



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER

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Samoa School Certificate

FOOD and TEXTILES TECHNOLOGY 2023

QUESTION and ANSWER BOOKLET

Time allowed: 3 Hours & 10 minutes

INSTRUCTIONS

1. You have 10 minutes to read **before** you start the exam.
2. Write your **Student Education Number (SEN)** in the space provided on the top right-hand corner of this page.
3. **Answer ALL QUESTIONS.** Write your answers in the spaces provided in this booklet.
4. If you need more paper to write your answers, ask the Supervisor for extra paper. Write your SEN on all extra sheets used and clearly number the questions. Attach the extra sheets to the appropriate places in this booklet.

STRANDS		Pages	Time (min)	Weighting
STRAND 1	FOOD AND NUTRITION	2 – 5	45	25
STRAND 2	CARING FOR THE FAMILY	6 – 10	54	30
STRAND 3	CONSUMER RESPONSIBILITIES	11 – 14	53	29
STRAND 4	DESIGN AND TEXTILES	15 – 17	28	16
TOTAL			180	100

Check that this booklet contains pages 2 - 18 in the correct order and that none of these pages are blank.

HAND THIS BOOKLET TO THE SUPERVISOR AT THE END OF THE EXAMINATION.

For Questions 1 and 2, write the letter of your best answer in the box provided.

1. The process of treating and handling food to stop or slow down spoilage, is referred to as

- A. food oxidation.
- B. food preservation.
- C. enzymatic browning.
- D. food contamination.

SL 1

2. Which of the following is **NOT** an example of a food additive?

- A. Citrus.
- B. Emulsifiers.
- C. Antioxidant.
- D. Artificial sweeteners.

SL 1

3. Hanging is a significant step in the processing of raw meat. Describe the importance of hanging raw meat.

SL 2

4. Proper food packaging is an important process in food production. Describe the process of Aseptic Packaging.

SL 2

5. Kitchen safety should be a priority in every home. List **TWO** food safety rules to follow while handling food in the kitchen.

SL 2

6. Macronutrients are nutrients that people regularly require in large quantities to provide energy for the body to perform daily activities.

(a) List **TWO** macronutrients

SL 2

(b) Explain how starches and sugars are digested.

SL 3

7. Explain the importance of protein in a diet for someone who has just recovered from an illness.

SL 3

8. Small amounts of fats and oil are important in the diet. Explain why we are often reminded to reduce fat and oil intake in our daily diet.

SL 3

9. You and your siblings are planning to give a surprise celebration dinner for your parents. You have \$100 to spend on a cooked meal at home or take them out to a restaurant. Compare the costs in terms of the nutritional value of the two options.

SL 3

10. Explain the difference between processed and unprocessed foods in terms of their nutritional value and benefits to our health.

SL 3

For Questions 11 and 12, write the letter of the best answer in the box provided.

11. Which of the following is the most likely Soifua Mālōlōina issue in Samoa?

- A. Truancy
- B. Overspending
- C. Hypertension
- D. Unemployment

SL 1

Use the picture given below, and answer Question 12.



Source: <https://www.open.edu/openlearncreate/mod/oucontent/view.php?id=39§ion=9.3>

12. The disease illustrated in the picture above is caused by a deficiency in:

- A. calcium.
- B. iron.
- C. potassium.
- D. iodine.

SL 1

13. Describe how an unhealthy lifestyle affects the wellbeing of people in your community.

SL 2

14. There is an increase in Nutritional related problems in your village community. You have been requested by the village Pulenu'u to conduct an awareness session for the community. From the knowledge you have gained from your Food and Nutrition study, analyze the situation and justify with reasons or examples how Nutrition policies can have an impact on the health and wellbeing of the community.

SL 4

For Question 15, choose and write the LETTER of the correct answer in the box provided.

15. A career opportunity is best defined as a job that
- A. allows an employee to explore other possibilities for future job advancement.
 - B. does not allow an employee to move from one workplace to another.
 - C. depends strictly on whom to be given an opportunity for the future.
 - D. has a set of values that determines how employees approach their work.

	SL 1

16. A social worker is an important part of any community, particularly for community members who are disadvantaged and have personal problems.

List the people in your village that help community members who are disadvantaged or have personal problems.

SL 2

17. Define the term **Soifua Mālōlōina**.

SL 1

18. Evaluate **ONE** Soifua Mālōlōina problem in Samoa and recommend suitable solutions, using examples.

SL 4

19. Family arguments are a real problem for all members of a family. Describe how this problem can affect different members of the family.

SL 2

20. List **TWO** ways to reduce Anaemia in children and teenage girls.

SL 2

21. Explain why it is important that the Ministry of Health (MOH), Ministry of Agriculture (MAF) and health related non-governmental organisations in Samoa assist in the promotion of locally available fruits and vegetables in people's diets.

SL 3

22. Explain why there has been an increasing number of diabetic patients in Samoa.

SL 3

23. During your Christmas school break you were offered an option for a holiday job – to be a nanny OR a housekeeper. Choose ONE option and justify your choice considering the knowledge, skills and attitudes required for the job.

SL 4

24. Define the term **Consumer**.

SL 1

25. Consumers have a right to redress. Explain why this right is important for a consumer.

SL 3

26. Consumers have rights and each right has a responsibility. Describe ONE responsibility of a consumer.

SL 2

For Question 27, choose and write the LETTER of the correct answer in the box provided.

27. Which of the following is needed in good customer service?

- A. Beauty
- B. Wealth
- C. Status
- D. Calmness

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SL 1

28. List **TWO** ways by which individuals can manage resources.

SL 2

29. List **TWO** reasons why knowing your rights as a consumer is important.

SL 2

30. You are a manager of a restaurant and is faced with some unhappy customers during dinner. Explain how you will use good presentation skills to handle and control the situation.

SL 3

31. You have been asked to conduct an interview for the cleaner position at your Company. Describe **ONE** suitable characteristic that you will look for in the applicants.

SL 2

32. List **TWO** factors that have contributed to the increase in family expenditures when putting more reliance on the purchase of takeaways and restaurant food.

SL 2

33. A family has been experiencing financial problems due to poor money management. Assess the family situation and provide ways that they can follow to overcome their problems and help reduce family expenditure.

SL 3

34. Many families resort to restaurant meals and takeaways due to the busy schedules they have. This will result in increased expenditure in the family budget. Discuss the long-term effect of increase in expenditure on the family.

SL 4

35. Managing family resources can be a challenging task. Think of some resources your family uses that are costly. Discuss a change you can make to reduce the family expenditure on these resources.

SL 4

For Question 36, choose and write the LETTER of the correct answer in the box provided.

36. Which of the following is **NOT** an example of a natural fiber?

- A. Silk
- B. Wool
- C. Linen
- D. Nylon

SL 1

37. Kitchen linen such as tea towels and hand towels are best made from cotton fiber. Evaluate the properties of natural fibers like cotton which makes it the most suitable fiber choice for kitchen linen.

SL 4

38. Describe the traditional use of **Siapo**.

SL 2

39. The **U'a** is a very significant plant in all Pacific Island countries including Samoa. Explain the correct order of the process of making siapo from the U'a plant.

SL 3

For Question 40, choose and write the LETTER of the correct answer in the box provided.

40. Which of the following properties best suits a wool fiber?

- A. cool
- B. light
- C. warm
- D. bright

SL 1

41. Quality control is important in any production. Describe the importance of quality control in the production of textiles.

SL 2

42. Explain how the process of textile production in a garment factory is organized, to ensure the success of the project and all the garments produced are sold.

SL 3

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SSC FOOD & TEXTILES TECHNOLOGY

2023

(For Scorers only)

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