

FBQ1: There is calcium in some foods like spinach and cereals but the body does not make use of it because it is in ----- forms

Answer: \*Soluble\*

FBQ2: In extreme cases of calcium deficiency, children develop -----

Answer: \*Rickets\*

FBQ3: In extreme cases of calcium deficiency, adults develop -----

Answer: \*Osteomalacia\*

FBQ4: The common name for sodium and chlorine together is -----

Answer: \*Common salt\*

FBQ5: The body loses most of its sodium through -----

Answer: \*Urine\*

FBQ6: Deficiency of vitamin ----- causes night blindness

Answer: \*A\*

FBQ7: Muscle cramps, headaches, and tiredness are caused as a result of deficiency disease of -----

Answer: \*Sodium\*

FBQ8: The most important amongst all intake of man is -----

Answer: \*Water\*

FBQ9: Shea butter is a fat because it does not melt at -----

Answer: \*Room temperature\*

FBQ10: To facilitate selection of food that meet each reasons nutritional need we use food -----

Answer: \*Groups\*

FBQ11: The science and practice of preserving health is known as -----

Answer: \*Hygiene\*

FBQ12: Among all the workers in the eatery, hotels and similar places, which group in particular should not be allowed to wash toilets -----

Answer: \*Food handlers\*

FBQ13: Equipment, mechanical equipment, utensils and small equipment used for food production are called ----- equipment

Answer: \*Kitchen\*

FBQ14: One of the major factors that affect nutritive value of food is ----- method

Answer: \*Cooking\*

FBQ15: Cooking food slowly over low heat in small quantity of water for a long time is

known as -----

Answer: \*Stewing\*

FBQ16: In order not to make braised food greasy, remove excess -----

Answer: \*Fat\*

FBQ17: Liver, sweet bread, kidneys, tongues are classed as -----

Answer: \*Offals\*

FBQ18: In methods of purchasing, the primary ----- is used for raw materials

Answer: \*Market\*

FBQ19: A written formulation for production is known as standard ----- food or beverages

Answer: \*Recipe\*

FBQ20: Foods which are partly or completely prepared by the manufacturer are called -  
-----food

Answer: \*Convenience\*

FBQ21: Any solid or liquid which when ingested can provide the body with nourishment is known as -----

Answer: \*Food\*

FBQ22: To be just to each customer coming to be served in a hotel there must be  
portion -----

Answer: \*Control\*

FBQ23: Agreement between the hotel and the client is a special -----

Answer: \*Function\*

FBQ24: Undesirable changes taking place in foods left unattended for a long time is  
known as food -----

Answer: \*Spoilage\*

FBQ25: High moisture foods are classed as ----- foods

Answer: \*Perishable\*

FBQ26: The most crucial stage of menu planning is monitoring and -----

Answer: \*Evaluation\*

FBQ27: A menu with all the dishes individually priced and cooked at the order of the  
customer is known as -----

Answer: \*À la Carte\*

FBQ28: Meat derived from domesticated birds is known as -----

Answer: \*Poultry\*

FBQ29: ----- takes place before absorption of ingested food

Answer: \*Digestion\*

FBQ30: Protein out rightly helps to -----

Answer: \*Promote growth\*

FBQ31: Vitamins are classed as water soluble and ----- soluble

Answer: \*Fat\*

FBQ32: Building of bone and teeth, blood clotting and working of the muscles require --  
----- mineral

Answer: \*Calcium\*

FBQ33: A female teenager loses iron through monthly -----

Answer: \*Menstruation\*

FBQ34: A pregnant woman needs a lot of iron for herself and the -----

Answer: \*Foetus\*

FBQ35: Minerals are inorganic elements required for the ----- of body  
structure

Answer: \*Formation\*

Multiple Choice Questions (MCQs):

MCQ1: There is calcium in some foods like spinach and cereals but the body does not  
make use of it because -----

Answer: It is in soluble form

MCQ2: Phosphorus works with ----- vitamins to build bones and teeth

Answer: Vitamin A

MCQ3: Night blindness is a deficiency disease of vitamin -----

Answer: A

MCQ4: ----- nutrient is most important to man because it takes part in all the  
functions of the body

Answer: Protein

MCQ5: Galactose is a -----

Answer: Monosaccharide

MCQ6: Folic acid is a -----

Answer: Mineral

MCQ7: Foods are classified into ----- groups

Answer: 4

MCQ8: To facilitate selection of food that meet each reasons nutritional need we use ---  
-----

Answer: Food groups

MCQ9: ----- is the science and practice of preserving health  
Answer: Hygiene

MCQ10: One of these is not essential of personal hygiene-----  
Answer: Bathing, hand wash, care of finger nails

MCQ11: Which of the following group of workers should not wash toilets  
Answer: The food handlers

MCQ12: Which of the following does not apply to a kitchen floor-----  
Answer: Easy to clean

MCQ13: Plastic wares are among ----- equipment  
Answer: Market

MCQ14: Nutritive value of food is highly influenced by -----  
Answer: Frying method

MCQ15: Excessive application of heat to protein foods does -----  
Answer: Denatures the protein

MCQ16: Grilled foods digest -----  
Answer: Slowly

MCQ17: Sausage rolls are -----  
Answer: Pre "assembly convenience

MCQ18: Standards are aids to management for measuring -----  
Answer: Efficiency

MCQ19: When changes that are not desirable starts occurring in foods, such is regarded as -----  
Answer: Food fermentation

MCQ20: A class of food that has so much of moisture is said to be known as -----  
--  
Answer: Welfare food

MCQ21: A primary selling aid used in food industry is known as -----  
Answer: Design

MCQ22: ----- are animals kept in cages, on the floor and in batteries  
Answer: Goats

MCQ23: Photosynthesis is the process by which ----- is produced  
Answer: Protein

MCQ24: The body is nourished by -----

Answer: Nutrients

MCQ25: Fructose is another name for -----

Answer: Sugar cane

MCQ26: Marasmus is a disease condition which results from deficiency of -----

Answer: Vitamins and mineral salt

MCQ27: Fat is different from oil because -----

Answer: It is stronger than oil

MCQ28: Vitamin D is also the same known as -----

Answer: Cholecalciferol

MCQ29: The skin act as ----- in where nutrient is concerned

Answer: Protecting organ

MCQ30: Vitamin D is a nutrient that protects the body against -----

Answer: Marasmus

MCQ31: Blood clot is enhanced by vitamin -----

Answer: A

MCQ32: Adequate intake of ----- results to strong teeth and bones

Answer: Phosphorus

MCQ33: Ascorbic acid is another name for vitamin -----

Answer: A

MCQ34: Vitamins are classed into ----- broad categories

Answer: 2

MCQ35: Apart from urination, excess salt is also removed from the body through the ----  
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Answer: Urinary organ