



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER									

Samoa National Junior Secondary 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		Page	Time (min)	Weighting
STRAND 1	DESIGN PROCESS	2 – 3	18	10
STRAND 2	FOOD AND NUTRITION	4 – 8	54	30
STRAND 3	CARING FOR THE FAMILY	9 – 11	36	20
STRAND 4	CONSUMER RESPONSIBILITIES	12 – 14	36	20
STRAND 5	DESIGN AND TEXTILES	15 – 17	36	20
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.

1. Name a design specification that is part of a design brief for making a shirt.

SL 1

2. List any **TWO** stages of the design process.

SL 2

3. Explain the **difference** between 'design brief' and 'design process'.

SL 3

4. A customer wants you to design a dress for her daughter's graduation ball. Develop a design brief to outline your customer's needs.

SL 4

For Questions 5 to 10, choose and write the LETTER of the best answer in the box provided.

5. Which of the following conditions causes food to spoil or go bad?

- A. Food served fresh on clean plates.
- B. Food left in the refrigerator overnight.
- C. Food left on the table uncovered overnight.
- D. Food served hot on warm plates.

SL 1

6. Which statement best defines inter-relationships of nutrients?

- A. The body can get carbohydrates from taro.
- B. The body absorbs iron better when other nutrients like Vitamin C is present.
- C. The body uses fibre from fruits and vegetables in the digestion of food.
- D. The body uses fluoride in fluoridated water to keep teeth healthy.

SL 1

7. One of these groups of processed foods belongs to the **Energy Food Group** of the Three Food Groups. Which one is it?

- A. Taro chips, bread, and breakfast cereal (weetbix).
- B. Packaged eggs, frozen chicken and tinned fish.
- C. Iodised salt, frozen spring rolls, and tinned spaghetti.
- D. Dried peas, tinned beetroot, frozen mixed vegetables.

SL 1

8. In the Three Food Groups, **the Body Building Foods** provide:

- A. vitamins.
- B. carbohydrates.
- C. proteins.
- D. fats & oils.

SL 1

9. Define the term **budget constraint**.

- A. When one has more money to spend than the goods needed.
- B. When one is limited by a set amount of money available for shopping.
- C. When one has unlimited money available to do shopping.
- D. When one has a friend to sponsor their shopping spree.

SL 1

10. Body Building Foods like beef can be expensive. Which recipe helps to extend the meal so that more family members can get a share of the beef?

- A. Having steak and eggs for adults and noodles for children.
- B. Making beef and gravy and the beef is given to the Matai and rest of the family have only gravy and rice.
- C. Chopping up the beef to make soup with vegetables.
- D. Barbecue steak, mashed potato and salad for guests only.

SL 1

11. List any **TWO** local food preservation methods used in Samoa.

SL 2

12. List appropriate personal hygiene and basic safe food practices.

SL 2

13. List **TWO** problems that can affect a person's health and well-being if he/she does not do enough physical activity.

SL 2

For Questions 19 to 21, choose and write the LETTER of the best answer in the box provided.

19. Which of the following describes a person’s role in their family?

- A. Their responsibilities outside of the home.
- B. The time they spend playing games.
- C. Their position in the Church choir.
- D. The part they play at home.

SL 1

20. The main causes for the increase of non – communicable diseases (NCDs) in Samoa are:

- A. good diet, lack of exercise, smoking and alcohol.
- B. poor diet, lack of exercise, smoking and alcohol.
- C. poor diet, regular exercise, no smoking and no alcohol.
- D. good diet, lack of exercise, heavy smoking and no alcohol.

SL 1

21. Which of the following tasks requires two or more family members working together and sharing the task to complete it?

- A. Washing the dishes after a meal.
- B. Washing father’s car.
- C. Making the umu for Sunday to’ana’i.
- D. Making the saka (boiled bananas) for the evening meal.

SL 1

22. Give **TWO** examples of the most common NCDs found in Samoa.

SL 2

23. List **TWO** soifua maloloina (health & well-being) problems of adult family members caused by technology.

SL 2

24. Compare the activity cycle and eating patterns of an adult man in a Samoan family in the past and the present.

SL 3

25. Explain the physical and social care needs of **elderly** family members in relation to their soifua maloloina (health and well-being).

SL 3

26. Explain the safe use of an **electric jug (tipoti e alu i le uila)** that helps save time when looking after a family.

SL 3

For Questions 28 to 30, choose and write the LETTER of your best answer in the box provided.

28. All of these are service providers **EXCEPT**,

- A. a friend who takes you out for lunch when you need it.
- B. an individual that can provide services that you want to be done.
- C. a company that provides specific services like catering.
- D. an office or bank that gives financial advice.

SL 1

29. The term **resources** refer to:

- A. materials we want but cannot find in Samoa.
- B. all services available in overseas countries.
- C. materials and services we want but cannot afford.
- D. everything available in our environment to meet our needs and wants.

SL 1

30. The term **budgeting** refers to all these **EXCEPT**,

- A. budgeting helps a family spend money carefully.
- B. budgeting helps a family save for the future.
- C. budgeting helps a family live above their income.
- D. budgeting helps a family live within their income.

SL 1

31. Describe **TWO** types of advertising seen on TV that will affect decisions made by young (teenage) family members.

SL 2

For Questions 37 to 39, choose and write the LETTER of your best answer in the box provided.

37. Define the term **textile**.

- A. Any type of wire or rope.
- B. Any fibre like hair.
- C. Any fibre from animal fur.
- D. Any type of cloth or fabric.

SL 1

38. Resilience of textile fabrics refers to:

- A. the strength of fabric when stretched.
- B. the ability of a fabric to spring back into shape after being twisted or creased.
- C. the ability of a fabric to tear when twisted or creased.
- D. the weakness of fabric when it is wet.

SL 1

39. All of these are traditional **hand-sewing** stitches **EXCEPT**:

- A. the over-lock stitch.
- B. the running stitch.
- C. the slip stitch.
- D. the back stitch.

SL 1

40. List **TWO** examples of natural yarns.

SL 2

41. List **TWO** examples of synthetic yarns.

SL 2

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(For Scorers only)

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STRAND 1	DESIGN PROCESS	10			
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TOTAL		100			