



STUDENT EDUCATION NUMBER									

Samoa School Certificate

FOOD and TEXTILES TECHNOLOGY 2021

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 at the appropriate places in this booklet.

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	13	53	29
STRAND 4	DESIGN AND TEXTILES	19	28	16
TOTAL			180	100

Check that this booklet contains pages 2-22 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. What is a list of dishes to be served at a meal called?

- A. Menu
- B. Recipe
- C. Utensils
- D. Ingredient

SL 1

2. Which of the following is not a macronutrient?

- A. Fat
- B. Protein
- C. Phosphorus
- D. Carbohydrate

SL 1

3. Pasteurization is a process which is applied to milk, during production. Describe the process of pasteurizing of milk.

SL 2

4. You have been asked to determine the nutritional content of a piece of taro. Describe how you will carry out this task.

SL 2

Study the recipe given below and answer Questions 5 and 6.

Surimi Salad (serves 4)

Ingredients
250g surimi (imitation crab meat)
½ head lettuce, shredded
½ medium onion, finely diced
1 cucumber thinly sliced
2 medium tomatoes, roughly chopped
1 stick celery, sliced
4 tbsp mayonnaise
salt and pepper, to taste

Method
Shred the surimi and put in a medium bowl. Add the rest of the ingredients, seasoning to taste, and toss well. Cover the salad and place in the refrigerator for at least an hour. Toss once more before serving

Adapted from <http://www.samoafood.com>

5. List TWO cooking equipment which are needed, to prepare the salad above.

SL 2

6. List TWO ingredients from the recipe (page 3) which are unprocessed.

SL 2

7. Canned and fresh fish are both available for consumption, nowadays. Compare the nutritional content of canned and fresh fish.

SL 3

8. Food can be preserved domestically at home, or commercially in a factory. Compare domestic and commercial methods of preservation, in relation to the type of labour which they use.

SL 3

9. Explain why **appearance** is an important point to consider, during food preparation.

SL 3

10. Fat is broken down in the body, into simple substances, by the process of **digestion**. Explain how the gall bladder contributes to the digestion of fat.

SL 3

11. Fats and oily foods are usually tasty and satisfying to the appetite, yet the amount of these foods in our meals should be reduced. Explain why it is important to reduce fats and oily foods in our meals.

SL 3

For Questions 12 and 13, write the letter of the best answer in the box provided.

12. What does **Soifua Maloloina** in the Samoan language mean?

- A. Socialization.
- B. Values and beliefs.
- C. Health and wellbeing.
- D. Security, love and protection.

SL 1

Study the picture given below, and answer Question 13.



Source: <https://pennstatehealthnews.org/>

13. What nutrition-related condition is the above picture showing?

- A. Hypertension
- B. Diabetes
- C. Arthritis
- D. Obesity

SL 1

14. The 2019 Samoa Demographic Survey reported that children 0-2 years and pregnant women, were the most vulnerable to anaemia. Describe ONE factor which contributes to anaemia, in infants.

SL 2

15. You are planning to work in one of the family support services in your country. Discuss the knowledge and skills you have to acquire, to successfully work in a family support service.

SL 4

For Questions 16 and 18, write the letter of your best answer in the box provided.

16. Which of the following statements best defines the term, career opportunities?

- A. Job openings which are available to someone, in his or her current occupation.
- B. Job openings which are available to someone, after graduating from a university.
- C. Prospects of work available to someone who has yet to graduate from a university.
- D. Prospects of work available to someone who is still completing high school.

SL 1

17. Describe ONE career opportunity, for a nanny.

SL 2

18. Which of the following is not a function of the Samoa Food and Nutrition Policy?

- A. To guide the practice of workers in the food industry and other work areas, which influence the health and nutrition of the Samoan people.
- B. To guide the different stakeholders in Samoa to achieve better nutrition and health outcomes for Samoans.
- C. To ensure that health and nutrition is given importance by different groups in the Samoan community.
- D. To ensure that food retail is given priority so that food industries make more money and pay more tax.

SL 1

19. Discuss how the Samoa Food and Nutrition Policy can improve the Soifua Maloloina of family members, in terms of food safety.

SL 4

20. Describe how the eating pattern within the Samoan family has changed over the years.

SL 2

21. A report on Samoan Household Nutrition prepared by the Food and Agriculture Organisation, stated that 4% of children under 5 years of age, had malnutrition **muscle wasting**. List TWO ways to reduce malnutrition muscle wasting.

SL 2

22. Nutrition education is a strategy that can be used to manage problems associated with Soifua Maloloina. Explain ONE way in which nutrition education can manage problems, associated with Soifua Maloloina.

SL 3

23. It is often reported in the media that diabetes is a common disease in Samoa in recent times. Explain why diabetes is common in Samoa.

SL 3

24. The Global School Health Survey was conducted across Samoa, in 2010. The survey found that 43.4 percent of boys and 59.1 percent of girls in the 13-15 years age group were overweight. Discuss in detail a way of reducing or minimizing overweight in adolescents. Use examples.

SL 4

For Question 25, write the letter of your BEST answer in the box provided.

25. Which right protects people against products, production processes and services that are hazardous to health or life?

- A. The right to safety.
- B. The right to be heard.
- C. The right to a healthy environment.
- D. The right to satisfaction of basic needs.

SL 1

26. Explain how your right to consumer education protects you as a consumer.

SL 3

27. It is important that we know our rights, as consumers. Describe ONE importance of knowing our rights as consumers.

SL 2

Read the information given below and answer Question 28.

“Consumers should know what they are buying. When you shop for food, read the labels for nutritional facts. Product labels can tell you how much salt, sugar, fat, or protein a product contains. Before making a purchase, you should always do some homework.”

Adapted from: www.jenksp.org/pages/uploaded_files/c23_874768_mt.pdf

28. Identify the consumer responsibility described in the above information.

- A. The responsibility to speak out.
- B. The responsibility to be informed.
- C. The responsibility to use products safely.
- D. The responsibility to choose carefully.

SL 1

29. You are a receptionist at a hotel, and you receive guests every day. Describe the importance of being friendly, to your work at the hotel.

SL 2

30. A customer buys a cooking appliance, and later finds that it is faulty. She returns it to the business and asks for a replacement or a refund. Describe ONE action the customer can take, if the business does not meet her request.

SL 2

31. Explain why effectively handling customer complaints is important for a business.

SL 3

32. Managing resources in the family is not always easy; it comes with its share of problems. Discuss in detail, a problem that can arise when managing resources in the family.

SL 4

33. One way to manage your pocket money is to spend less than the amount you are given. Describe how you can manage to spend less than the amount you are given.

SL 2

34. There is an increase in the Samoan family expenditure on prepared foods, such as ready-to-eat and convenience foods. List TWO possible reasons for the trend mentioned in the above statement.

SL 2

35. Discuss, giving examples, the effect of the increased expenditure on ready-to-eat and convenience foods, on the Soifua Maloloina of family members.

SL 4

36. Explain why overcoming the increase in expenditure on prepared foods will benefit Samoan families.

SL 3

For Question 37, write the letter of your best answer in the box provided.

37. What is the name of the class of fibres which are obtained purely from plants and animals?

- A. Regenerated cellulose fibres.
- B. Synthetic fibres.
- C. Natural fibres.
- D. Acrylic fibres.

SL 1

38. Discuss how the properties of a cotton fabric influences its use, in relation to its strength and elasticity. Use examples.

SL 4

39. List TWO traditional uses of 'fau'.

SL 2

40. U'a is the bark of the Paper Mulberry tree and is used in the production of siapo. The u'a is ready for use when it is about ten to fourteen months old. Explain in the correct order, the processes of preparing u'a, after it has been harvested.

SL 3

For Question 41, write the letter of your best answer in the box provided.

41. Choose the statement which best defines the term **retail**.

- A. The sale of goods to middlemen, in bulk, for resale.
- B. The sale of goods to middlemen, in bulk, for use or consumption.
- C. The sale of goods to the public, in small quantities, for resale.
- D. The sale of goods to the public, in small quantities, for use or consumption.

SL 1

42. You are planning to set up a small business, in which you will sew and sell men's shirts. List TWO factors you will need to consider to make quality shirts.

SL 2

43. Explain how you can ensure that your business in sewing and selling men's shirts is successful.

SL 3

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2021

(For Scorers only)

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