durability of the food

52. Which one of these food items is rich in iodine?

- A. Seafood
- B. Salt
- C. Milk
- D. Cassava
- E. Plantain

53. Starch is tested with _____.

- A. million's reagent
- B. iodine
- C. a little fat
- D. Fehling's solution
- E. all of the above

54. _____ is the most important carbohydrate.

- A. Cellulose
- B. Starch
- C. Glucose
- D. Sucrose
- E. None of the above

55. Food substances are called _____.

- A. carbohydrate
- B. mineral salt
- C. nutrients
- D. vitamins
- E. protein

56. Protein deficiency in the diet causes _____.

- A. beriberi
- B. kwashiorkor
- C. marasmus
- D. anemia
- E. scurvy

57. Sudan III test gives _____ colour with fat.

- A. red
- B. yellow
- C. white
- D. blue
- E. black

58. Which of the following groups is generally characterized by reduced physical activity?

- A. The aged
- B. The lactating mother
- C. The pregnant woman
- D. The adolescents
- E. The children

59. The total amount of money a person earns is called his _____.

- A. Gross income
- B. net income
- C. whole income
- D. all income
- E. basic income

60. Fruits are essential in diets because they contain _____.

- A. vitamins
- B. protein and sugar
- C. carbohydrate and oil
- D. water and sugar
- E. all the nutrient

61. Because boys and girls are usually very active, their meals should be rich in _____ giving foods.

- A. active
- B. energy
- C. protein
- D. vitamin
- E. water

62. Vegetables should be stored in the _____ compartment of the fridge.

- A. basket
- B. freezer
- C. crisper
- D. drip tray
- E. middle shelf

63. Which of the following is porous?

- A. Iron
- B. Plastic
- C. Earthen ware
- D. Chromium
- E. Zinc

64. What is used to test the presence of sugar in food?

- A. Million's test
- B. Benedict's test
- C. Fehling's test
- D. Band C
- E. A and B

65. Which one of the following may not influence meal planning?

- A. Age
- B. Health
- C. Money
- D. Season
- E. Height

66. The amount of intake of iron depends on _____, _____ and _____.

- A. age, gender, activity level
- B. age, height, activity level
- C. age, gender, size
- D. strength, gender, activity level
- E. intelligence, gender, activity level

67. All these are advantages of bulk buying except that _____.

- A. food items are cheaper
- B. it saves time and energy
- C. transportation cost is reduced
- D. it causes wastage
- E. it increases the quantity of food stuff

68. With the biurets test, protein gives a _____ colour.

- A. violet
- B. white
- C. gold
- D. green
- E. pink

69. Maize can be stored for a very long period in _____ plastic containers.

- A. light
- B. weight
- C. air-tight
- D. coloured
- E. thick

70. Fat melts when _____ is applied to it.

- A. sugar
- B. fat
- C. salt
- D. electricity
- E. heat

71. _____ makes food easier to eat.

- A. Dressing
- B. Washing
- C. Cooking
- D. Storing
- E. Garnishing

72. In meal planning, which one of the following factors may not be considered?

- A. Income
- B. academic status of children
- C. balanced meal
- D. health of members of the family
- E. age of different members of the family

73. Which of the following is not a fruit?

- A. Orange
- B. Mango
- C. Pear
- D. Tomato
- E. Sugar cane

74. The way the body uses the food we eat is known as _____.

- A. food study
- B. food preparation
- C. nutrition
- D. food nutrient
- E. die tics

75. Vitamins and minerals are grouped under _____.

- A. protective foods
- B. energy giving foods
- C. quality foods
- D. body building
- E. Fat giving food

76. Syrup used in fruit salad is made with _____.

- A. juice and sugar
- B. sugar and water
- C. orange juice and lemon juice
- D. oil and water
- E. water and lime juice

77. The doctor's instruction must be followed when providing food for the _____.

- A. young
- B. aged
- C. adolescent
- D. sick
- E. lactating mother

78. The plan for the future expenditure of a family is called house hold _____.

- A. plan
- B. expenses
- C. budget
- D. income
- E. money

79. Proteins, egg white of egg will _____ in heat.

- A. coagulate
- B. melt
- C. evaporate
- D. decrease
- E. enlarge

80. A diet that contains all food nutrient is said to be _____.

- A. proportional
- B. balanced
- C. diabetic
- D. indigestible
- E. roughage

81. Which of these nutrients regulate body function?

- A. Fats
- B. Minerals
- C. Protein
- D. Vitamins
- E. Water

82. A disease caused by deficiency of iodine in an adult is known as _____.

- A. goitre
- B. rickets
- C. osteomalacia
- D. anemia
- E. beriberi

83. Which of the following is the odd item?

- A. Liver
- B. Corn
- C. Red meat
- D. Green vegetable
- E. None of the above

84. Which of these food items demand quick preservation?

- A. Beans
- B. Fresh fish
- C. Garri
- D. Margarine
- E. Onions

85. Which of the following is not a method of cooking food?

- A. Boiling
- B. Stewing
- C. Streaming
- D. Nuking
- E. Garnishing

86. Which of these is not used during the washing of clothes?

- A. Detergent
- B. Soap
- C. Water
- D. Bucket
- E. Grease

87. Excessive consumption of sweet by children can lead to _____.

- A. good health
- B. strong teeth
- C. tooth decay
- D. tooth hardness
- E. tooth growth

88. With million's test, egg-white gives a _____ precipitate.

- A. yellow
- B. purple
- C. red
- D. green
- E. blue

89. Fresh food spoilage can be prevented by storing food stuff under _____ condition.

- A. warm
- B. hot
- C. cold
- D. look-warm
- E. moist

90. Which of the following is not a mineral salt?

- A. Iron
- B. Calcium
- C. Carbon dioxide
- D. Sodium
- E. Iodine

91. Lack of proper storage and management can lead to _____ in bulk purchasing of food stuff.

- A. storage
- B. wastage
- C. consumption
- D. satisfaction
- E. encouragement

92. What meal service is used for a sick person in bed?

- A. Kitchen service
- B. Buffet service
- C. Traditional service
- D. Tray service
- E. Formal service

93. Left-over foods can best be preserved by _____.

- A. canning
- B. drying
- C. salting
- D. smoking
- E. refrigerating

94. An enlarged thyroid gland is known as _____.

- A. Iodine
- B. Anemia
- C. Calcium
- D. Thyroid
- E. Goitre

95. The presence of fats and oil can be determined using a _____ experiment.

- A. moisture
- B. chemical
- C. fat
- D. oil
- E. felines

96. What is the effect of dry heat on sugar?

- A. It caramelizes and burns
- B. It coagulates and burns
- C. It sets and burn
- D. It crystallizes and burns
- E. It melts and sets

97. Which of these diseases affect the hair and scalp?

- A. Lice, goitre, dandruff
- B. Lice, craw craw, eczema
- C. Jiga, bugs, dandruff
- D. Ringworm, lice, dandruff
- E. Scabies, ringworm, eczema

98. Which of the following contains high proportions of carbon and hydrogen but very little oxygen?

- A. Amino acids
- B. Protein
- C. Fats and oils
- D. Carbohydrates
- E. Complex sugar

99. Vitamins and minerals are grouped under _____.

- A. protective foods
- B. energy giving foods
- C. quality foods
- D. mineral giving foods
- E. mineral salt

100. The method of cooking in hot oil is called _____.

- A. frying
- B. boiling
- C. praising
- D. steaming
- E. roasting

102. With Fehling's test, simple sugar gives _____ colour.

- A. orange
- B. green
- C. white
- D. black
- E. purple

TOPIC: TEXTILE AND CLOTHING

DIRECTION: Choose the correct answer from the lettered options.

1. A draft pattern is one that is made to fit _____.
 - A. a small person
 - B. a particular person
 - C. a little baby
 - D. an adult only
 - E. none of the above

2. A spot or mark on a garment, which gives a colour that is different from the rest of the surface is called _____.
 - A. stain
 - B. oil
 - C. ink
 - D. water
 - E. palm oil

3. The body outline or shape of a person is his or her _____.
 - A. body
 - B. style
 - C. dress
 - D. outfit
 - E. figure

4. Dirty clothes can attract _____.

- A. colour
- B. light
- C. warmth
- D. heat
- E. germs

5. Which of these regulates the tightness of the threads during stitching?

- A. Bobbin
- B. Bobbin case
- C. Needle
- D. Tension disc
- E. Motion screw

6. All these are laundry processes except?

- A. Sorting
- B. Boiling
- C. Washing
- D. Tearing
- E. Mending

7. Which among these is not a heavy weight material?

- A. Linen
- B. Furnishing cotton
- C. Denim
- D. Chiffon
- E. Corduroy

8. One way of identifying a fabric is by _____.

- A. sewing
- B. touching
- C. testing
- D. washing
- E. wearing

9. Which of the following are regenerated cellulose fibres?

- A. Viscose and acetate
- B. Cotton and linen
- C. Silk and wool
- D. Nylon and cotton
- E. Silk and cotton

10. The colour scheme that uses two or more different colours in varying strength is _____.

- A. scheming
- B. monochrome
- C. toning
- D. harmonizing
- E. contrasting

10. The colour scheme that uses two or more different colours in varying strength is _____.

- A. scheming
- B. monochrome
- C. toning
- D. harmonizing
- E. contrasting

12. White cotton materials are bleached to_____.

- A. help brighten the colour and make them whiter
- B. help detergents lather more than usual
- C. soften the material
- D. stop them from running
- E. to prevent the material from shrinking

13. Which of the following fabrics will withstand creasing?

- A. Linen
- B. Acetate
- C. Viscose
- D. Nylon
- E. Cotton

14. Wool should be washed with _____ water.

- A. boiling
- B. very hot
- C. hot
- D. lukewarm
- E. cold

15. Which of the following is not a sewing equipment?

- A. Tape measure
- B. Lint
- C. Thimble
- D. Pinking shears
- E. Needle

16. Oiling of movable parts in the sewing machine is necessary because it _____.

- A. makes the sewing machine shine
- B. helps the machine to move freely
- C. puts pressure on the machine
- D. A and B
- E. all of the above

17. Which of the following requires gentle washing?

- A. Cotton and linen
- B. Cotton and viscose
- C. Nylon and cotton
- D. Linen and wool
- E. Wool and silk

18. Anti-flame fabric is desirable for _____.

- A. underwear and baby items
- B. raincoat
- C. silk
- D. cotton
- E. wool

19. Which of the following is the most convenient type of fuel for cooking?

- A. Gas
- B. Kerosene
- C. Firewood
- D. Charcoal
- E. Petrol

20. When both upper and lower threads are too tight, the fabric becomes _____.

- A. smooth
- B. wrinkled
- C. tough
- D. thicker
- E. too light

21. Wool is the raw material obtained from the fleece of _____.

- A. hen
- B. goats
- C. dogs
- D. sheep
- E. cows

22. There are _____ types of sewing machines.

- A. 2
- B. 3
- C. 4
- D. 5
- E. none of the above

23. The colour scheme that uses different shades of the same colour is _____.

- A. triad
- B. contrasting
- C. monochrome
- D. shade
- E. tone

24. The treatment given to cotton fabric to give a glazed or lustrous appearance is _____.

- A. machining
- B. mercerized
- C. starching
- D. sanforised
- E. drip dry

25. The function of the balance wheel in a machine is to _____.

- A. raise and lower the needle
- B. balance the wheel
- C. loosen the wheel
- D. tighten the wheel
- E. position the wheel

26. You can care for a sewing machine by _____ it from time to time.

- A. cleaning
- B. dusting
- C. mending
- D. oiling
- E. painting

27. What item is not required for burning test for fibre?

- A. Bunsen burner
- B. Crucible
- C. Electric iron
- D. Forceps
- E. Match box

28. Why should we dry coloured articles under a shade?

- A. To avoid fading of the colour
- B. For fresh air
- C. For sunlight
- D. To make it dry fast
- E. None of the above

29. Which of the following is not a colour?

- A. Blue
- B. Green
- C. Purple
- D. Sharp
- E. Beige

30. Different people have _____.

- A. like figure
- B. different figure
- C. One figure
- D. similar figure
- E. the same figure

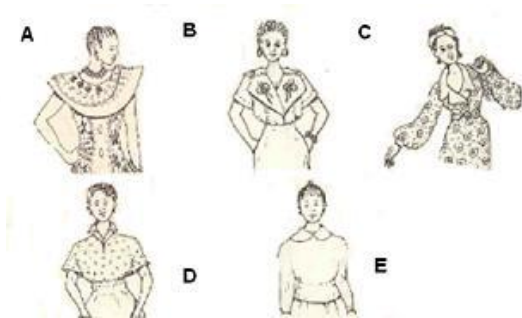
31. Which of the following is made up of small soft fold?

- A. Tucks
- B. Cross way strips
- C. Fullness
- D. Gathers
- E. Darts

32. All the items we wear with our clothes are called _____.

- A. hats
- B. shoes
- C. accessories
- D. jewellery
- E. hand bags

33. Which one of these is a Peter Pan collar?



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

34. The function of the feed plate in a sewing machine is to _____.

- A. push the fabric forward
- B. feed the plate
- C. push the plate forward
- D. sew the fabric
- E. all of the above

35. _____ is obtained from flax plant.

- A. Wool
- B. Cotton
- C. Linen
- D. Silk
- E. Jute

36. _____ is not a characteristic of huge and muscular figure.

- A. Tall
- B. Muscular
- C. Heavy bones
- D. Big waist
- E. Prominent shoulder blades and collar

37. When cotton is burnt, it smells like _____.

- A. burnt paper
- B. burnt leave
- C. burnt feather
- D. burnt hair
- E. none of the above

38. What will happen to the machine needle if it is not fixed correctly?

- A. The needle will be blunt
- B. The machine will stop working
- C. The machine needle may break
- D. Intermediate weight material
- E. Fine weight material

39. When wool is burnt, it gives the smell of burnt _____.

- A. bead
- B. cloth
- C. hair
- D. paper
- E. wood

40. What is the correct order of washing clothes?

- A. Soak, wash, sort and rinse
- B. Sort, wash, soak and dry
- C. Rinse, soak, wash, and dry
- D. Sort, soak, wash, rinse and dry
- E. Wash, dry, soak and rinse

41. Satin is an example of _____.

- A. medium weight material
- B. light weight material
- C. heavy weight material
- D. intermediate weight material
- E. fine weight material

42. Special clothes are required for all except _____.

- A. Eating
- B. Sleeping
- C. Work
- D. Sports
- E. School

43. The extra allowance provided in a garment is called _____.

- A. fullness
- B. filling
- C. over size
- D. free size
- E. extra large

44. Cotton and linen fibres are gotten from _____.

- A. animal
- B. chemical
- C. plant
- D. sun
- E. wood

45. Which of these is an easy care finish?

- A. Luster
- B. Sheen
- C. Mercerization
- D. Glazing
- E. Drip-dry finish

46. When silk is burnt, it smells like _____.

- A. burnt hair
- B. burnt paper
- C. burn leave
- D. burnt feather
- E. burnt cloth

47. ____ is the woven edge of a fabric.

- A. Selvedge
- B. Stitch
- C. Hemming
- D. Yarns
- E. Warp

48. Short and stout people should avoid _____.

- A. soft colours
- B. grieved tones
- C. glaring colours
- D. hard colours

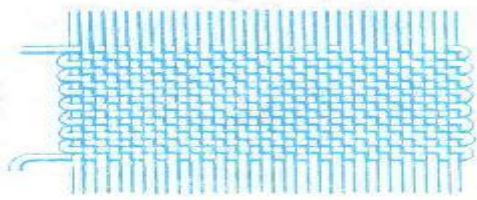
49. One disadvantage of natural fibre is that they _____.

- A. are cheap
- B. are easy to maintain
- C. can be dyed
- D. get dried very fast
- E. shrink badly

50. Which of the following is suitable for ironing bed sheets or table cloth?

- A. A well-padded ironing board
- B. An adjustable ironing board
- C. A garment board
- D. A flat surfaced wooden table
- E. The floor

51. This picture shows a _____ fabric.



- A. woven
- B. sown
- C. knitted
- D. raffia
- E. fibre

52. Body measurements are taken before one can make a _____.

- A. pattern
- B. embroidery
- C. stitch
- D. design
- E. machine

53. Which of these is not a type of sleeve?

- A. Place sleeves
- B. Skirt sleeves
- C. Magyar sleeves
- D. Flared sleeves
- E. Raglan sleeves

54. Vegetable and natural fibres are classified under _____.

- A. synthetic fibres
- B. natural fibres
- C. vegetable fibres
- D. animal fibres
- E. petroleum fibres

55. Which of the following is not true?

- A. Flax plant - linen
- B. Sheep - wool
- C. Silk worm - silk
- D. Cotton worm - cotton
- E. Cellulose - acetate

56. _____ are items worn with clothes.

- A. Clothes
- B. Uniform
- C. Night wears
- D. Accessories

57. Oil paint stain on fabric can be removed by _____.

- A. soaking in cold water
- B. soaking in warm water
- C. using turpentine
- D. pouring boiled water
- E. using salt

58. The plastic nipple of a feeding bottle through which a child sucks its food is called _____.

- A. nipple
- B. teat
- C. teeth
- D. mother piece
- E. stand

59. Print design for huge and muscular people are _____.

- A. heavy design
- B. fairly large design
- C. bulky design
- D. shiny fabric
- E. clinging jersey

60. Warm clothes are necessary when the weather is _____.

- A. cloudy and warm
- B. cold and damp
- C. hot and dry
- D. dull and cloudy
- E. sunny and hot

61. Cross way strips are also called _____ strips.

- A. cross
- B. bias
- C. even
- D. way
- E. length wise

62. Which of these is a suitable bed linen in Nigeria?

- A. Wood
- B. Silk
- C. Cotton
- D. Linen
- E. Viscose

63. A raglan sleeve is represented by _____ alphabet.



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

64. Which of the following is not a natural fibre?

- A. Cotton
- B. Silk
- C. Wool
- D. Nylon

65. Which is not a characteristic of tall and thin figure?

- A. Very thin
- B. Thin legs and arms
- C. Slightly hunched
- D. Fat arms
- E. Flat buttock

66. Which of the following is not a reason for wearing clothes?

- A. Appearance
- B. Protection
- C. Culture
- D. Health
- E. Height

67. The measurements taken and used in pattern making are known as _____ measurement.

- A. body
- B. machine
- C. style
- D. fabric
- E. tape

68. The hair like basic unit that makes up a cloth is called _____.

- A. fabric
- B. textile
- C. fibre
- D. yarn
- E. hair

69. A fabric that can be easily handled by a beginner in fashion and design is _____.

- A. nylon
- B. rayon
- C. silk
- D. wool
- E. cotton

70. Synthetic fibres are made by chemical reactions from raw materials such as _____.

- A. cocoons
- B. petroleum and organic substances
- C. silk
- D. yarn
- E. silkworms

71. Woven materials are made up of two sets of thread, the _____ and _____.

- A. warp, weft
- B. warp, loom
- C. weft, yarn
- D. yarn, thread
- E. selvedge, rough-edge

72. To become a dressmaker, you must learn _____.

- A. child care
- B. clothing and textile
- C. planting
- D. family living
- E. home nursing

73. Stain on clothes should be removed _____.

- A. as soon as they occur
- B. anytime
- C. days after they occur
- D. one day after occurrence
- E. in the night

75. Another name for stain is _____.

- A. Safaris
- B. Dampen
- C. Bleaching
- D. Tuning
- E. Discoloration

76. Which of these items is the odd one?

- A. Narrow hemmer
- B. Button sewing foot
- C. Special purpose foot
- D. Shoe
- E. Zipper foot

77. The best dress for sports is _____.

- A. blouse and wrapper
- B. shorts and vest
- C. knickers buckler
- D. traditional wear
- E. trouser and long sleeve shirt

78. _____ is a fine or light weight cotton.

- A. Organdie
- B. Gingham
- C. Taffeta
- D. Linen
- E. Denim

79. Clothes should be washed before they become too _____.

- A. expensive
- B. dry
- C. dirty
- D. clean
- E. thin

80. Which of the following clings to the skin especially during harmattan season?

- A. Acetate
- B. Rayon
- C. Cotton
- D. Wool
- E. Nylon

81. Which of the following clings to the skin especially during harmattan season?

- A. Acetate
- B. Rayon
- C. Cotton
- D. Wool
- E. Nylon

82. Binding in sewing is used for _____.

- A. binding food
- B. finishing edges
- C. cut edges
- D. cutting sleeves
- E. cut skirt

83. Wool is not used in making _____.

- A. suit
- B. coat
- C. trouser
- D. bed sheets
- E. vest

84. Dressing well will require a good knowledge of which one of the following senses?

- A. Colour
- B. Texture
- C. Style
- D. Fabric
- E. Dress

85. _____ is used to prevent mosquitoes.

- A. Burglary proof
- B. Bed sheet
- C. Blanket
- D. Mosquito net
- E. ceiling fan

86. Which of these can remove accumulated perspiration stain?

- A. Kerosene
- B. Methylated spirit
- C. Lemon
- D. Vanish remover
- E. Ammonia

87. Fabrics are treated with molt-proof to prevent _____ from destroying them.

- A. insects
- B. rat
- C. flies
- D. ants
- E. stain

88. Which among these is not a fine or light weight cotton?

- A. Chiffon
- B. Fine lace
- C. Organdie
- D. Gingham
- E. Muslin

89. The thread which runs cross-wise in a woven fabric is called _____.

- A. bias
- B. true bias
- C. weft
- D. warp
- E. selvedge

90. The process of separating dirty clothes according to colours or fabrics is called _____.

- A. mending
- B. sorting
- C. steeping
- D. rinsing

91. Under the microscope, woolen fabric has ____.

- A. twists
- B. scales
- C. groves
- D. patterns
- E. all of the above

92. Slim figures look fuller in ____ colours.

- A. dark
- B. cool
- C. bright
- D. black
- E. brown

93. ____ refers to the direction of yarns or thread in a fabric.

- A. True bias
- B. Bias
- C. Grain of the fabric
- D. Stitching
- E. The weft

94. Synthetic fibres are also known as ____.

- A. animal fibre
- B. vegetable fibre.
- C. natural fibre
- D. man-made fibre
- E. none of the above

95. Stain can be classified as any of the following except _____.

- A. water
- B. mineral
- C. grease
- D. blood
- E. paint

96. What is the correct order of washing a towel?

- A. Soak with warm water, wash, sort, dry, boil and rinse
- B. Sort, wash, boil, soak with warm water and dry
- C. Rinse, soak with warm water, wash, boil and dry
- D. Sort, soak with warm water, wash, rinse and dry
- E. Wash, dry, soak with warm water, boil and rise

97. The fabric that is most suitable for use in tropical countries like Nigeria is _____.

- A. crimpling
- B. wool
- C. cotton
- D. nylon
- E. rayon

98. Spinning is the process of twisting fibre together to create _____.

- A. yarn
- B. linen
- C. wool
- D. cotton
- E. polyester

99. Pick the odd one out.

- A. soaking
- B. washing
- C. boiling
- D. drying
- E. frying

100. Sharp objects are not to be put on the sewing machine because they may scratch the _____.

- A. fabric
- B. balance wheel
- C. thimble
- D. pressure foot
- E. paint work

101. Which of the following stains can be removed with kerosene?

- A. Palm oil
- B. Blood
- C. Lipstick
- D. Tea or coffee
- E. Ink

102. ____ are the two main classes of fibre.

- A. Man-made and synthetic fibre
- B. Natural and vegetable
- C. Natural and man made
- D. Man-made and artificial
- E. Artificial and synthetic

103. During cold weather ____ fabrics are used.

- A. light
- B. blue
- C. heavy
- D. brown
- E. green

104. Which of these items is the odd one?

- A. Hand iron
- B. Ironing board
- C. Charcoal iron
- D. Steam iron
- E. Electric iron

105. _____ is the diagonal direction across the two grain lines-warp and weft.

- A. True bias
- B. Fabric
- C. Yarn
- D. Bias
- E. Stitching

106. _____ is the amount of fabric between the cut edge and the seam line itself.

- A. Seam
- B. Clip
- C. Ease
- D. Slag
- E. Seam allowance

107. Bright and contrasting colours make one look _____.

- A. smaller
- B. unhappy
- C. larger
- D. cool
- E. war

108. A _____ pattern is one that is made to fit a particular person.

- A. light
- B. sewn
- C. knitted
- D. drafted
- E. fabric

109. Accessories are items worn with _____.

- A. under wears
- B. clothes
- C. gloves
- D. belts
- E. body

110. Natural fibres are obtained from _____.

- A. vegetable and animal source
- B. synthetic fibre
- C. raw materials
- D. trees
- E. materials

111. Which of these items is the odd one?

- A. Necklace
- B. Scarf
- C. Earring
- D. Zip
- E. Bangles

112. Which among these is not a pleat?

- A. Knife pleats
- B. Box pleats
- C. Mark pleats
- D. Inverted pleats
- E. None of the above

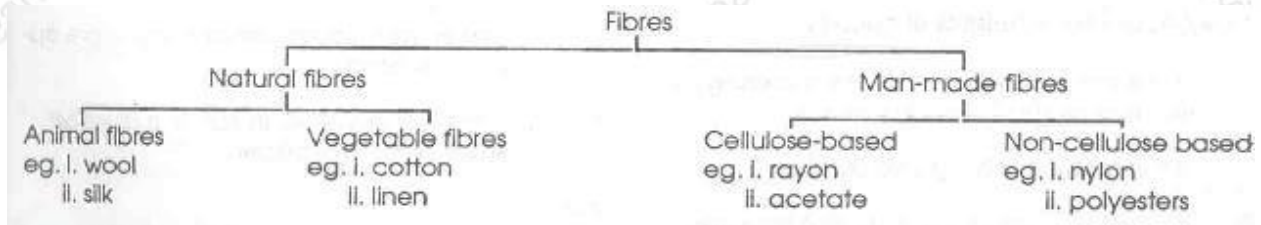
113. All these are laundry processes except

- A. washing
- B. sorting
- C. ironing
- D. tearing

114. Why should underwear be made with cotton?

- A. They are made with cotton because they are white
- B. They are made with cotton to reduce cold
- C. They are made with cotton because they have weight
- D. They are made with cotton because they are cool and absorbent
- E. They are made with cotton because they do not absorb water

115. The picture shows the classification of _____.



- A. clothes
- B. fibres
- C. threads
- D. yarns
- E. materials

116. Which one of the following will shrink if washed in very hot water?

- A. Cotton
- B. Wool
- C. Nylon
- D. Silk
- E. Poplin

117. To remove tea or coffee stains from fabric _____.

- A. soak with enzyme detergent in hot water and wash
- B. soak in cold water
- C. rub gently over the stain
- D. rub with kerosene
- E. use toilet soap

118. The needle controls the thread which stitches the cloth from the _____.

- A. side
- B. top
- C. button
- D. bobbin
- E. edge

119. Which among these is not a medium weight material?

- A. Gingham
- B. Linen
- C. Satin
- D. Silk
- E. Taffeta

120. What is used to wind the thread that goes in the lower part of the machine?

- A. Spool pin
- B. Throat plate
- C. Needle
- D. Motor
- E. Bobbin

ANSWERS

TOPIC: CLEANING AGENTS

DIRECTION: Choose the correct answer from the lettered options.

1. _____ is when the baby spits or vomits his feed frequently.

- A. Constipation
- B. Indigestion
- C. Diarrhea
- D. Colic
- E. Rashes

The correct answer is option [B]

2. Severe deficiency of vitamin A results in _____.

- A. goiter
- B. long sightedness
- C. bow-leg
- D. short-sightedness
- E. night blindness

The correct answer is option [D]

3. The joining of two or more pieces of material is called _____.

- A. satin
- B. stitch
- C. seam
- D. binding
- E. hemming

The correct answer is option [B]

4. Which of these food is suitable for stewing?

- A. Corn
- B. Moi-moi
- C. Beef
- D. Bean balls
- E. Rice

The correct answer is option [C]

5. An ox tail is cooked by_____.

- A. direct steaming
- B. indirect steaming
- C. stewing
- D. indirect stewing
- E. grilling

The correct answer is option [C]

6. Which of the following is constructed on top of sticks standing in water with thatched roofs?

- A. Stray house
- B. Duplex
- C. Blocks of flat
- D. Bamboo house
- E. Bungalow

The correct answer is option [D]

7. Another name for chef's knife is _____.

- A. boning knife
- B. French knife
- C. bread knife
- D. kitchen knife
- E. table knife

The correct answer is option [B]

Bread knife: A knife with a serrated blade for cutting bread

Boning knife: A knife used for removing the bones of poultry meat and fish

Carving knife: A knife for carving large cooked meats such as poultry roasts hams

Chef's knife: Also known as a French knife a cutting tool used in preparing food

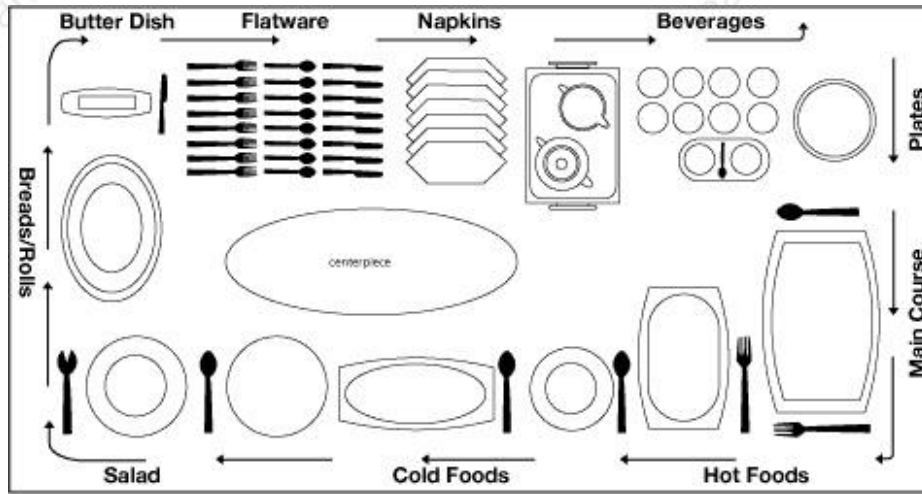
Electric knife: An electrical device consisting of two serrated blades that are clipped together providing a sawing action when powered on

Kitchen knife: Any knife including the chef's knife that is intended to be used in food preparation

Table knife: A piece of cutlery either a butter knife steak knife or both that is part of a table setting accompanying the fork and spoon

MYSELF AS AN INDIVIDUAL

8. What type of service is this?



- A. Bachelors service
- B. Buffet service
- C. Kitchen service
- D. Cocktail service
- E. Self service

The correct answer is option [B]

9. All these are suitable dishes for grilling except _____.

- A. fish
- B. kidney
- C. rice
- D. chops
- E. mushrooms

The correct answer is option [C]

10. ____ is a homemade cleaning agent.

- A. Plantain leaves
- B. Bitter leaf
- C. Paw-paw leaves
- D. Ogu leaf

The correct answer is option [C]

11. Why is it important to keep aerosol cans away from fire?

- A. One might trip and fall
- B. Because it is poisonous
- C. Because they can explode when over heated
- D. Because it is a poisonous gas
- E. Because it is a good conductor of electricity

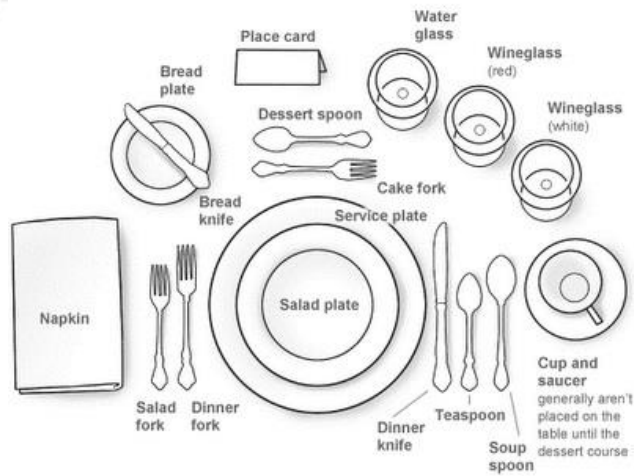
The correct answer is option [C]

12. Which of these food is suitable for boiling?

- A. Starch
- B. Vitamins
- C. Fruits
- D. Pudding
- E. Yam

The correct answer is option [E]

13. What pattern of table setting is this?



- A. Informal table setting
- B. Board table setting
- C. Presidential table setting
- D. Line table setting
- E. Formal table setting

The correct answer is option [E]

14. The following are classes of cleaning agents except ____.

- A. solute
- B. waxes
- C. acidic cleaners
- D. abrasive cleaners

The correct answer is option [A]

TOPIC: CLOTHING THE FAMILY

DIRECTION: Choose the correct answer from the lettered options.

1. The direction of yarns or thread in a fabric is _____.

- A. true bias
- B. bias
- C. weft
- D. warp
- E. grain

The correct answer is option [E]

2. The thread which runs lengthwise in a woven fabric is the _____.

- A. weft
- B. selvedge
- C. bias
- D. fiber
- E. warp

The correct answer is option [E]

3. _____ is the name given to fibre of continuous length.

- A. Yarn
- B. Textile
- C. Filament
- D. Thread
- E. Staple

The correct answer is option [A]

4. Which of the following are animal fibres?

- A. Cotton and Nylon
- B. Linen and Cotton
- C. Wool and Silk
- D. Wool and Silk
- E. Wool and Cotton

The correct answer is option [D]

5. The diagonal direction across the two grain lines, warp and weft, is called _____.

- A. selvedge
- B. bias
- C. weft
- D. warp
- E. fibre

The correct answer is option [B]

6. The thread that runs cross-wise in a woven fabric is the _____.

- A. warp
- B. weft
- C. fabric
- D. fibre
- E. bias

The correct answer is option [B]

7. The mill-finish edge of the fabric is the _____.

- A. weft
- B. warp
- C. selvedge
- D. self-edge
- E. bias

The correct answer is option [C]

8. White cotton fabrics are bleached to _____.

- A. help brighten the colour and make them whiter
- B. help the detergents lather more than usual
- C. soften the fabric
- D. to stop them from running colour
- E. to prevent the fabric from shrinking

The correct answer is option [A]

9. A thread made by twisting or spinning fibres is a _____.

- A. fabric
- B. fibre
- C. yarn
- D. warp
- E. weft

The correct answer is option [C]

10. ____ is a hair-like basic unit of raw material used in the making of yarns and fabrics.

- A. Yarn
- B. Fabric
- C. Fibre
- D. Grain

The correct answer is option [C]

TOPIC: FEEDING THE FAMILY

DIRECTION: Choose the correct answer from the lettered options.

1. Which is the odd one out?

- A. Chopping knife
- B. Table knife
- C. Bread knife
- D. Vegetable knife
- E. Butcher knife

The correct answer is option [E]

2. Which of the following is not a method of cooking food?

- A. Boiling
- B. Stewing
- C. Steaming
- D. Baking
- E. Garnishing

The correct answer is option [E]

3. The container that holds salt and pepper on the table is called _____.

- A. cruet
- B. crodet
- C. crescent
- D. center
- E. cutlery

The correct answer is option [A]

4. Which of the following require increased intake of energy foods?

- A. Manual workers
- B. Sedentary workers
- C. Clerks
- D. Directors
- E. Shop-keepers

The correct answer is option [A]

5. A person who is no longer sick but is gradually recovering after illness is _____.

- A. an invalid
- B. a convalescent
- C. a sick man
- D. a stickler
- E. a weak man

The correct answer is option [B]

6. Lactating mothers are _____ feeding their babies.

- A. bottle
- B. breast
- C. over
- D. under
- E. always

The correct answer is option [B]

7. The doctor's instructions must be followed when providing food for the _____.

- A. young
- B. aged
- C. adolescent
- D. sick
- E. lactating mother

The correct answer is option [D]

8. Which is the odd one?

- A. Soup spoon
- B. Dessert spoon
- C. Tea spoon
- D. Serving spoon
- E. Eating spoon

The correct answer is option [E]

9. Meals for children should be cooked by easily _____ method.

- A. acceptable
- B. manipulated
- C. consumable
- D. attractive

The correct answer is option [B]

10. Which of the following groups of people require increased intake of iron?

- A. Adolescents
- B. Adolescent boys
- C. Adolescents girls
- D. The aged
- E. Manuel worker

The correct answer is option [C]

11. Which of the following groups is generally characterized by reduced physical activity?

- A. The aged
- B. The lactating mother
- C. The pregnant women
- D. The adolescents
- E. The children

The correct answer is option [C]

12. Persons who do strenuous jobs are called ____.

- A. sedentary workers
- B. manual workers
- C. vegetarians
- D. adults
- E. activists

The correct answer is option [B]

13. Which of the following will not affect meal planning?

- A. Health
- B. Money
- C. Height
- D. Age
- E. Season

The correct answer is option [C]

14. A _____ does not take animal products.

- A. strict vegetarian
- B. convalescence
- C. lactating mother
- D. lacto-vegetarian
- E. diabetic patient

The correct answer is option [A]

15. A strict vegetarian will not eat any ____.

- A. food
- B. vegetable protein
- C. animal food
- D. soya bean meals
- E. carrot

The correct answer is option [C]

16. _____ makes food easier to eat.

- A. Garnishing
- B. Storing
- C. Cooking
- D. Washing
- E. Dressing

The correct answer is option [C]

17. Which of the following groups do not require much energy food in their diet?

- A. The aged
- B. The invalids
- C. The sedentary workers
- D. The manual workers
- E. The children

The correct answer is option [C]

18. Excessive consumption of sweets by children can lead to _____.

- A. good teeth
- B. strong teeth
- C. tooth decay
- D. tooth hardness
- E. tooth growth

The correct answer is option [C]

TOPIC: MANAGING THE HOME

DIRECTION: Choose the correct answer from the lettered options.

1. The ____ needs are important for survival and the family cannot do without them.

- A. secondary
- B. tertiary
- C. primary
- D. total
- E. family

The correct answer is option [C]

2. Budget is normally based on _____ income.

- A. gross
- B. future
- C. net
- D. total
- E. partial

The correct answer is option [C]

3. One of the following is not a source of family income?

- A. salaries
- B. wages
- C. debts
- D. gifts
- E. investments

The correct answer is option [C]

4. The amount of money that remains after deductions, such as, tax and water rate have been removed from income is _____.

- A. partial income
- B. net income
- C. Gross income
- D. total income
- E. whole income

The correct answer is option [B]

5. Which of the following may not affect family budget?

- A. inflation
- B. family size
- C. family income
- D. family needs
- E. family colour

The correct answer is option [E]

6. _____ is the amount of money spent on the goods and services which the family needs.

- A. Expenditure
- B. Family income
- C. Gross income
- D. Budget
- E. Net income

The correct answer is option [A]

7. The _____ needs are desirable, but the family can do without them.

- A. community
- B. family
- C. tertiary
- D. primary
- E. secondary

The correct answer is option [E]

8. The amount of money a family has at a given time is their money _____.

- A. power
- B. budget
- C. expenditure
- D. expenses
- E. income

The correct answer is option [E]

9. Which of the following are primary needs?

- A. Food, shelter and clothing
- B. Food, shelter and car
- C. Food, shelter and vacation
- D. Food, shelter and recreation

The correct answer is option [A]

10. The practice of buying things not planned for is called _____.

- A. hire purchase
- B. impulsive buying
- C. wise buying
- D. basic buying
- E. whole sale

The correct answer is option [B]

11. The total amount of money from a person's income is his _____.

- A. Gross income
- B. net income
- C. whole income
- D. all income
- E. basic income

The correct answer is option [A]

12. The plan for the future expenditures of a family is called household _____.

- A. plan
- B. expenses
- C. budget
- D. income
- E. money

The correct answer is option [C]

TOPIC: FAMILY LIVING AND RELATIONSHIP

DIRECTION: Choose the correct answer from the lettered options.

1. The foetus develops in the _____.

- A. womb
- B. ovary
- C. verge
- D. uterus
- E. fallopian tube

The correct answer is option [A]

2. Why are tea cups not made from metal?

- A. Because metals are harder
- B. Because metals are shiny
- C. Because metals get heated faster
- D. Because metals do not break easily
- E. None of the above

The correct answer is option [C]

3. A baby needs about _____ of sleep a day.

- A. 3 to 6 hours
- B. 8 to 10 hours
- C. 14 to 16 hours
- D. 12 to 14 hours
- E. 20 to 30 hour

The correct answer is option [C]

4. The first set of teeth grown by babies is called _____.

- A. stone teeth
- B. temporary teeth
- C. permanent teeth
- D. wooden teeth
- E. wisdom teeth

The correct answer is option [B]

5. A method of cooking that does not need constant attention is _____.

- A. frying
- B. roasting
- C. seasoning
- D. boiling
- E. grilling

The correct answer is option [E]

6. Motherhood is _____.

- A. when a girl is married
- B. when a girl is pregnant
- C. the kinship relationship between a mother and her child
- D. when the woman takes care of a baby
- E. the relationship between a boy and a girl

The correct answer is option [C]

7. Which one of the following groups permits polygamous form of marriage?

- A. Christian marriage
- B. Court marriage
- C. Ordinance marriage
- D. Islamic marriage
- E. None of the above

The correct answer is option [D]

8. Which item is not needed to bath a baby?

- A. Bath tub
- B. Face cloth
- C. Cotton buds
- D. Talcum powder
- E. Feeding bottle

The correct answer is option [E]

9. The baby in the mother's womb draws it's nutrient from _____.

- A. vitamins
- B. the mother
- C. milk
- D. the fetus
- E. minerals

The correct answer is option [B]

10. The period of getting to know each other better between a man and a woman who wants to get married is _____.

- A. matting
- B. wedding
- C. friendship
- D. courtship
- E. marriage

The correct answer is option [D]

11. The weight of a baby at birth should be between

- A. 1.9 kg and 3.6 kg
- B. 3.1 kg and 6.2 kg
- C. 1.9 kg and 2.0 kg
- D. 8.1 kg and 8.5 kg
- E. 5.2 kg and 6.2 kg

The correct answer is option [A]

12. The best food for a baby is _____.

- A. lactogenic
- B. akamu
- C. breast milk
- D. cerealac
- E. corn flake

The correct answer is option [C]

13. The process of introducing a baby gradually to food other than milk is called _____.

- A. feeding
- B. weaning
- C. warring
- D. warning
- E. weaving

The correct answer is option [B]

14. Immunization is a method of making someone immune or resistant to the _____ 'killer' diseases.

- A. 8
- B. 6
- C. 7
- D. 4
- E. 5

The correct answer is option [C]

15. The period between childhood and adulthood is called _____.

- A. abdomen
- B. adulthood
- C. puberty
- D. teenage
- E. maturity

The correct answer is option [C]

16. Which of the following is not a treatment for nappy or diaper rash?

- A. Keep the baby's skin as dry as possible
- B. Leave the diaper (nappy) off and leave the baby's skin open to the air
- C. Change diaper (nappy) regularly
- D. Allow the baby to be very soaked with his/her urine before changing diaper (nappy)
- E. Apply a barrier ointment at each diaper change to keep moisture away from skin

The correct answer is option [D]

17. _____ prevents children from contacting diseases.

- A. Air
- B. Sun
- C. Dancing
- D. Immunization
- E. Playing

The correct answer is option [D]

18. What type of shoe is good for a pregnant woman?

- A. Flat shoes
- B. High heeled shoes
- C. Pump heels shoes
- D. Ankle length shoes
- E. Cock shoes

The correct answer is option [A]

19. Which specialist look after women in pregnancy and delivery?

- A. Dietician
- B. Pediatrician
- C. Obstetrician
- D. Dentist
- E. Dermatologist

The correct answer is option [C]

20. A normal pregnancy lasts for _____ months.

- A. 8
- B. 6
- C. 9
- D. 10
- E. 12

The correct answer is option [C]

21. ____ is the odd one out.

- A. High blood pressure
- B. Rickets
- C. Kwashiorkor
- D. Darasmus
- E. Dysentery

The correct answer is option [A]

22. ____ is the care given to nursing mother from the day of delivery up to six weeks after.

- A. Post-diet clinic
- B. Mother care
- C. Anti-natal care
- D. Doctor-natal care
- E. Post-natal clinic

The correct answer is option [E]

23. The best fabric for cloth nappies is _____.

- A. polyester
- B. satin
- C. linen
- D. cotton
- E. silk

The correct answer is option [D]

24. Indigestion in babies occurs when the baby _____ his food frequently.

- A. eats
- B. drinks
- C. vomits
- D. sucks
- E. refuses

The correct answer is option [C]

25. Which of the following protects children against tuberculosis?

- A. Triple
- B. BCG vaccine
- C. Quadruple vaccine
- D. Small pox vaccine
- E. Immunization

The correct answer is option [B]

26. Pregnant mothers feel baby's movement in the _____.

- A. First month
- B. quarter stage
- C. middle stage
- D. later stage
- E. birth

The correct answer is option [D]

27. A baby's skin is delicate. It should not be allowed to get _____.

- A. clean
- B. good
- C. dirty
- D. simple
- E. well

The correct answer is option [C]

28. Soaking napkins regularly in hot water helps to remove _____.

- A. rashes and ringworm
- B. urine and feces
- C. feces and odour
- D. odour and discoloration

The correct answer is option [D]

29. The first teeth a child grows is called _____.

- A. childhood teeth
- B. matured teeth
- C. milk teeth
- D. premolar teeth
- E. incisors teeth

The correct answer is option [C]

30. The process of producing an ovum by the ovary is called _____.

- A. menstruation
- B. fertilization
- C. ovulation
- D. pregnancy
- E. reproduction

The correct answer is option [C]

31. Development in human being is influenced by _____.

- A. heredity only
- B. heredity and environment
- C. environment only
- D. food only
- E. size of clothes

The correct answer is option [B]

32. The care given to a pregnant woman is _____.

- A. emergency care
- B. postnatal care
- C. First aid
- D. antenatal care
- E. nursing care

The correct answer is option [D]

33. Why should a baby's feeding equipment be sterilized?

- A. To avoid cleanliness
- B. To avoid germs
- C. To avoid blindness
- D. To avoid cough
- E. To avoid measles

The correct answer is option [B]

34. A pregnant woman does not need _____.

- A. regular exercises
- B. good hygiene
- C. special dress
- D. strong coffee
- E. nutritious food

The correct answer is option [D]

35. Development is influenced by _____.

- A. heredity and environment
- B. heredity only
- C. environment only
- D. food only
- E. size of clothes

The correct answer is option [A]

36. O.R.T stands for _____.

- A. Oral Rehydration Therapy
- B. Oral Rehydrated Therapy
- C. Oral Related Therapy
- D. Oral Relation Therapy
- E. Oral Relationship Therapy

The correct answer is option [A]

37. Which one of the following does a baby not require good clothes for?

- A. Protection
- B. Warmth
- C. Comfort
- D. Appearance
- E. Height

The correct answer is option [E]

38. After delivery, a _____ appointment is given to the mother to see her obstetrician.

- A. six week
- B. five week
- C. four week
- D. seven week
- E. eight week

The correct answer is option [A]

39. Breast milk is the best for babies because it is _____.

- A. balanced
- B. clean
- C. easy to give
- D. sweet
- E. warm

The correct answer is option [A]

40. Which of the following vaccines should be given to a baby at birth?

- A. BCG vaccine
- B. Triple vaccine
- C. Smallpox
- D. DPT vaccine
- E. Quadruple vaccine

The correct answer is option [A]

41. Which is the odd item?

- A. Bib
- B. Bootee
- C. Flannel wrap
- D. Napkin
- E. Seam

The correct answer is option [E]

42. Lactating mother's _____ feed their babies.

- A. bottle
- B. breast
- C. over
- D. under
- E. always

The correct answer is option [B]

43. The third dose of DTP is given to a child at _____ months.

- A. nine
- B. four
- C. six
- D. eight
- E. twelve

The correct answer is option [B]

44. Which one of the following is a mixture of three vaccines?

- A. Quadruple vaccine
- B. Triple vaccine
- C. D.T.P
- D. Small pox vaccine
- E. Polio vaccine

The correct answer is option [C]

DTP is a mixture of three vaccines to immunize against diphtheria tetanus and pertussis (whooping cough)

45. Brassieres give firm support to the _____.

- A. ribs
- B. shoulders
- C. arms
- D. breast
- E. breast arm

The correct answer is option [D]

46. Another name for court marriage is _____.

- A. lawyers marriage
- B. harmony for marriage
- C. marriage under the ordinance
- D. marriage under the court
- E. marriage under law

The correct answer is option [C]

47. Bottle feeding is used as a supplement for _____.

- A. cow milk
- B. breast milk
- C. peak milk
- D. cerelac

The correct answer is option [B]

48. The best food for a baby is _____.

- A. milk
- B. apple
- C. beef
- D. rice
- E. vegetable

The correct answer is option [A]

49. _____ occurs when the ovum is fertilized by a sperm.

- A. Child birth
- B. Infertility
- C. Pregnancy
- D. Ovulation
- E. Menstruation

The correct answer is option [C]

50. What type of material does the Yoruba women wear during engagement?

- A. Organza
- B. George
- C. Cotton
- D. Asho-oke
- E. Linen

The correct answer is option [D]

51. Colic in babies is defined as stomach ache due to wind in the _____.

- A. mouth
- B. stomach
- C. food
- D. feeding bottle
- E. chest

The correct answer is option [B]

52. Morning sickness is a sign of _____.

- A. good health
- B. pregnancy
- C. growth
- D. maturity
- E. menstruation

The correct answer is option [B]

53. The sun _____ napkins.

- A. softens
- B. wets
- C. stretches
- D. bleaches
- E. colours

The correct answer is option [D]

54. A complete single food for infants is _____.

- A. breast milk
- B. tea
- C. mineral
- D. fruits
- E. vegetable

The correct answer is option [A]

55. Vitamins will build up the pregnant mother's resistance against _____.

- A. food
- B. tiredness
- C. sweet foods
- D. delivery
- E. infections

The correct answer is option [E]

56. After a baby has been born, the care given to the mother and child is _____ natal care.

- A. ante
- B. post
- C. pre
- D. semi
- E. real

The correct answer is option [B]

57. The weight of a baby at birth is determined by the following except _____.

- A. genetics
- B. nutrition of the mother
- C. place of birth
- D. health of the mother

The correct answer is option [C]

58. What is the name of the equipment used to open canned food?

- A. Opener
- B. Saw
- C. Chisel
- D. Toaster
- E. Tin cutter

The correct answer is option [E]

59. _____ is the care given to a pregnant woman from the beginning of her pregnancy to the delivery day.

- A. Post-natal care
- B. Nursing care
- C. Doctor-natal care
- D. Ante-natal care
- E. Pre-natal clinic

The correct answer is option [D]

60. Which of the following contains important antibodies needed by the baby?

- A. Artificial milk
- B. Cow milk
- C. Breast milk
- D. Breast milk
- E. Feeding unit

The correct answer is option [D]

61. _____ is used to supplement a mother's breast milk for a young baby.

- A. Cake
- B. Bottle feeding
- C. Fruits
- D. Drugs
- E. Teething powder

The correct answer is option [B]

62. The marriage of one man to one woman is known as _____.

- A. monotonous
- B. polyandry
- C. polygamy
- D. monogamy
- E. polygamous

The correct answer is option [D]

63. Constipation is common with _____ babies.

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

The correct answer is option [B]

64. Child development starts from the _____.

- A. eye
- B. nose
- C. head
- D. leg
- E. hand

The correct answer is option [C]

65. Your mother's brother is your _____.

- A. niece
- B. uncle
- C. friend
- D. brother
- E. half brother

The correct answer is option [B]

66. Kitchen refuse should always be in the _____.

- A. bin
- B. sink
- C. bucket
- D. cabinet
- E. refrigerator

The correct answer is option [A]

67. Proteins are broken down into

- A. carbohydrates
- B. glucose
- C. oil
- D. amino acids
- E. fats

The correct answer is option [D]

68. Which one of the following is not carried out as an ante-natal test?

- A. Urine test
- B. Blood test
- C. Blood pressure test
- D. Abdominal test
- E. Complexion test

The correct answer is option [E]

69. From which of the options can starch for laundry use be gotten from?

- A. Egg
- B. Beans
- C. Cassava
- D. Maize
- E. Groundnut

The correct answer is option [C]

70. What type of milk contains all essential nutrient for a baby?

- A. Cerelac
- B. NAN
- C. SMA Gold
- D. Peak milk
- E. Breast milk

The correct answer is option [E]

71. Which is the odd one.

- A. Traditional marriage
- B. Church marriage
- C. Moslem marriage
- D. Court marriage
- E. Ghost marriage

The correct answer is option [E]

72. The first milk produced by a nursing mother is called _____.

- A. yellow milk
- B. colostrum
- C. antibodies
- D. artificial milk
- E. meconium

The correct answer is option [B]

73. Fats are broken down into _____.

- A. oil
- B. amini acid
- C. glycerol
- D. carbohydrates
- E. glucose

The correct answer is option [C]

74. _____ is the odd one out.

- A. Diphtheria
- B. Poliomyelitis
- C. Diarrhea
- D. Whooping cough
- E. Tuberculosis

The correct answer is option [C]

75. Immunization is a method of preventing _____ killer diseases.

- A. 8
- B. 7
- C. 6
- D. 5
- E. 4

The correct answer is option [B]

76. Children develop at _____ rates.

- A. similar
- B. equal
- C. the same
- D. different
- E. half

The correct answer is option [D]

77. The female sex cell is called _____.

- A. sperm
- B. ovum
- C. cell
- D. testicle
- E. womb

The correct answer is option [B]

78. O.R.T (Oral Rehydration Therapy) is treatment for _____.

- A. fever
- B. AIDS
- C. malaria
- D. diarrhea
- E. skin disease

The correct answer is option [D]

79. Baby's clothes should not be _____.

- A. washed.
- B. ironed
- C. starched
- D. dried
- E. rinsed

The correct answer is option [C]

80. Pregnant mothers should not take _____.

- A. meals with protein
- B. minerals
- C. vitamins
- D. alcohol
- E. milk

The correct answer is option [D]

81. Constipation in babies occurs when _____.

- A. breast feeding babies
- B. a baby is hungry
- C. stools are infrequent and hard
- D. a baby is teething
- E. none of the above

The correct answer is option [C]

82. _____ is the tendency for a parent to transfer his characteristics to his child.

- A. Shelter
- B. Care
- C. Heredity
- D. Affection
- E. Love

The correct answer is option [C]

83. An item which is not a common bride price in Nigeria is _____.

- A. cash
- B. kola nuts
- C. baby napkins
- D. sugar
- E. drinks

The correct answer is option [C]

84. A man that is not married is called a ____.

- A. spinster
- B. bachelor
- C. uncle
- D. friend
- E. teacher

The correct answer is option [B]

85. _____ test is not an ante-natal test.

- A. Complexion
- B. Abdominal
- C. Blood pressure
- D. Blood
- E. Urine

The correct answer is option [A]

86. _____ marriage is when one man marries one wife.

- A. Monogamous
- B. Polygamous
- C. Single
- D. Double
- E. Tertiary

The correct answer is option [A]

87. The foetus develops in the _____.

- A. vulva
- B. uterus
- C. fallopian tube
- D. ovary
- E. intestine

The correct answer is option [B]

88. _____ is caused by sensitive skin or wetness from nappies.

- A. Eczema
- B. Reaction
- C. Skin burn
- D. Colic
- E. Rashes

The correct answer is option [E]

89. At two months, what type of immunization is given to a baby?

- A. First dose of DTP
- B. Mixable vaccine
- C. Third dose of DTP
- D. Second dose DTP
- E. All of the above

The correct answer is option [A]

90. Diaper (nappy) rash is caused by _____.

- A. powdered milk
- B. castor oil
- C. breast milk
- D. petroleum jelly
- E. moisture

The correct answer is option [E]

91. Mother and child development involves all except ____.

- A. child development
- B. midwifery
- C. feeding babies
- D. learning the importance of play
- E. language development

The correct answer is option [B]

TOPIC: FOOD AND NUTRITION

DIRECTION: Choose the correct answer from the lettered options.

1. When sugar is heated to 200 degrees Centigrade, the colour changes to brown. This is known as _____.

- A. coagulation
- B. gelatinization
- C. browning
- D. caramelization
- E. none of the above

The correct answer is option [D]

2. Which of these food items requires quick preservation?

- A. Beans
- B. Garri
- C. Margarine
- D. Onions
- E. Fresh fish

The correct answer is option [E]

3. _____ is cooking food in hot oil.

- A. Drying
- B. Frying
- C. Radiant heat
- D. Moistening
- E. Caning

The correct answer is option [B]

4. A family's _____ needs are important for survival and the family cannot do without them.

- A. secondary
- B. primary
- C. tertiary
- D. total
- E. family

The correct answer is option [B]

5. _____ is the second meal of the day.

- A. In-between
- B. Breakfast
- C. Brunch
- D. Lunch
- E. Take away

The correct answer is option [D]

6. Which of the following require increase intake of energy food?

- A. Manual workers
- B. Sedentary worker
- C. Clerks
- D. Directors
- E. Shop-keepers

The correct answer is option [A]

7. Pick the odd one out.

- A. Boiling
- B. Steaming
- C. Stewing
- D. Baking
- E. Washing

The correct answer is option [E]

8. Fehling's solution is used to determine the presence of _____.

- A. starch
- B. fat
- C. protein
- D. mineral
- E. simple sugar

The correct answer is option [E]

9. 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]

10. Vitamins, minerals and trace elements are called _____.

- A. vitamin nutrients
- B. iron nutrients
- C. macro nutrients
- D. micro nutrients
- E. iodine nutrients

The correct answer is option [D]

11. A list of planned meal for the day is known as _____.

- A. master plan
- B. menu
- C. food sheet
- D. food chart
- E. food plan

The correct answer is option [B]

12. Which one of the following requires careful temperature control?

- A. Roasting
- B. Grilling
- C. Drinking
- D. Boiling
- E. Steaming

The correct answer is option [B]

13. The Iodine test is used to determine the presence of ____ only.

- A. amino acid
- B. starch
- C. fatty acid
- D. protein
- E. vitamin

The correct answer is option [B]

14. Which of the following is the odd item?

- A. Beans
- B. Fish
- C. Yam
- D. Meat
- E. Milk

The correct answer is option [C]

15. What happens when heat is applied to fat ?

- A. It shrinks
- B. It coagulates
- C. It becomes thick
- D. It becomes brown
- E. It melts

The correct answer is option [E]

16. _____ is the continuous upward movement in the price level of goods and services.

- A. Immunization
- B. Inflation
- C. Budget
- D. Price
- E. Impulse buying

The correct answer is option [B]

17. It is advisable for students to eat breakfast so that they can _____.

- A. concentrate in class
- B. run very fast
- C. grow very tall
- D. score high marks
- E. be brilliant

The correct answer is option [A]

18. Which of the following may not affect family budget?

- A. The family size
- B. The family income
- C. The family needs
- D. The family colour
- E. Inflation

The correct answer is option [D]

19. Which of the following insulates the body from cold and keeps it warm?

- A. Fats
- B. Starches
- C. Carbohydrates
- D. Sugar
- E. Foods

The correct answer is option [A]

20. Which of the options cannot be considered when planning the family meal?

- A. Serve food attractively with simple garnish
- B. Serve meals at regular hours
- C. Spend the house keeping money wisely
- D. Consider the need of every member of the family, their age, occupation and the state of their health
- E. Select foods containing only one nutrient and serve in the meal

The correct answer is option [E]

21. The last product of carbohydrate digestion is _____.

- A. cellulose
- B. complex
- C. glucose
- D. lactose
- E. starch

The correct answer is option [C]

22. When you increase your daily intake of fibre, you will absorb fewer _____.

- A. protein
- B. vitamins
- C. mineral
- D. calories
- E. calcium

The correct answer is option [D]

23. One of the points you should bear in mind when buying in bulk is _____.

- A. the storage facility available
- B. the expensive food in the market
- C. the cooking method
- D. the taste of the food
- E. the food in season

The correct answer is option [A]

24. Which of the following vitamins are fat soluble vitamins?

- A. Vitamin A and B
- B. Vitamin K only
- C. Vitamin E only
- D. Vitamin C and K
- E. All of the above.

The correct answer is option [A]

25. The brown honey-like substance formed when sugar is heated is called _____.

- A. gelatine
- B. chocolate
- C. sweet
- D. caramel
- E. honey

The correct answer is option [D]

26. Which two factors influence meal planning?

- A. Starchy and proteinous food
- B. Money and age
- C. Primary and secondary needs
- D. Heights and complexion of the people
- E. None of the above

The correct answer is option [B]

27. Your father's sister is your _____.

- A. uncle
- B. aunt
- C. father
- D. sister
- E. cousin

The correct answer is option [B]

28. When boiling water is poured into corn starch, it _____.

- A. dextrinizes
- B. coagulates
- C. gelatinizes
- D. caramelizes
- E. all of the above

The correct answer is option [C]

29. House-hold budget is normally based on _____.

- A. Gross income
- B. future income
- C. net income
- D. total income
- E. partial income

The correct answer is option [C]

30. Which of the following is a mineral fibre?

- A. Flax
- B. Cotton
- C. Silk
- D. Jute
- E. Asbestos

The correct answer is option [E]

31. Meals are cooked for the following reasons except _____.

- A. appearance
- B. manipulation
- C. presentation
- D. consumption
- E. digestion

The correct answer is option [B]

32. Dry frying is cooking food in _____.

- A. hot oil
- B. groundnut oil
- C. water
- D. its oil
- E. deep frying pan

The correct answer is option [D]

33. What is the effect of heat on dry sugar?

- A. It caramelizes and burns
- B. It coagulates and burns
- C. It sets and burns
- D. It crystallizes and burns
- E. It fumes and burns

The correct answer is option [A]

34. The best method of serving fresh fruits is to prepare _____.

- A. fruit salad
- B. baked fruit
- C. roasted fruit
- D. fruit soup
- E. fruit stew

The correct answer is option [A]

35. Every home should have _____ for storing perishable food.

- A. cupboard
- B. plastic bag
- C. refrigerator
- D. shelf
- E. woven basket

The correct answer is option [C]

36. A child with knocked knee lacks vitamin _____.

- A. C
- B. A
- C. D
- D. E
- E. F

The correct answer is option [D]

37. Planning meals ahead helps you _____.
- A. have healthy food on hand
 - B. make fewer trips to the grocery store
 - C. eat less high-calorie, take-out meals
 - D. increase the variety of foods you eat each week
 - E. all of the above

The correct answer is option [E]

38. Vitamins and minerals are _____ food.
- A. protective
 - B. energy
 - C. blood
 - D. harmful

The correct answer is option [A]

39. _____ does not take animal protein.
- A. Convalescent
 - B. Lactating mother
 - C. Strict vegetarian
 - D. Lacto-vegetarian
 - E. Diabetic patient

The correct answer is option [C]

40. Which of the following rust easily?

- A. Iron
- B. Glues
- C. Aluminium
- D. Plastic
- E. Tin

The correct answer is option [A]

41. ____ is a method of food preservation.

- A. Smoking
- B. Boiling
- C. Roasting
- D. Steaming
- E. All of the above

The correct answer is option [E]

42. Vegetables are cooked in small quantity of water in order to ____.

- A. economize water
- B. retain nutrients
- C. save salt
- D. keep Vitamin D
- E. improve the odour

The correct answer is option [B]

43. The primary needs of any family include _____.

- A. food
- B. shelter
- C. clothing
- D. all of the above

The correct answer is option [D]

44. The deficiency name for lack of vitamin C is _____.

- A. goitre
- B. scurvy
- C. anaemia
- D. kwashiorkor
- E. proteins

The correct answer is option [B]

45. Which of the following is the odd item?

- A. Pineapple
- B. Paw-paw
- C. Apple
- D. Corn
- E. Orange

The correct answer is option [D]

46. Which of the following is prepared through indirect steaming?

- A. Moi-moi
- B. Akara
- C. Meat pie
- D. Scotch egg
- E. Puf-puf

The correct answer is option [A]

47. _____ is produced when we boil, steam or stew food.

- A. dry heat
- B. smoke
- C. wave
- D. moist heat
- E. fat

The correct answer is option [D]

48. _____ is required for the preparation of bean balls.

- A. Yam
- B. Potato
- C. Beans
- D. Rice
- E. Flour

The correct answer is option [C]

49. _____ is produced when dry heat is applied to starch.

- A. Dextrin
- B. Glucose
- C. Starch
- D. Cellulose
- E. Gel

The correct answer is option [A]

50. Which one of the following food is perishable?

- A. Rice
- B. Beans
- C. Maize
- D. Flour
- E. Meat

The correct answer is option [E]

51. One of the points to remember while buying food in bulk is the _____.

- A. cheapest food in the market
- B. most expensive food in the market
- C. storage facilities available
- D. cooking method
- E. durability of the food

The correct answer is option [C]

52. Which one of these food items is rich in iodine?

- A. Seafood
- B. Salt
- C. Milk
- D. Cassava
- E. Plantain

The correct answer is option [A]

53. Starch is tested with _____.

- A. million's reagent
- B. iodine
- C. a little fat
- D. Fehling's solution
- E. all of the above

The correct answer is option [B]

54. _____ is the most important carbohydrate.

- A. Cellulose
- B. Starch
- C. Glucose
- D. Sucrose
- E. None of the above

The correct answer is option [C]

55. Food substances are called _____.

- A. carbohydrate
- B. mineral salt
- C. nutrients
- D. vitamins
- E. protein

The correct answer is option [C]

56. Protein deficiency in the diet causes _____.

- A. beriberi
- B. kwashiorkor
- C. marasmus
- D. anemia
- E. scurvy

The correct answer is option [B]

57. Sudan III test gives ____ colour with fat.

- A. red
- B. yellow
- C. white
- D. blue
- E. black

The correct answer is option [A]

58. Which of the following groups is generally characterized by reduced physical activity?

- A. The aged
- B. The lactating mother
- C. The pregnant woman
- D. The adolescents
- E. The children

The correct answer is option [A]

59. The total amount of money a person earns is called his _____.

- A. Gross income
- B. net income
- C. whole income
- D. all income
- E. basic income

The correct answer is option [A]

60. Fruits are essential in diets because they contain _____.

- A. vitamins
- B. protein and sugar
- C. carbohydrate and oil
- D. water and sugar
- E. all the nutrient

The correct answer is option [A]

61. Because boys and girls are usually very active, their meals should be rich in _____ giving foods.

- A. active
- B. energy
- C. protein
- D. vitamin
- E. water

The correct answer is option [B]

62. Vegetables should be stored in the _____ compartment of the fridge.

- A. basket
- B. freezer
- C. crisper
- D. drip tray
- E. middle shelf

The correct answer is option [C]

63. Which of the following is porous?

- A. Iron
- B. Plastic
- C. Earthen ware
- D. Chromium
- E. Zinc

The correct answer is option [C]

64. What is used to test the presence of sugar in food?

- A. Million's test
- B. Benedict's test
- C. Fehling's test
- D. Band C
- E. A and B

The correct answer is option [D]

65. Which one of the following may not influence meal planning?

- A. Age
- B. Health
- C. Money
- D. Season
- E. Height

The correct answer is option [E]

66. The amount of intake of iron depends on _____, _____ and _____.

- A. age, gender, activity level
- B. age, height, activity level
- C. age, gender, size
- D. strength, gender, activity level
- E. intelligence, gender, activity level

The correct answer is option [A]

67. All these are advantages of bulk buying except that _____.

- A. food items are cheaper
- B. it saves time and energy
- C. transportation cost is reduced
- D. it causes wastage
- E. it increases the quantity of food stuff

The correct answer is option [D]

68. With the biurets test, protein gives a ____ colour.

- A. violet
- B. white
- C. gold
- D. green
- E. pink

The correct answer is option [A]

69. Maize can be stored for a very long period in _____ plastic containers.

- A. light
- B. weight
- C. air-tight
- D. coloured
- E. thick

The correct answer is option [C]

70. Fat melts when _____ is applied to it.

- A. sugar
- B. fat
- C. salt
- D. electricity
- E. heat

The correct answer is option [E]

71. _____ makes food easier to eat.

- A. Dressing
- B. Washing
- C. Cooking
- D. Storing
- E. Garnishing

The correct answer is option [C]

72. In meal planning, which one of the following factors may not be considered?

- A. Income
- B. academic status of children
- C. balanced meal
- D. health of members of the family
- E. age of different members of the family

The correct answer is option [B]

73. Which of the following is not a fruit?

- A. Orange
- B. Mango
- C. Pear
- D. Tomato
- E. Sugar cane

The correct answer is option [E]

74. The way the body uses the food we eat is known as _____.

- A. food study
- B. food preparation
- C. nutrition
- D. food nutrient
- E. die tics

The correct answer is option [C]

75. Vitamins and minerals are grouped under _____.

- A. protective foods
- B. energy giving foods
- C. quality foods
- D. body building
- E. Fat giving food

The correct answer is option [A]

76. Syrup used in fruit salad is made with _____.

- A. juice and sugar
- B. sugar and water
- C. orange juice and lemon juice
- D. oil and water
- E. water and lime juice

The correct answer is option [B]

77. The doctor's instruction must be followed when providing food for the _____.

- A. young
- B. aged
- C. adolescent
- D. sick
- E. lactating mother

The correct answer is option [D]

78. The plan for the future expenditure of a family is called house hold _____.

- A. plan
- B. expenses
- C. budget
- D. income
- E. money

The correct answer is option [C]

79. Proteins, egg white of egg will _____ in heat.

- A. coagulate
- B. melt
- C. evaporate
- D. decrease
- E. enlarge

The correct answer is option [A]

80. A diet that contains all food nutrient is said to be _____.

- A. proportional
- B. balanced
- C. diabetic
- D. indigestible
- E. roughage

The correct answer is option [B]

81. Which of these nutrients regulate body function?

- A. Fats
- B. Minerals
- C. Protein
- D. Vitamins
- E. Water

The correct answer is option [D]

82. A disease caused by deficiency of iodine in an adult is known as _____.

- A. goitre
- B. rickets
- C. osteomalacia
- D. anemia
- E. beriberi

The correct answer is option [A]

83. Which of the following is the odd item?

- A. Liver
- B. Corn
- C. Red meat
- D. Green vegetable
- E. None of the above

The correct answer is option [B]

84. Which of these food items demand quick preservation?

- A. Beans
- B. Fresh fish
- C. Garri
- D. Margarine
- E. Onions

The correct answer is option [B]

85. Which of the following is not a method of cooking food?

- A. Boiling
- B. Stewing
- C. Streaming
- D. Nuking
- E. Garnishing

The correct answer is option [E]

NUKING is cooking or heating in a microwave oven.

FOOD AND NUTRITION

86. Which of these is not used during the washing of clothes?

- A. Detergent
- B. Soap
- C. Water
- D. Bucket
- E. Grease

The correct answer is option [E]

87. Excessive consumption of sweet by children can lead to _____.

- A. good health
- B. strong teeth
- C. tooth decay
- D. tooth hardness
- E. tooth growth

The correct answer is option [C]

88. With million's test, egg-white gives a ____ precipitate.

- A. yellow
- B. purple
- C. red
- D. green
- E. blue

The correct answer is option [C]

89. Fresh food spoilage can be prevented by storing food stuff under ____ condition.

- A. warm
- B. hot
- C. cold
- D. look-warm
- E. moist

The correct answer is option [C]

90. Which of the following is not a mineral salt?

- A. Iron
- B. Calcium
- C. Carbon dioxide
- D. Sodium
- E. Iodine

The correct answer is option [C]

91. Lack of proper storage and management can lead to ____ in bulk purchasing of food stuff.

- A. storage
- B. wastage
- C. consumption
- D. satisfaction
- E. encouragement

The correct answer is option [B]

92. What meal service is used for a sick person in bed?

- A. Kitchen service
- B. Buffet service
- C. Traditional service
- D. Tray service
- E. Formal service

The correct answer is option [D]

93. Left-over foods can best be preserved by ____.

- A. canning
- B. drying
- C. salting
- D. smoking
- E. refrigerating

The correct answer is option [E]

94. An enlarged thyroid gland is known as _____.

- A. Iodine
- B. Anemia
- C. Calcium
- D. Thyroid
- E. Goitre

The correct answer is option [E]

95. The presence of fats and oil can be determined using a _____ experiment.

- A. moisture
- B. chemical
- C. fat
- D. oil
- E. felines

The correct answer is option [B]

96. What is the effect of dry heat on sugar?

- A. It caramelizes and burns
- B. It coagulates and burns
- C. It sets and burn
- D. It crystallizes and burns
- E. It melts and sets

The correct answer is option [A]

97. Which of these diseases affect the hair and scalp?

- A. Lice, goitre, dandruff
- B. Lice, crow craw, eczema
- C. Jiga, bugs, dandruff
- D. Ringworm, lice, dandruff
- E. Scabies, ringworm, eczema

The correct answer is option [D]

98. Which of the following contains high proportions of carbon and hydrogen but very little oxygen?

- A. Amino acids
- B. Protein
- C. Fats and oils
- D. Carbohydrates
- E. Complex sugar

The correct answer is option [B]

99. Vitamins and minerals are grouped under _____.

- A. protective foods
- B. energy giving foods
- C. quality foods
- D. mineral giving foods
- E. mineral salt

The correct answer is option [A]

100. The method of cooking in hot oil is called ____.

- A. frying
- B. boiling
- C. praising
- D. steaming
- E. roasting

The correct answer is option [A]

102. With Fehling's test, simple sugar gives ____ colour.

- A. orange
- B. green
- C. white
- D. black
- E. purple

The correct answer is option [A]

TOPIC: TEXTILE AND CLOTHING

DIRECTION: Choose the correct answer from the lettered options.

1. A draft pattern is one that is made to fit _____.

- A. a small person
- B. a particular person
- C. a little baby
- D. an adult only
- E. none of the above

The correct answer is option [B]

2. A spot or mark on a garment, which gives a colour that is different from the rest of the surface is called _____.

- A. stain
- B. oil
- C. ink
- D. water
- E. palm oil

The correct answer is option [A]

3. The body outline or shape of a person is his or her _____.

- A. body
- B. style
- C. dress
- D. outfit
- E. figure

The correct answer is option [E]

4. Dirty clothes can attract _____.

- A. colour
- B. light
- C. warmth
- D. heat
- E. germs

The correct answer is option [E]

5. Which of these regulates the tightness of the threads during stitching?

- A. Bobbin
- B. Bobbin case
- C. Needle
- D. Tension disc
- E. Motion screw

The correct answer is option [D]

6. All these are laundry processes except?

- A. Sorting
- B. Boiling
- C. Washing
- D. Tearing
- E. Mending

The correct answer is option [D]

7. Which among these is not a heavy weight material?

- A. Linen
- B. Furnishing cotton
- C. Denim
- D. Chiffon
- E. Corduroy

The correct answer is option [D]

8. One way of identifying a fabric is by _____.

- A. sewing
- B. touching
- C. testing
- D. washing
- E. wearing

The correct answer is option [B]

9. Which of the following are regenerated cellulose fibres?

- A. Viscose and acetate
- B. Cotton and linen
- C. Silk and wool
- D. Nylon and cotton
- E. Silk and cotton

The correct answer is option [A]

10. The colour scheme that uses two or more different colours in varying strength is _____.

- A. scheming
- B. monochrome
- C. toning
- D. harmonizing
- E. contrasting

The correct answer is option [E]

10. The colour scheme that uses two or more different colours in varying strength is _____.

- A. scheming
- B. monochrome
- C. toning
- D. harmonizing
- E. contrasting

The correct answer is option [E]

12. White cotton materials are bleached to_____.

- A. help brighten the colour and make them whiter
- B. help detergents lather more than usual
- C. soften the material
- D. stop them from running
- E. to prevent the material from shrinking

The correct answer is option [A]

13. Which of the following fabrics will withstand creasing?

- A. Linen
- B. Acetate
- C. Viscose
- D. Nylon
- E. Cotton

The correct answer is option [D]

14. Wool should be washed with _____ water.

- A. boiling
- B. very hot
- C. hot
- D. lukewarm
- E. cold

The correct answer is option [D]

15. Which of the following is not a sewing equipment?

- A. Tape measure
- B. Lint
- C. Thimble
- D. Pinking shears
- E. Needle

The correct answer is option [B]

16. Oiling of movable parts in the sewing machine is necessary because it _____.

- A. makes the sewing machine shine
- B. helps the machine to move freely
- C. puts pressure on the machine
- D. A and B
- E. all of the above

The correct answer is option [B]

17. Which of the following requires gentle washing?

- A. Cotton and linen
- B. Cotton and viscose
- C. Nylon and cotton
- D. Linen and wool
- E. Wool and silk

The correct answer is option [E]

18. Anti-flame fabric is desirable for _____.

- A. underwear and baby items
- B. raincoat
- C. silk
- D. cotton
- E. wool

The correct answer is option [A]

19. Which of the following is the most convenient type of fuel for cooking?

- A. Gas
- B. Kerosene
- C. Firewood
- D. Charcoal
- E. Petrol

The correct answer is option [A]

20. When both upper and lower threads are too tight, the fabric becomes

_____.

- A. smooth
- B. wrinkled
- C. tough
- D. thicker
- E. too light

The correct answer is option [B]

21. Wool is the raw material obtained from the fleece of _____.

- A. hen
- B. goats
- C. dogs
- D. sheep
- E. cows

The correct answer is option [D]

22. There are ____ types of sewing machines.

- A. 2
- B. 3
- C. 4
- D. 5
- E. none of the above

The correct answer is option [B]

23. The colour scheme that uses different shades of the same colour is _____.

- A. triad
- B. contrasting
- C. monochrome
- D. shade
- E. tone

The correct answer is option [C]

24. The treatment given to cotton fabric to give a glazed or lustrous appearance is _____.

- A. machining
- B. mercerized
- C. starching
- D. sanforised
- E. drip dry

The correct answer is option [B]

25. The function of the balance wheel in a machine is to _____.

- A. raise and lower the needle
- B. balance the wheel
- C. loosen the wheel
- D. tighten the wheel
- E. position the wheel

The correct answer is option [A]

26. You can care for a sewing machine by _____ it from time to time.

- A. cleaning
- B. dusting
- C. mending
- D. oiling
- E. painting

The correct answer is option [D]

27. What item is not required for burning test for fibre?

- A. Bunsen burner
- B. Crucible
- C. Electric iron
- D. Forceps
- E. Match box

The correct answer is option [C]

28. Why should we dry coloured articles under a shade?

- A. To avoid fading of the colour
- B. For fresh air
- C. For sunlight
- D. To make it dry fast
- E. None of the above

The correct answer is option [A]

29. Which of the following is not a colour?

- A. Blue
- B. Green
- C. Purple
- D. Sharp
- E. Beige

The correct answer is option [D]

30. Different people have _____.

- A. like figure
- B. different figure
- C. One figure
- D. similar figure
- E. the same figure

The correct answer is option [B]

31. Which of the following is made up of small soft fold?

- A. Tucks
- B. Cross way strips
- C. Fullness
- D. Gathers
- E. Darts

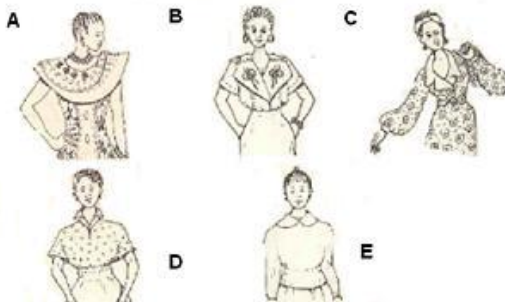
The correct answer is option [D]

32. All the items we wear with our clothes are called _____.

- A. hats
- B. shoes
- C. accessories
- D. jewellery
- E. hand bags

The correct answer is option [C]

33. Which one of these is a Peter Pan collar?



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

The correct answer is option [E]

34. The function of the feed plate in a sewing machine is to _____.

- A. push the fabric forward
- B. feed the plate
- C. push the plate forward
- D. sew the fabric
- E. all of the above

The correct answer is option [A]

35. _____ is obtained from flax plant.

- A. Wool
- B. Cotton
- C. Linen
- D. Silk
- E. Jute

The correct answer is option [C]

36. _____ is not a characteristic of huge and muscular figure.

- A. Tall
- B. Muscular
- C. Heavy bones
- D. Big waist
- E. Prominent shoulder blades and collar

The correct answer is option [E]

37. When cotton is burnt, it smells like _____.

- A. burnt paper
- B. burnt leave
- C. burnt feather
- D. burnt hair
- E. none of the above

The correct answer is option [A]

38. What will happen to the machine needle if it is not fixed correctly?

- A. The needle will be blunt
- B. The machine will stop working
- C. The machine needle may break
- D. Intermediate weight material
- E. Fine weight material

The correct answer is option [C]

39. When wool is burnt, it gives the smell of burnt _____.

- A. bead
- B. cloth
- C. hair
- D. paper
- E. wood

The correct answer is option [C]

40. What is the correct order of washing clothes?

- A. Soak, wash, sort and rinse
- B. Sort, wash, soak and dry
- C. Rinse, soak, wash, and dry
- D. Sort, soak, wash, rinse and dry
- E. Wash, dry, soak and rinse

The correct answer is option [D]

41. Satin is an example of _____.

- A. medium weight material
- B. light weight material
- C. heavy weight material
- D. intermediate weight material
- E. fine weight material

The correct answer is option [A]

42. Special clothes are required for all except _____.

- A. Eating
- B. Sleeping
- C. Work
- D. Sports
- E. School

The correct answer is option [A]

43. The extra allowance provided in a garment is called _____.

- A. fullness
- B. filling
- C. over size
- D. free size
- E. extra large

The correct answer is option [A]

44. Cotton and linen fibres are gotten from _____.

- A. animal
- B. chemical
- C. plant
- D. sun
- E. wood

The correct answer is option [C]

45. Which of these is an easy care finish?

- A. Luster
- B. Sheen
- C. Mercerization
- D. Glazing
- E. Drip-dry finish

The correct answer is option [E]

46. When silk is burnt, it smells like _____.

- A. burnt hair
- B. burnt paper
- C. burn leave
- D. burnt feather
- E. burnt cloth

The correct answer is option [D]

47. ____ is the woven edge of a fabric.

- A. Selvedge
- B. Stitch
- C. Hemming
- D. Yarns
- E. Warp

The correct answer is option [A]

48. Short and stout people should avoid _____.

- A. soft colours
- B. grieved tones
- C. glaring colours
- D. hard colours

The correct answer is option [C]

49. One disadvantage of natural fibre is that they ____.

- A. are cheap
- B. are easy to maintain
- C. can be dyed
- D. get dried very fast
- E. shrink badly

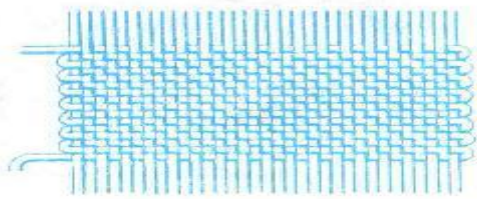
The correct answer is option [E]

50. Which of the following is suitable for ironing bed sheets or table cloth?

- A. A well-padded ironing board
- B. An adjustable ironing board
- C. A garment board
- D. A flat surfaced wooden table
- E. The floor

The correct answer is option [D]

51. This picture shows a _____ fabric.



- A. woven
- B. sown
- C. knitted
- D. raffia
- E. fibre

The correct answer is option [A]

52. Body measurements are taken before one can make a _____.

- A. pattern
- B. embroidery
- C. stitch
- D. design
- E. machine

The correct answer is option [A]

53. Which of these is not a type of sleeve?

- A. Place sleeves
- B. Skirt sleeves
- C. Magyar sleeves
- D. Flared sleeves
- E. Raglan sleeves

The correct answer is option [A]

54. Vegetable and natural fibres are classified under _____.

- A. synthetic fibres
- B. natural fibres
- C. vegetable fibres
- D. animal fibres
- E. petroleum fibres

The correct answer is option [B]

55. Which of the following is not true?

- A. Flax plant - linen
- B. Sheep - wool
- C. Silk worm - silk
- D. Cotton worm - cotton
- E. Cellulose - acetate

The correct answer is option [D]

56. _____ are items worn with clothes.

- A. Clothes
- B. Uniform
- C. Night wears
- D. Accessories

The correct answer is option [D]

57. Oil paint stain on fabric can be removed by _____.

- A. soaking in cold water
- B. soaking in warm water
- C. using turpentine
- D. pouring boiled water
- E. using salt

The correct answer is option [C]

58. The plastic nipple of a feeding bottle through which a child sucks its food is called _____.

- A. nipple
- B. teat
- C. teeth
- D. mother piece
- E. stand

The correct answer is option [B]

59. Print design for huge and muscular people are _____.

- A. heavy design
- B. fairly large design
- C. bulky design
- D. shiny fabric
- E. clinging jersey

The correct answer is option [B]

60. Warm clothes are necessary when the weather is _____.

- A. cloudy and warm
- B. cold and damp
- C. hot and dry
- D. dull and cloudy
- E. sunny and hot

The correct answer is option [B]

61. Cross way strips are also called _____ strips.

- A. cross
- B. bias
- C. even
- D. way
- E. length wise

The correct answer is option [B]

62. Which of these is a suitable bed linen in Nigeria?

- A. Wood
- B. Silk
- C. Cotton
- D. Linen
- E. Viscose

The correct answer is option [C]

63. A raglan sleeve is represented by _____ alphabet.



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

The correct answer is option [E]

64. Which of the following is not a natural fibre?

- A. Cotton
- B. Silk
- C. Wool
- D. Nylon

The correct answer is option [D]

65. Which is not a characteristic of tall and thin figure?

- A. Very thin
- B. Thin legs and arms
- C. Slightly hunched
- D. Fat arms
- E. Flat buttock

The correct answer is option [D]

66. Which of the following is not a reason for wearing clothes?

- A. Appearance
- B. Protection
- C. Culture
- D. Health
- E. Height

The correct answer is option [E]

67. The measurements taken and used in pattern making are known as _____ measurement.

- A. body
- B. machine
- C. style
- D. fabric
- E. tape

The correct answer is option [A]

68. The hair like basic unit that makes up a cloth is called _____.

- A. fabric
- B. textile
- C. fibre
- D. yarn
- E. hair

The correct answer is option [C]

69. A fabric that can be easily handled by a beginner in fashion and design is _____.

- A. nylon
- B. rayon
- C. silk
- D. wool
- E. cotton

The correct answer is option [E]

70. Synthetic fibres are made by chemical reactions from raw materials such as _____.

- A. cocoons
- B. petroleum and organic substances
- C. silk
- D. yarn
- E. silkworms

The correct answer is option [B]

71. Woven materials are made up of two sets of thread, the _____ and _____.

- A. warp, weft
- B. warp, loom
- C. weft, yarn
- D. yarn, thread
- E. selvedge, rough-edge

The correct answer is option [A]

72. To become a dressmaker, you must learn _____.

- A. child care
- B. clothing and textile
- C. planting
- D. family living
- E. home nursing

The correct answer is option [B]

73. Stain on clothes should be removed _____.

- A. as soon as they occur
- B. anytime
- C. days after they occur
- D. one day after occurrence
- E. in the night

The correct answer is option [A]

75. Another name for stain is _____.

- A. Safaris
- B. Dampen
- C. Bleaching
- D. Tuning
- E. Discoloration

The correct answer is option [E]

76. Which of these items is the odd one?

- A. Narrow hemmer
- B. Button sewing foot
- C. Special purpose foot
- D. Shoe
- E. Zipper foot

The correct answer is option [D]

77. The best dress for sports is _____.

- A. blouse and wrapper
- B. shorts and vest
- C. knickers buckler
- D. traditional wear
- E. trouser and long sleeve shirt

The correct answer is option [B]

78. _____ is a fine or light weight cotton.

- A. Organdie
- B. Gingham
- C. Taffeta
- D. Linen
- E. Denim

The correct answer is option [A]

79. Clothes should be washed before they become too _____.

- A. expensive
- B. dry
- C. dirty
- D. clean
- E. thin

The correct answer is option [C]

80. Which of the following clings to the skin especially during harmattan season?

- A. Acetate
- B. Rayon
- C. Cotton
- D. Wool
- E. Nylon

The correct answer is option [E]

81. Which of the following clings to the skin especially during harmattan season?

- A. Acetate
- B. Rayon
- C. Cotton
- D. Wool
- E. Nylon

The correct answer is option [E]

82. Binding in sewing is used for _____.

- A. binding food
- B. finishing edges
- C. cut edges
- D. cutting sleeves
- E. cut skirt

The correct answer is option [B]

83. Wool is not used in making _____.

- A. suit
- B. coat
- C. trouser
- D. bed sheets
- E. vest

The correct answer is option [D]

84. Dressing well will require a good knowledge of which one of the following senses?

- A. Colour
- B. Texture
- C. Style
- D. Fabric
- E. Dress

The correct answer is option [A]

85. _____ is used to prevent mosquitoes.

- A. Burglary proof
- B. Bed sheet
- C. Blanket
- D. Mosquito net
- E. ceiling fan

The correct answer is option [D]

86. Which of these can remove accumulated perspiration stain?

- A. Kerosene
- B. Methylated spirit
- C. Lemon
- D. Vanish remover
- E. Ammonia

The correct answer is option [E]

87. Fabrics are treated with molt-proof to prevent _____ from destroying them.

- A. insects
- B. rat
- C. flies
- D. ants
- E. stain

The correct answer is option [A]

88. Which among these is not a fine or light weight cotton?

- A. Chiffon
- B. Fine lace
- C. Organdie
- D. Gingham
- E. Muslin

The correct answer is option [D]

89. The thread which runs cross-wise in a woven fabric is called _____.

- A. bias
- B. true bias
- C. weft
- D. warp
- E. selvedge

The correct answer is option [C]

90. The process of separating dirty clothes according to colours or fabrics is called _____.

- A. mending
- B. sorting
- C. steeping
- D. rinsing
- E. airing

The correct answer is option [B]

91. Under the microscope, woolen fabric has _____.

- A. twists
- B. scales
- C. groves
- D. patterns
- E. all of the above

The correct answer is option [B]

92. Slim figures look fuller in ____ colours.

- A. dark
- B. cool
- C. bright
- D. black
- E. brown

The correct answer is option [C]

93. ____ refers to the direction of yarns or thread in a fabric.

- A. True bias
- B. Bias
- C. Grain of the fabric
- D. Stitching
- E. The weft

The correct answer is option [C]

94. Synthetic fibres are also known as ____.

- A. animal fibre
- B. vegetable fibre.
- C. natural fibre
- D. man-made fibre
- E. none of the above

The correct answer is option [D]

95. Stain can be classified as any of the following except _____.

- A. water
- B. mineral
- C. grease
- D. blood
- E. paint

The correct answer is option [A]

96. What is the correct order of washing a towel?

- A. Soak with warm water, wash, sort, dry, boil and rinse
- B. Sort, wash, boil, soak with warm water and dry
- C. Rinse, soak with warm water, wash, boil and dry
- D. Sort, soak with warm water, wash, rinse and dry
- E. Wash, dry, soak with warm water, boil and rise

The correct answer is option [D]

97. The fabric that is most suitable for use in tropical countries like Nigeria is _____.

- A. crimpling
- B. wool
- C. cotton
- D. nylon
- E. rayon

The correct answer is option [C]

98. Spinning is the process of twisting fibre together to create _____.

- A. yarn
- B. linen
- C. wool
- D. cotton
- E. polyester

The correct answer is option [A]

99. Pick the odd one out.

- A. soaking
- B. washing
- C. boiling
- D. drying
- E. frying

The correct answer is option [E]

100. Sharp objects are not to be put on the sewing machine because they may scratch the _____.

- A. fabric
- B. balance wheel
- C. thimble
- D. pressure foot
- E. paint work

The correct answer is option [E]

101. Which of the following stains can be removed with kerosene?

- A. Palm oil
- B. Blood
- C. Lipstick
- D. Tea or coffee
- E. Ink

The correct answer is option [A]

102. ____ are the two main classes of fibre.

- A. Man-made and synthetic fibre
- B. Natural and vegetable
- C. Natural and man made
- D. Man-made and artificial
- E. Artificial and synthetic

The correct answer is option [C]

103. During cold weather ____ fabrics are used.

- A. light
- B. blue
- C. heavy
- D. brown
- E. green

The correct answer is option [C]

104. Which of these items is the odd one?

- A. Hand iron
- B. Ironing board
- C. Charcoal iron
- D. Steam iron
- E. Electric iron

The correct answer is option [B]

105. _____ is the diagonal direction across the two grain lines-warp and weft.

- A. True bias
- B. Fabric
- C. Yarn
- D. Bias
- E. Stitching

The correct answer is option [D]

106. _____ is the amount of fabric between the cut edge and the seam line itself.

- A. Seam
- B. Clip
- C. Ease
- D. Slag
- E. Seam allowance

The correct answer is option [E]

107. Bright and contrasting colours make one look _____.

- A. smaller
- B. unhappy
- C. larger
- D. cool
- E. war

The correct answer is option [A]

108. A _____ pattern is one that is made to fit a particular person.

- A. light
- B. sewn
- C. knitted
- D. drafted
- E. fabric

The correct answer is option [D]

109. Accessories are items worn with _____.

- A. under wears
- B. clothes
- C. gloves
- D. belts
- E. body

The correct answer is option [B]

110. Natural fibres are obtained from _____.

- A. vegetable and animal source
- B. synthetic fibre
- C. raw materials
- D. trees
- E. materials

The correct answer is option [A]

111. Which of these items is the odd one?

- A. Necklace
- B. Scarf
- C. Earring
- D. Zip
- E. Bangles

The correct answer is option [D]

112. Which among these is not a pleat?

- A. Knife pleats
- B. Box pleats
- C. Mark pleats
- D. Inverted pleats
- E. None of the above

The correct answer is option [C]

113. All these are laundry processes except

- A. washing
- B. sorting
- C. ironing
- D. tearing

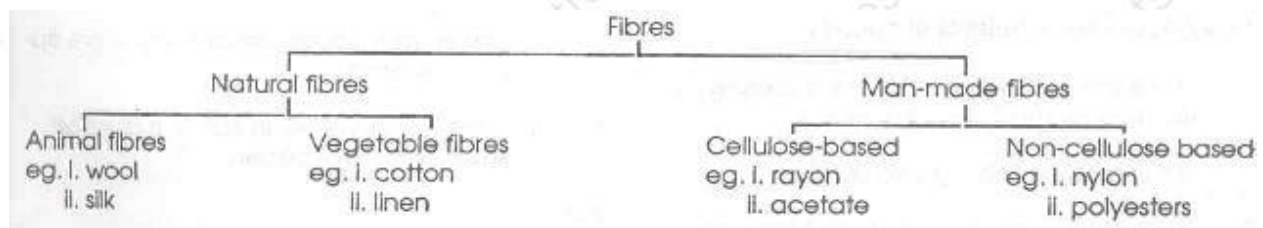
The correct answer is option [D]

114. Why should underwear be made with cotton?

- A. They are made with cotton because they are white
- B. They are made with cotton to reduce cold
- C. They are made with cotton because they have weight
- D. They are made with cotton because they are cool and absorbent
- E. They are made with cotton because they do not absorb water

The correct answer is option [D]

115. The picture shows the classification of _____.



- A. clothes
- B. fibres
- C. threads
- D. yarns
- E. materials

The correct answer is option [B]

116. Which one of the following will shrink if washed in very hot water?

- A. Cotton
- B. Wool
- C. Nylon
- D. Silk
- E. Poplin

The correct answer is option [B]

117. To remove tea or coffee stains from fabric _____.

- A. soak with enzyme detergent in hot water and wash
- B. soak in cold water
- C. rub gently over the stain
- D. rub with kerosene
- E. use toilet soap

The correct answer is option [A]

118. The needle controls the thread which stitches the cloth from the _____.

- A. side
- B. top
- C. button
- D. bobbin
- E. edge

The correct answer is option [B]

119. Which among these is not a medium weight material?

- A. Gingham
- B. Linen
- C. Satin
- D. Silk
- E. Taffeta

The correct answer is option [B]

120. What is used to wind the thread that goes in the lower part of the machine?

- A. Spool pin
- B. Throat plate
- C. Needle
- D. Motor
- E. Bobbin

The correct answer is option [E]