

**OGUN STATE MINISTRY OF EDUCATION
SCIENCE AND TECHNOLOGY
AFRICAN CHURCH GRAMMAR SCHOOL, ITA-IYALODE
FIRST TERM EXAMINATION
2023/2024 SESSION**

SUBJECT: HOME MANAGEMENT CLASS: SS2 TIME: 1 ½ hrs

SECTION A

1. All these are factors that determines the nutritional need of infant except
(a) Age (b) height (c) state of the person (d) health
2. The best stage to introduce semi - solid food to infant _____ (a) 0 - 1 months (b) 0 - 6 month (c) 4 - 6 month (d) none of the above
3. The practice of feeding an infant only on breast milk is _____ (a) total breastfeeding (b) exclusive breast feeding (c) feeding milk (d) toddler feeding
4. Adolescence is characterized by _____ (a) they have increased appetite (b) they take more physical exercise (c) a period of rapid growth (d) all of the above
5. A person who has reached maturity and is grown in size is _____ (a) adolescence (b) maturity (c) adults (d) growth
6. Those that are characterized by sitting down are _____ (a) manual worker (b) pregnant woman (c) sedentary worker (d) labour worker
7. Process of designing adequate diet that contains all nutrient are called _____ (a) meal courses (b) meal planning (c) adequate diet (d) essential nutrient
8. Utensils power by electricity are called (a) equipment (b) tools (c) appliance (d) large tools
9. Equipment and utensils that blend and mix ingredient are called (a) mixing appliances (b) mixing equipment (c) large utensils (d) all of the above
10. Which of the following may not influence the choice of cooking equipment and utensils are (a) family size (b) income (c) use of equipment (d) height of parent
11. People who do not eat animal flesh are called (a) vegetables (b) vegetarian (c) strict vegetarians (d) all of the above
12. An invalid is a person who is _____ (a) healthy (b) hopeful (c) tired (d) sick
13. Overweight results from _____ (a) breakdown of tissues (b) break down of muscle (c) unnecessary feeding (d) inbetween meals
14. Process of designing adequate diet is called (a) food of designing (b) food intake (c) meal planning (d) cooking
15. _____ are refreshment inbetween meals (a) food (b) snacks (c) lunch (d) dinner

**THEORY SECTION B
ANSWER THREE QUESTIONS**

1. State three factors that determines the nutritional needs of an individual
(b) Explain each briefly
(c) What is healthful eating?
2. What are vegetarians?
(b) Mention the two types
(c) Explain each
3. Explain the following
(a) An invalid
(b) Overweight
(c) Underweight
4. What is meal planning?
(b) State four factors that influence meal planning
(c) What are snacks?

Ogun State Unified Examinations For Ss2 2015

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