



Samoa School Certificate

FOOD AND TEXTILES TECHNOLOGY

2020

QUESTION and ANSWER BOOKLET

Time allowed: 3 Hours & 10 minutes

INSTRUCTIONS

1. You have 10 minutes to read through the paper **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 space, ask the Supervisor for extra paper. Write your SEN on all extra sheets used and clearly number the questions. Attach the extra sheets at the appropriate places in this booklet.

CURRICULUM STRANDS	Page	Time (min)	Weighting
STRAND 1: FOOD AND NUTRITION	2	45	25
STRAND 2: CARING FOR THE FAMILY	7	54	30
STRAND 3: CONSUMER RESPONSIBILITIES	12	53	29
STRAND 4: DESIGN AND TEXTILES	17	28	16
TOTAL		180	100

Check that this booklet contains pages 2-20 in the correct order and that none of these pages are blank.

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

1. The diagram below illustrates a method of food preservation.



Source: <https://www.google.com/search>

Name the food preservation method used. _____

SL 1

2. Manufactured foods often contain certain food additives.
Define **food additives**.

SL 1

3. Fat is present in food either as visible fat or invisible fat.
Provide an example of the following fats:

(i) Visible fat: _____

(ii) Invisible fat: _____

SL 2

4. The safety of food from production to consumption is very important. Give TWO examples of **food safety rules**.

SL 2

“When the body is hungry, it wants nutrients.”

5. List **TWO** functions of macronutrients.

SL 2

Refer to the diagram given below on food packaging.



Adapted from: <https://www.google.com/search>

6. Packaging may either be primary or secondary. Describe **the process of secondary packaging**.

SL 2

7. Oxidation, prolonged cooking and preparation skills often destroy nutrients in food. Explain how **oxidation** destroys nutrients in food.

SL 3

A healthy diet provides the body with essential nutrients.

Study the menu given below to answer Number 8.

MENU	
1.	Chicken and vegetable soup
2.	Poached fish
3.	Stir fried beef with vegetables
4.	Lamb and potato curry
All the above are served with boiled taro.	

8. Select **ONE dish** from the menu above and calculate the **cost of one regular serve** of the selected dish. Note that you will have to consider the recipe in order to work out the full list of ingredients.

SL 3

“The death rate from coronary heart disease is among the highest in the world”

9. Recommend **ONE** way to reduce fats in a family meal and explain how this will help address the problem of coronary heart diseases.

SL 3

10. Nutritional value, cost, and availability of time are some criteria that affect meal planning. You are planning a dinner for a group of friends who are visiting your home.
Explain the effect that **nutritional value** of foods will have on your meal planning.

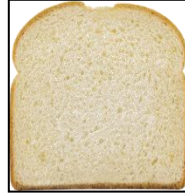
SL 3

Refer to the diagram shown below to answer Number 11.

Whole meal bread



White bread



Adapted from: <https://www.google.com/search>

11. Compare how bread made from **processed** ingredients differs from bread made from **unprocessed** ingredients. Your answer should be in terms of nutritional value and quality of the bread.

SL 3

- 12.** The food industry offers enormous career opportunities.
Define **career opportunities**.

SL 1

- 13.** Define **Nutrition Policy** for Samoa.

SL 1

- 14.** Describe the **function** of Samoa's Nutrition Policy.

SL 2

17. Explain the impact of lifestyle of family members on the family unit. Provide an example.

SL 3

18. Define **Soifua Maloloina**.

SL 1

19. Name a constraint to achieving high standards of Soifua Maloloina in Samoa.

SL 1

20. List **TWO** ways to overcome Soifua Maloloina problems in Samoa.

SL 2

21. **Diabetes is a lifestyle disease. It can be prevented and controlled.**
Explain how a preventive measure can be taken to reduce the risk of diabetes.

SL 3

22. Describe how Soifua Maloloina problems can affect the **mother** of the family.

SL 2

23. Discuss how families can use the Nutrition Policy Guidelines to ensure good livelihood of family members.

SL 4

24. Discuss the *Soifua Maloloina* problems that have impacted the livelihood of families in Samoa and make a recommendation on how these problems can be addressed.

SL 4

25. Define **Resource Management**.

SL 1

26. Describe **how** to effectively manage resources.

SL 2

Refer to the diagram below to answer Number 28 – 31.



Adapted from: <https://www.google.com/search>

27. Define **consumer**.

SL 1

28. List **TWO** consumer responsibilities.

SL 2

29. **Describe a scenario** in which a consumer who does NOT know his rights is being disadvantaged.

SL 2

30. You are a consumer council worker speaking at a community meeting. Outline what you would say to **explain the relationship between the rights of consumers and their responsibilities.**

SL 3

There is always a wide range of complaints that arise from customers.

- 31.** Describe the skill set that an employee should possess to efficiently handle customer complaints.

SL 2

A customer is dissatisfied with your business and is lodging her complaints.



Adapted from: <https://www.google.com/search>

- 32.** Outline, in order, your business's procedure for handling customer complaints.

SL 3

33. Resource management is everyone's responsibility if we are to have enough for everyone. Even water needs to be managed carefully. Discuss the impact of not managing Samoa's water resources properly and make a recommendation on what the Samoan government must do about the management of water resources.

SL 4

Use the diagram given below to answer Number 35 – 37.



Adapted from: <https://www.google.com/search>

34. List **TWO** reasons for the increase in the consumption of foods such as those shown above.

SL 2

- 35.** Explain why Samoans need to DECREASE their consumption of foods such as those in Number 34.

SL 3

- 36.** Discuss the impact of increasing expenditure on everyday foods on the livelihood of Samoan families. Use examples.

SL 4

Refer to the diagram given below to answer Number 38 – 40.



Adapted from: <https://www.google.com/search>

37. Identify the natural fibre shown above.

SL 1

38. Name another TWO natural fibres.

SL 2

39. Discuss an experiment in which the properties of natural fibres are tested in terms of strength, elasticity, shrinkage, and absorbency and evaluate the results.

SL 4

Samoa is famous in the Pacific for its textile printing and retailing. However, a number of small textiles retailing projects have not been successful.

40. Explain why retail businesses sometimes fail.

SL 3

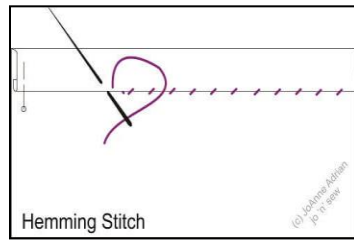
41. Define **textile**.

SL 1

42. List the steps for making **Siapo**.

SL 2

The diagram shown below is an example of a hemming stitch.



Adapted from: <https://www.google.com/search>

43. You wish to convince a friend that knowing how to do hemstitching is a useful life skill.

Explain why knowing how to do hemstitching is a useful life skill.

SL 3

STUDENT EDUCATION NUMBER									

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(For Scorers only)

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TOTAL	100			