

eExam Question Bank

Coursecode:

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Search:

<input type="checkbox"/>	Question Type ↓	Question ↑	A ↑	B ↑	C ↑	D ↑	Answer ↑	Remark ↑
<input type="checkbox"/>	FBQ	The average hen's egg contains roughly <input type="text"/> protein and 12% fat.	0.13					<input type="button" value="eExam"/>
<input type="checkbox"/>	FBQ	<input type="text"/> contains water, vitamins, minerals and have bulkiness and laxative properties.	Fruits					<input type="button" value="eExam"/>
<input type="checkbox"/>	FBQ	Vegetables, especially green leafy ones provide an abundance of <input type="text"/>	Roughage					<input type="button" value="eExam"/>
<input type="checkbox"/>	FBQ	Three examples of legume products are <input type="text"/> , <input type="text"/> and <input type="text"/>	Beans, peas, soyabeans and lentils					<input type="button" value="eExam"/>
<input type="checkbox"/>	FBQ	Cassava, yam, cocoyam and potatoes are examples of <input type="text"/> crops	Starchy roots and tubers					<input type="button" value="eExam"/>
<input type="checkbox"/>	FBQ	Three examples of cereal and grain foods are <input type="text"/> , <input type="text"/> and <input type="text"/>	Rice, Wheat, Corn	sorghum, Rice, Millet				<input type="button" value="eExam"/>

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	<p>Foods are classified into three groups namely</p> <input type="text"/> <input type="text"/> and <input type="text"/>	<p>Body building food, protective food, fuel foods</p>	<p>Protein rich food Food rich in vitamins and minerals Food contributing energy</p>					eExam
<input type="checkbox"/>	FBQ	<p>The six major classes of food are</p> <input type="text"/> <input type="text"/> , <input type="text"/> , <input type="text"/> , <input type="text"/> and <input type="text"/>	<p>Protein, carbohydrates, fats, vitamins, minerals, water</p>						eExam
<input type="checkbox"/>	FBQ	<p>The study of food and the way our body use the food is called</p> <input type="text"/>	<p>Nutrition</p>	<p>Science of nourishing the body properly</p>					eExam
<input type="checkbox"/>	FBQ	<p>The chemical changes in the body by which energy is provided for vital processes and activities is called</p> <input type="text"/>	<p>Metabolism</p>						eExam
<input type="checkbox"/>	FBQ	<p>When couples decide on the number of children they want to have and the spacing, this is called</p> <input type="text"/>	<p>Family planning</p>						eExam
<input type="checkbox"/>	FBQ	<p>Prior to court marriage <input type="text"/> days, notice is filed by the registrar on behalf of the couples.</p>	<p>21</p>						eExam
<input type="checkbox"/>	FBQ	<p>Marriage conducted under the auspices of a registrar is called</p> <input type="text"/>	<p>Court marriage</p>						eExam
<input type="checkbox"/>	FBQ	<p>Marriage which is organized by the law of the place where it is contracted as the voluntary union for life between one man and one woman is called</p> <input type="text"/>	<p>Church marriage</p>	<p>Christian marriage</p>					eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	Islamic marriage permits the man to marry a number of <input type="text"/> wives	Four						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> is a union between a man and a woman of different family backgrounds in which partners share many things in common which may lead to procreation.	Marriage						eExam
<input type="checkbox"/>	FBQ	Two important factors to be considered in choosing a marriage partner are <input type="text"/> and <input type="text"/>	Love, physical appreciation	Compatibility, Economic security, parental consent					eExam
<input type="checkbox"/>	FBQ	Period when intending couples move together in order to know each other is called <input type="text"/>	Pre-marital stage	Courtship period					eExam
<input type="checkbox"/>	FBQ	A situation when all children in the family are gone away and parents are left alone is called <input type="text"/>	empty nest						eExam
<input type="checkbox"/>	FBQ	The major problem envisaged during the first stage of family circle is that of <input type="text"/> and <input type="text"/> to new habit discovered.	Management, adjustment						eExam
<input type="checkbox"/>	FBQ	Daughter of ones brother or sister is called <input type="text"/>	Niece						eExam
<input type="checkbox"/>	FBQ	Child of ones uncle or aunt is called <input type="text"/>	Cousin						eExam
<input type="checkbox"/>	FBQ	The son of ones brother or sister is called <input type="text"/>	Nephew						eExam
<input type="checkbox"/>	FBQ	The brother of ones father or mother is called <input type="text"/>	Uncle						eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	The two common types of family in Nigeria are <input type="text"/> and <input type="text"/>	Polygamous, extended family						eExam
<input type="checkbox"/>	FBQ	A family made up of a man, his wife and their children is referred to as <input type="text"/>	monogamous	Biological					eExam
<input type="checkbox"/>	FBQ	The types of family are <input type="text"/> , <input type="text"/> , and <input type="text"/>	Nuclear, Monogamous, polygamous, extended						eExam
<input type="checkbox"/>	FBQ	There are <input type="text"/> types of family in Nigeria	Four						eExam
<input type="checkbox"/>	FBQ	The family is basic <input type="text"/> _unit of the society	Social						eExam
<input type="checkbox"/>	FBQ	The family is a group of persons united by ties of <input type="text"/> , or <input type="text"/>	Marriage, blood, adoption						eExam
<input type="checkbox"/>	FBQ	Any good and varied supply of food which satisfies an individuals nutritional needs is called <input type="text"/>	Balanced diet	Adequate diet					eExam
<input type="checkbox"/>	FBQ	Apart from age and sex, nutritional needs are also influenced by <input type="text"/> , and <input type="text"/>	Activity level or occupation, state of health, climatic conditions						eExam
<input type="checkbox"/>	FBQ	The lifecycle begins in the <input type="text"/>	Womb	Pregnancy					eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	No Substance can be called food, unless it contains one or more <input type="text"/>	Nutrients						eExam
<input type="checkbox"/>	FBQ	Excessive consumption of salt has been linked with cardiovascular and <input type="text"/> diseases	Renal						eExam
<input type="checkbox"/>	FBQ	The essential component of any beverage is the <input type="text"/> it contains.	Water						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> are considered for their thirst quenching properties or for their stimulating effects.	Beverages						eExam
<input type="checkbox"/>	FBQ	The fish oils contain vitamin <input type="text"/> and <input type="text"/>	A, D						eExam
<input type="checkbox"/>	FBQ	<input type="text"/> is indispensable for infants, growing children and pregnant women because, it contains the essential nutrients	Milk						eExam
<input type="checkbox"/>	FBQ	The foundation of any happy home is <input type="text"/>	Love						eExam
<input type="checkbox"/>	FBQ	There are <input type="text"/> stages in the family life cycle	Three	3					eExam
<input type="checkbox"/>	FBQ	The grand parents of one's parent is called <input type="text"/>	Great Grand Parents						eExam
<input type="checkbox"/>	FBQ	The diagram describing and naming family relationship is known as <input type="text"/>	Family tree	Family configuration					eExam
<input type="checkbox"/>	FBQ	Use correct working <input type="text"/> for tables and chairs	Heights						eExam

<input type="checkbox"/>									
<input type="checkbox"/>	FBQ	The work environment in the home should be comfortable and <input type="text"/>	Airy						eExam
<input type="checkbox"/>	FBQ	Devices such as blender, electric kettle etc are called <input type="text"/> saving equipment	Labour						eExam
<input type="checkbox"/>	FBQ	One of the principle of work simplification is to plan tasks so as to alternate sitting <input type="text"/>	Standing						eExam
<input type="checkbox"/>	FBQ	To know how well your money management is progressing, you need to <input type="text"/>	Evaluate regularly						eExam
<input type="checkbox"/>	FBQ	In money management, you can estimate the cost of your priority needs through <input type="text"/>	Market survey						eExam
<input type="checkbox"/>	FBQ	Establish <input type="text"/> among goals in money management	Priorities						eExam
<input type="checkbox"/>	FBQ	Ensure that your expenditure is within the limits of your <input type="text"/>	Income						eExam
<input type="checkbox"/>	FBQ	The amount of satisfaction we get from money depends on how we <input type="text"/> it	Manaaage						eExam
<input type="checkbox"/>	FBQ	The process of reducing the amount of time and energy required to complete a given piece of work or to accomplish more work with given time and energy is called <input type="text"/>	Work Simplification						eExam
<input type="checkbox"/>	FBQ	The process of planning and controlling the use of energy in order to preserve and manage more task at home is called <input type="text"/>	Energy Management						eExam

<input type="checkbox"/>								
<input type="checkbox"/>	FBQ	Substances in the body which speed up or hasten the breaking down of food is called <input type="text"/>	Enzymes					eExam
<input type="checkbox"/>	FBQ	The process of changing food into smaller substance that can be absorbed and used by the body is called <input type="text"/>	Digestion					eExam
<input type="checkbox"/>	FBQ	Chemical components in food that nurtures the body and facilitate body growth is called <input type="text"/>	Nutrients					eExam
<input type="checkbox"/>	FBQ	<input type="text"/> is made up of certain chemical substances that work together and interact with body chemicals to serve the need of the body.	Food					eExam
<input type="checkbox"/>	FBQ	When there are differences in abilities, goals, developmental stages and profiles of family members, this is called <input type="text"/>	Personality clashes					eExam
<input type="checkbox"/>	FBQ	<input type="text"/> part of the egg contains most of the vitamins, minerals and fat.	York	Egg york				eExam
<input type="checkbox"/>	MCQ	How many types of family do we have in nigeria	3	4	6	2	B	eExam
<input type="checkbox"/>	MCQ	How many major classes of nutrients do we have	four	six	ten	eight	B	eExam
<input type="checkbox"/>	MCQ	The study of food and the way the body uses them is called	nutrition	nutrients	metabolism	digestion	A	eExam
<input type="checkbox"/>	MCQ	Chemical changes in living cells where energy is provided for vital process and activities in the body is called	absorption	digestion	metabolism	nutrition	C	eExam
<input type="checkbox"/>	MCQ	The smallest functional and structural unit of the human body is called	cell	unit	macro	musles	A	eExam
<input type="checkbox"/>	MCQ	Substances in the body which speed up and hastens breaking down of food are called	calories	proteins	nutrients	enzymes	D	eExam

<input type="checkbox"/>								
<input type="checkbox"/>	MCQ	The process of changing food into simpler forms that can be used by the body is called	digestion	absorption	injection	ejection	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Chemical components of food that nurtures the body is called	carbohydrates	protein	nutrients	All of the above	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	What is food	any substance eaten	any substance consumed	any substance that improves health	any substance eaten, digested and absorbed that contribute to health	D	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Fuel foods are called	cell repair foods	growth foods	energy giving foods	none of the above	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Marriage conducted under the ouspices of a registrar is called	law marriage	registrars marriage	court marriage	government marriage	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	In the Nigerian culture, who is percieved as the bread winner of the family	The children	The father	the father inlaw	the mother	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Who is responsible for providing food, shelter, protection and clothing for the family	the father	the father and mother	the father inlaw	the mother inlaw	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	In the Nigerian culture, who is the head of the family	the mother	the mother in law	father inlaw	father	D	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	Daughter of ones brother or sister is called	cousin	nephew	niece	aunt	C	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The brother of ones father or mother is called	aunt	uncle	nephew	coursin	B	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	A family where you have one wife, two or more husbands and children is called	Polygamous family	Polyroyal family	Monogamous family	Polyandry family	D	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The family that consist of nulcear, monogamous and polygamous families is called	expanded family	Extended family	exergerated family	enlarged family	B	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The family made up of a man, his wives and their children is called	Polygamous	Monogamous	biological family	Nuclear	A	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	The family that is made up of a man, his wife and their children is called	Monogamous family	biological family	polygamous family	a&b above	D	<input type="button" value="eExam"/>
<input type="checkbox"/>	MCQ	A group of people united by ties of marriage, blood and or adoption is called	clan	family	relations	home	B	<input type="button" value="eExam"/>

<input type="checkbox"/>									
<input type="checkbox"/>	MCQ	Which of the following ideas should be noted when using a refrigerator	Manufacturers instruction	Cool food to room temperature before placing in refrigerator	Foods should be covered	All of the above	D	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	The period when things do not happen as expected in the family is called	family crises	family disorganization	family war	family disagreement	A	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	The family life cycle that starts with a man, and a woman who got married to start a new family is called	The middle family stage	The take off family stage	The beginning family stage	The starting family stage	C	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	One of these is important for the economic security of the family	parents financial power	gainful employment by the man	love and promises by the man	All of the above	B	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	Marriage conducted in the mosque and where a man is permitted to marry four wives is called	mosque marriage	Islamic marriage	pargan marriage	northern marriage	B	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	When all children in the family have left and parents are left alone, this stage is called	the empty family	the empty nest	the empty home	the empty house	B	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	The foundation of any happy home is	financial strength	good character	good relationship	love	D	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	Who is considered as the home maker in the family	The mother	The father	The children	Cousins and nephews.	A	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	Clothes are meant for	Protection and beauty	Exposure and beauty	Exposure and adornment	Beauty and exposure	A	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	Which of these factors should be considered when purchasing a pressure cooker	The size in relation to family needs and kitchen space	The colour of the pressure pot	The length of the pressure pot	The width of the pressure pot	A	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	Lactose are found in	oil and fats	milk products	cereals and grains	sugars	B	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	The food group that contains most essential nutrients and indispensable for infants are:-	fruits and vegetables	cereals and grains	sugar and syrups	milk and milk products	D	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	The essential component of any beverage is	the nutrients	the water	the calories	the proteins	B	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	Syrups, honey and jams belong to the group of	sugar and syrups	nuts and seeds	cereals and grains	milk products	A	<input type="checkbox"/>	eExam
<input type="checkbox"/>	MCQ	Beans, peas and lentils belong to the group of	cereal and grains	nuts and seeds	grain and legumes	starchy food and tubers	C	<input type="checkbox"/>	eExam

<input type="checkbox"/>								
<input type="checkbox"/>	MCQ	Rice, wheat, corn and millet belong to the group of	starchy food and tubers	cereal and grain products	legume products	nuts and seeds	B	eExam
<input type="checkbox"/>	MCQ	Energy giving foods are also known as	protein food	fuel food	nutrient food	body building food	B	eExam
<input type="checkbox"/>	MCQ	Laundering is important for which of the following reasons.	Dirty clothes harbour germs	Sweat stained clothes smells badly	Dirty clothes bring about diseases	All of the above	D	eExam
<input type="checkbox"/>	MCQ	An attack of unconsciousness on infants and small children which is usually of violent onset is called	High fever	Measles	Convulsion	Mumps	C	eExam
<input type="checkbox"/>	MCQ	One of these is important for a victim of convulsion	Place an object between victims teeth	Give victim water to drink	Restrain victim	Do not pour any liquid into victims mouth	D	eExam
<input type="checkbox"/>	MCQ	In attending to a victim of heavy bleeding you must	Have direct contact with victims blood	Apply direct pressure by hand over bleeding	Apply direct pressure by hand over a dressing	Apply bandage over bleeding	C	eExam
<input type="checkbox"/>	MCQ	Heavy bleeding from wound may result in	Shock	Loss of Consciousness	Death	All of the above	D	eExam
<input type="checkbox"/>	MCQ	The first aid procedure for human bite that has a large cut involves	Wash wound thoroughly with antiseptic	Wash wound with cool clean water	Cover wound with a bandage and call doctor	All of the above	C	eExam
<input type="checkbox"/>	MCQ	Which of the following items should be found in a first aid box	Scissors, Safety pins and razor blade	Cotton wool, absorbent gauze and bandages	Clinical thermometer, vaseline and plasters	All of the above	D	eExam
<input type="checkbox"/>	MCQ	The immediate care given to a person who sustains injury or suddenly took ill at home is called	First Emergency	First Diagnosis	First Aid	First Assistance	C	eExam
<input type="checkbox"/>	MCQ	Which is needed in the house to reduce psychological and social stress	Adequate furniture	Adequate food	Privacy and comfort	Good nutrition	C	eExam
<input type="checkbox"/>	MCQ	Amenities needed in the house, to protect occupants against communicable diseases include	Treated mosquito nets	Personal and domestic hygiene	Good disposal of all waste	All of the above	D	eExam
<input type="checkbox"/>	MCQ	Which of these is a factor to consider when choosing a house	Structure and Design	Climate and Weather	Religious and Sociocultural beliefs	All of the above	D	eExam
<input type="checkbox"/>	MCQ	A one floor complete house, which is self-contained is called	Duplex	Block of flats	Bungalow	An estate	C	eExam

<input type="checkbox"/>								
<input type="checkbox"/>	MCQ	Which of the following is an example of a traditional house	Bungalow house	Mud Brick house	Duplex	none of the above	B	eExam
<input type="checkbox"/>	MCQ	What makes the building a home	The furnitures	The decorations	The people	The comfort	C	eExam
<input type="checkbox"/>	MCQ	The house is a building that provides	Food, Shelter and Family	Shelter, water and food	Shelter, Privacy and Protection	All of the above	C	eExam
<input type="checkbox"/>	MCQ	The three basic needs of human beings are	Food, shelter and clothing	Food, Security and Education	Food, Clothes and Shoes	Food, Family and friends	A	eExam
<input type="checkbox"/>	MCQ	Clashes in personality and individual rights is called	personal insult	personal disgrace	personality clashes	personality conflicts	C	eExam
<input type="checkbox"/>	MCQ	Legumes are good sources of	thiamin	fats	oils	milk	A	eExam
<input type="checkbox"/>	MCQ	Protective foods are foods rich in	proteins	carbohydrates	vitamins and minerals	All of the above	C	eExam
<input type="checkbox"/>	MCQ	Important decisions expected to be taken during engagement period includes	where to live	financial plans	family planning	All of the above	D	eExam
<input type="checkbox"/>	MCQ	The engagement period is imporant because:-	it test and prove compatibility	gives partners opportunity to work and play together	allow partners to learn how to communicate with one another	All of the above	D	eExam
<input type="checkbox"/>	MCQ	Body building foods are	protein rich food	energy contributing food	vitamins contributing food	minerals contributing food	A	eExam

Showing 1 to 120 of 120 entries

[Previous](#)
[1](#)
[Next](#)