

UNIVERSITY OF IBADAN, IBADAN.
POST-UTME PRACTICE QUESTIONS & ANSWERS
HOME ECONOMICS

1. Adequate meal contains (A) All the food nutrients (B) Some of the food nutrients (C) Few food nutrients (D) Essential food nutrients A
2. All these factors affect food habit except (A) Religious belief (B) Cultural belief (C) Economic factors (D) Carbohydrate factor D
3. Another name for vitamin A (A) Retinol (B) Riboflavin (C) Ascorbic acid (D) Cobalamin A
4. Another name for vitamin C is (A) Thiamine (B) Riboflavin (C) Ascorbic acid (D) Niacin C
5. Food contains chemical substances called (A) Nutrition (B) Carbohydrate (C) Nutrients (D) Water C
6. Food poisoning occur when (A) Food is covered (B) Food is warm (C) Food is frozen (D) Food is infected D
7. Fried foods are— (A) Easy to digest (B) Not hard to digest (C) Not easy to digest (D) None of the above C
8. Kwashiorkor is mainly due to Lack of (A) Carbohydrate (B) Fat and oil (C) Protein (D) Minerals C
9. Rechauffe dishes are (A) Freshly prepared foods (B) Cold foods (C) Vegetable foods (D) Left over foods D
10. Scurvy is caused by the deficiency of (A) Protein (B) Vitamin D (C) Vitamin A (D) Vitamin C D
11. The dietary guide is to (A) Promote health (B) Promote disease (C) Promote sports (D) Promote too much eating A
12. The fat soluble vitamins are (A) A, B, E and K (B) A, D, E and K (C) A, C, E and K (D) A, D, C and K B
13. The methods of cooking includes all except (A) Baking (B) Toasting (C) Boiling (D) None of the above D
14. Too much sugar in the body could lead to (A) Urinating (B) Heart disease (C) Liver disease (D) Diabetes D
15. Vitamin D is for the (A) Formation of nerves (B) Formation of tissue (C) Formation of bones (D) Formation and digestion C
16. Vitamin K performs the function of (A) Blood cell (B) Blood flow (C) Blood use (D) Blood clot D
17. Water soluble vitamins are (A) A, C and B complex (B) A, E and B complex (C) C and B complex (D) A and B complex C
18. What is an appetizer? C
(A) Meal eaten after the main meal (B) Meal eaten as the second course meal (C) Meal eaten as the first course meal (D) Meal eaten as the last course meal
19. What is steaming? (A) Cooking with water vapor (B) Cooking with water boiling (C) Cooking with dry heat (D) All of the above A
20. What is under nutrition? (A) Consumption of less nutritious foods (B) Consumption of adequate nutrients (C) Consumption of balance nutrients (D) Consumption of available foods A

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21. Which is not a communicable disease? (A) Measles (B) Marasmus (C) Chicken pox (D) Tuberculosis B
22. Which is not a type of food storage? (A) Moist storage (B) Dry storage (C) Refrigerator storage (D) Freezer storage A
23. Which is the best method of cooking food to retain nutrient? (A) Roasting (B) Boiling (C) Steaming (D) Frying C
24. Which of these is not correct (A) Carbohydrate is to provide fat to the body (B) Protein is to build the body (C) Vitamin is to maintenance of metabolism in the body (D) Water is vital for life A
25. Which of these is responsible for proper bone formation? (A) Protein (B) Carbohydrate (C) Calcium (D) Cobalamin C
26. A group of people related by blood and living together is regarded as a (A) Community (B) Society (C) Home (D) Family D
27. Disposal of household refuse should be done (A) Once a week (B) Every day (C) Twice a week (D) Once a week B
28. Family can be identified as (A) Larger society (B) Community society (C) Nucleus of society (D) Entire society C
29. Home Management involves: (A) Addressing a home and making it a place of comfort and happiness (B) Structuring a home and making it a place of comfort and happiness (C) Managing a home and making it a place of comfort and happiness. (D) Dedicating a home and making it a place of comfort and happiness C
30. Identify the steps in Home management (A) Planning, organizing, implementing, Evaluation (B) Organizing, planning, implementing, Evaluation (C) Implementing Planning, organizing, , Evaluation (D) Planning, implementing, organizing, Evaluation A
31. In choosing a curtain for the home we must consider all except: (A) Colour of the wall (B) Colour of the ceiling (C) Colour of the furniture (D) Colour of all colours D
32. In cleaning of the sitting room we must do all except: (A) Open the windows (B) Close the windows (C) Dust the furniture (D) Sweep the floor B
33. Meal planning involves (A) Number to be served (B) Quantity of food to cook (C) Health status of family members (D) All of the above D
34. Money management depend on all except one: (A) How money is dedicated (B) How money is utilized (C) How money is organized (D) How money is spent A
35. Saving means (A) Money set aside for use in future (B) Money spent yesterday (C) Money spent last month (D) Money spent outside the budget A
36. Steps in making family budget does not include: (A) List all the commodities and services needed (B) Estimate cost (C) Estimate the total expected income (D) Estimated money spent D
37. Which is not a type of family system in Nigeria? (A) Nuclear family (B) Polygamous family (C) Polyandry family (D) Extended family C
38. Which is not a type of marriage in Nigeria (A) Christian marriage (B) Islamic marriage (C) Hindu marriage (D) Traditional marriage C

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39. Which of these is not a benefit of energy management? (A) Energy is conserved (B) Eliminates fatigue (C) Energy is fully used up (D) Reduces amount of time on a task C
40. Choose a type of seam from these options (A) Run and stand (B) Run and fell (C) Close seam (D) English seam C
41. Choose the most correct option (A) Clothing is the material used in sewing (B) Clothing is the fabric used in sewing (C) Clothing is the not material used in sewing (D) Clothing is the not the fabric used in sewing B
42. Dyeing a fabric will require most importantly (A) Colour (B) Table (C) Wax (D) Dye D
43. Natural fibres include only one of the options (A) Cotton (B) Linen (C) Wool (D) All of the above D
44. Stitches are divided into all except (A) Basic stitches (B) Embroidery (C) Permanent stitches (D) None of the above C
45. Tie-dye involves (A) Wax tying (B) Dye tying (C) Fabric tying (D) Stick tying C
46. Which is not a factor to consider in clothing selection? (A) Sex (B) Age (C) Occupation (D) Hair D
47. Which of these is a basic stitch? (A) Back stitch (B) Temporary stitch (C) French knot (D) Shell hem A
48. Which of these is a factor to consider in clothing selection? (A) Figure type (B) Figure cloth (C) Figure shoe (D) Figure choice A
49. Which of these is not used in tie-dye? (A) Water (B) Caustic soda (C) Soap (D) Hydrosulphide C
50. Wool is obtained from (A) Plant (B) Synthetic (C) Silk (D) Animal D
51. Determine the option that is not a career opportunity in Home Economics (A) Dietician (B) Researcher (C) Teacher (D) Jester D
52. In family budgeting and expenditure Home Economics is related to ----- discipline (A) Physics (B) Chemistry (C) Economics (D) Sociology C
53. In interrelationship with family members Home Economics is related to ----- discipline (A) Sociology (B) Psychology (C) Biology (D) Economics A
54. In law of heat as applied to toaster, iron, Home Economics is related to ----- discipline (A) Mathematics (B) Physics (C) Psychology (D) Biology B
55. Someone who studied Family and child development can work as: (A) Childhood Caterer in schools (B) Interior decorator in schools (C) Childhood Food vendor (D) Early Childhood educator D
56. Someone who studied Food and Nutrition can work as a: (A) Caterer (B) Doctor (C) Nurse (D) Vendor A
57. The scope of Home Economics include: (A) Food and Nutrition, Home Economics, Clothing and textile (B) Food and Nutrition, Home management, Clothing and textile (C) Food and Nutrition, Home management, Fabric cutting (D) Food and Nutrition, Home Design, Clothing and textile B

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58. What are the basic philosophy of Home Economics (A) How to improve only goods and services used by individuals, families and communities (B) How to determine only the needs of the individual, family, institution and community (C) How to become responsible member of families and communities (D) How to determine the need and improve individual, family, institution and community D
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60. A pregnant woman is carrying ----- in her womb (A) Baby (B) Child (C) Foetus (D) Pregnancy C