



INITIATIVE ON
Fragility, Conflict,
and Migration

Nigeria School Feeding Program: Pre- and Post-Test Training Quiz Questions for Cooks

June 2024

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PRE - TRAINING QUIZ QUESTIONS FOR OHGSFP COOKS TRAINING

Participant's Name: _____

- 1. **What is the main objective of the Osun Home-Grown School Feeding Programme (OHGSFP)?**
 - A) To provide employment for local farmers
 - B) To improve the academic performance of teachers
 - C) To provide at least one nutritious meal with snacks to school-aged pupils to reduce hunger during school hours
 - D) To increase the enrollment of private schools
- 2. **What percentage of children under 15 years make up the Osun population?**
 - A) 30%
 - B) 45%
 - C) 60%
 - D) 75%
- 3. **Which nutrient deficiency can lead to anemia in school-age children?**
 - A) Vitamin A
 - B) Vitamin C
 - C) Iron
 - D) Calcium
- 4. **Which of the following is a macronutrient?**
 - A) Vitamin A
 - B) Iron
 - C) Protein
 - D) Zinc
- 5. **Which cooking method is recommended to preserve nutrients?**
 - A) Deep frying
 - B) Steaming
 - C) Boiling
 - D) Grilling
- 6. **What is the "First-In, First-Out" method used for?**
 - A) Cooking food evenly
 - B) Managing inventory to use older ingredients first
 - C) Ensuring food safety
 - D) Increasing food flavor
- 7. **What is one of the key considerations in menu planning for the OHGSFP?**
 - A) Popularity
 - B) Taste
 - C) Nutrient density
 - D) Color
- 8. **Which of the following is NOT one of the five food groups used in the OHGSFP menu design?**
 - A) Carbohydrates
 - B) Vitamins and minerals
 - C) Protein
 - D) Sugars
- 9. **Which of the following is a source of protein?**
 - A) Rice
 - B) Beans
 - C) Apples
 - D) Carrots
- 10. **What should you do with leftover food to keep it safe to eat later?**
 - A) Leave it on the table
 - B) Put it in the refrigerator
 - C) Throw it away
 - D) Leave it in a warm oven
- 11. **Which vitamin is important for good eyesight?**
 - A) Vitamin A
 - B) Vitamin B
 - C) Vitamin C
 - D) Vitamin D
- 12. **Why should you avoid using too much salt in cooking?**
 - A) It can spoil the food
 - B) It makes food taste sweet
 - C) It can cause health problems
 - D) It makes food look bad
- 13. **What is the best way to wash fruits and vegetables?**
 - A) With soap
 - B) With hot water
 - C) With clean, running water
 - D) With salt water
- 14. **Which food group is important for muscle repair?**
 - A) Fats
 - B) Carbohydrates
 - C) Vitamins
 - D) Proteins
- 15. **What should you do before eating or preparing food?**
 - A) Brush your teeth
 - B) Wash your hands
 - C) Comb your hair
 - D) Wash your face
- 16. **What does a balanced diet include?**
 - A) Only fruits
 - B) Only vegetables
 - C) A variety of different foods
 - D) Only proteins

17. Why is it important to cook food properly?

- A) To make it look good B) To make it smell good C) To kill harmful bacteria
D) To make it easier to chew

True/False Questions

18. **True or False:** The OHGSFP aims to support local farmers by sourcing ingredients locally.
19. **True or False:** It is advisable to peel all vegetables to ensure they are clean and safe to eat.
20. **True or False:** Overcooking vegetables can lead to significant nutrient loss.
21. **True or False:** Combining foods rich in vitamin C with iron-rich foods can enhance iron absorption.
22. **True or False:** Handwashing is not necessary if you are wearing gloves while preparing food.
23. **True or False:** Iron deficiency is the only nutrient deficiency that affects school-age children.
24. **True or False:** Keeping records of food procurement and preparation is essential for transparency and accountability in the OHGSFP.
25. **True or False:** Using local, fresh ingredients can help maximize the nutritional value of meals.
26. **True or False:** Eating only one type of food every day is healthy.
27. **True or False:** Cooking vegetables for a long time can destroy their vitamins.
28. **True or False:** It's safe to eat raw meat if it looks fresh.
29. **True or False:** Drinking clean water is important for good health.
30. **True or False:** Planning meals in advance can help ensure a balanced diet.

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ACKNOWLEDGMENTS

This questionnaire was prepared by IFPRI. It was supported by the Norwegian Agency for Development Cooperation (Norad) under the project titled, "Learning Support for a Sub-Saharan Africa Multi-Country Climate Resilience Program for Food Security", and by the donors who fund the CGIAR Research Initiative on Fragility, Conflict and Migration (FCM) and on National Policies and Strategies (NPS), through their contributions to the CGIAR Trust Fund: <https://www.cgiar.org/funders/>.

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