



STUDENT EDUCATION NUMBER									

Samoa Secondary Leaving Certificate

FOOD and TEXTILES TECHNOLOGY

2022

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	2-6	45	29
STRAND 2	CARING FOR THE FAMILY	7-10	27	24
STRAND 3	CONSUMER RESPONSIBILITIES	11-13	36	16
STRAND 4	DESIGN AND TEXTILES	14	54	4
STRAND 5	DESIGN UNDERSTANDING	15-19	18	27
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.

For Questions 1 – 6, write the letter of your best answer in the box provided.

1. The part labelled X on the picture given below is the:

- A. bar code.
- B. brand name.
- C. product name.
- D. date of manufacture.



SL 1

2. Which of the following materials used for kitchen benchtops is the most hygienic?

- A. glass.
- B. plastic.
- C. aluminum.
- D. stainless steel.

SL 1

3. Which of the following foods contains excessive amounts of preservatives and chemicals?

- A. Organic food.
- B. Traditional food.
- C. Intermittent food.
- D. Convenience food.

SL 1

4. Which of the following is formed from a large number of monosaccharide units?

- A. Saccharides.
- B. Disaccharides.
- C. Polysaccharides.
- D. Oligosaccharides.

SL 1

5. Which of the following nutrients are examples of macronutrients?

- A. Protein and vitamins.
- B. Vitamins and minerals.
- C. Protein and carbohydrates.
- D. Minerals and carbohydrates.

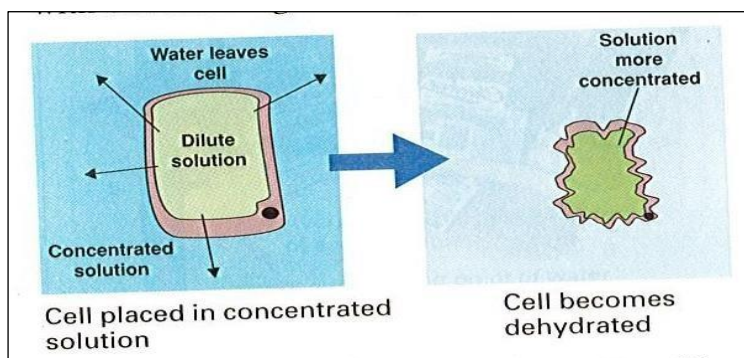
	SL 1

6. One way to improve one's dietary pattern is to:

- A. reduce intake of fresh foods.
- B. have a diet high in fats, sodium, and red meat.
- C. provide adequate vegetables and fruits in meals.
- D. consume adequate canned fruits and salty snacks.

	SL 1

Use the resource given below to answer Question 7.



Source: Food and Nutrition, 1996.

7. Describe ONE effect of dehydration on the nutritive value of food.

SL 2

8. Describe a high fibre diet.

Table with 2 rows and 1 column. Top row contains 'SL 2', bottom row is empty.

9. Explain why it is important that the Samoa Food Safety regulations are implemented in the food industry.

Table with 2 rows and 1 column. Top row contains 'SL 3', bottom row is empty.

10. Bacteria, Viruses, and Parasites are the main biological hazards for foods.

Describe how bacteria harm the human health through food consumption.

Table with 2 rows and 1 column. Top row contains 'SL 2', bottom row is empty.

11. Explain why the consumption of sweet foods cause dental caries in humans.

SL 3

12. Explain why it is important to include fruits in the diet.

SL 3

13. Discuss why oils become rancid, using examples, and recommend ways to prevent the rancidity of oils.

SL 4

14. Water has numerous important functions in the body.

Discuss the impact of insufficient water intake on a person’s health, using specific examples of related health issues.

SL 4

For Questions 15 – 22, write the letter of the best answer in the box provided.

15. Which of the following is the best choice for *children's snacks* between meals?

- A. Fruit drinks and crispy nuts.
- B. Sweet cordial and fried chips.
- C. Boiled water and salty snacks.
- D. Nutrient dense and colourful snacks.

SL 1

16. A person suffering from *gout* will have blood with high levels of:

- A. salt.
- B. sugar.
- C. uric acid.
- D. lactic acid.

SL 1

17. The clothing items shown on the right is ideal for:

- A. uniform.
- B. sleep wear.
- C. casual wear.
- D. formal wear.



SL 1

Source: <https://www.wow.independent.co.uk>

18. Which of the following refers to the act of being friendly and welcoming to guests and visitors?

- A. Hospitality.
- B. Inhospitality.
- C. Ungracious.
- D. Personal presentation.

SL 1

19. Strengthening the promotion of local food production is a feature of Samoa's:

- A. Education Policy.
- B. Nutrition Policy.
- C. Environment Policy.
- D. Food and Labelling Policy.

SL 1

20. Which of the following contributes to high blood pressure?

- A. Decrease intake of salt.
- B. Increase intake of salt.
- C. Decrease intake of sugar.
- D. Increase intake of sugar.

SL 1

21. Suffering from *depression* and *social anxiety* after drinking alcohol is an example of a:

- A. genetic factor.
- B. religious factor.
- C. environmental factor.
- D. psychological factor.

SL 1

22. The most common nutritional problem faced by people in Samoa is:

- A. rickets.
- B. obesity.
- C. osteoporosis.
- D. osteomalacia.

SL 1

23. Stress is something everyone experiences at times. Describe **ONE** negative effect of prolonged stress on teenagers.

SL 2

24. Discuss the impact of nutritional related diseases on members of the Samoan community and how the community members can combat the impact. Provide examples to support your discussion.

SL 4

25. The health and well-being of people in Samoa has been influenced by dietary changes to fast and fatty meals comprising mostly meat and processed foods. Explain why these changes have adversely affected the general health of Samoans.

SL 3

26. Explain why it is important to include a balanced diet in a pregnant mother’s meal.

SL 3

27. Parents play an important role in caring for members of their family.
Discuss how parents can best meet the physical needs of their family members, both young children and elderly. Provide examples to support your answer.

SL 4

For Questions 28 – 33, write the letter of your BEST answer in the box provided.

28. What is the process of conversion of raw materials into finished food product known as?

- A. food promotion.
- B. food production.
- C. food deterioration.
- D. food preservation.

SL 1

29. The communication of messages designed to encourage the purchase of a food product is called:

- A. production.
- B. promotion.
- C. fermentation.
- D. preservation.

SL 1

30. Food which is easily accessible and is a convenient alternative to home cooked meals is known as:

- A. fast food.
- B. packed food.
- C. leftover food.
- D. precooked food.

SL 1

31. The legal and moral duties of protection owed by the supplier to someone who buys goods or services is known as:

- A. consumer product.
- B. consumer services.
- C. consumer contract.
- D. consumer rights.

SL 1

32. Which of the following involves planning, so that the right resources are assigned to the right tasks?

- A. Resource levelling.
- B. Project management.
- C. Resource management.
- D. Enterprise management.

SL 1

33. Define the term *goal setting*.

SL 1

34. A little time and effort go a long way in keeping our sewing tools in good shape. Explain why it is important to properly maintain the sewing machine at home.

SL 3

35. Explain the importance of good customer service to a business.

SL 3

Use the design brief below, to answer Question 36 below.

36. **Design Brief:** Design a new filling for a savory snack made with a ready-made pastry.

Objective: The filling must be new and savory, (not sweet), a snack.

Evaluate the results on the finished product. Use a savory snack as an example.

SL 4

Study the illustration below and answer Question 37.



Source: <https://textilelearner.net/sportswear>

37. Discuss the most suitable method of fabric construction for the outfit given above. Provide an example of the best fabric to use for sportswear.

SL 4

For Questions 38 – 39, write the letter of your best answer in the box provided.

38. Which of the following refers to a set of conditions that exist at a particular time in a particular place?

- A. Situation
- B. Location
- C. Environment
- D. Circumstances

SL 1

39. Which of the following best defines a set of tools commonly used to achieve a particular objective?

- A. Process
- B. Material
- C. Method
- D. Equipment

SL 1

40. Define the term *closed design brief*.

SL 1

41. Define the term *design specifications*.

SL 1

42. Explain the importance of sensory evaluation of a food product in the development and marketing industry.

SL 3

43. Explain why it is good to include local resources while designing a product.

SL 3

44. Explain why it is important that resources be effectively managed in producing new designs.

SL 3

45. List **TWO** ways of improving a textile product during its production.

SL 2

46. Your class has been approached by Samoa’s Textiles Advertising Company to design an eye-catching outfit to promote textiles on the front cover of the New Textiles Magazine.

List **TWO** benefits of interviewing a local skilled person, before designing the outfit.

SL 2

47. Describe the kind of information provided by the sensory star diagram on the food label.

SL 2

48. The implementation of Safety and Hygiene Standards is quite challenging in any Clothing or Food Laboratory. Discuss the importance of adhering to one aspect of safety or general hygiene in a laboratory setting. Use examples to support your discussion.

SL 4

Use the design brief given below to answer Question 49.

49. **Design Brief:** Design a nutritious meal for a pregnant mother using local foods.

Write a design brief for a nutritious meal for a pregnant woman. Include a lunch menu, using local foods, and the three food groups.

SL 4

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(For Scorers only)

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