



GOVERNMENT OF SAMOA

STUDENT EDUCATION NUMBER									

Samoa Secondary Leaving 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	FOOD AND NUTRITION	2 – 6	54	29
STRAND 2	CARING FOR THE FAMILY	7 – 10	40	24
STRAND 3	CONSUMER RESPONSIBILITIES	11 – 13	27	16
STRAND 4	DESIGN AND TEXTILES	14	6	4
STRAND 5	DESIGN AND UNDERSTANDING	15 – 19	53	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 to 6, choose and write the LETTER of the correct answer in the box provided.

1. Dehydration is a good way of preserving fruits because:

- A. air is removed and temperature is reduced.
- B. water is converted to ice and enzymes are inactivated.
- C. moisture is removed and micro-organisms are inactivated.
- D. temperature is reduced and micro-organisms are destroyed.

SL 1

2. The expiry date on a food label is important because:

- A. shop shelves need space.
- B. there are health and safety reasons.
- C. the date for its use is almost expiring.
- D. labels are bound to change accordingly.

SL 1

3. Convenience foods refer to those foods that:

- A. have very little salt content.
- B. are kept below freezing point.
- C. have very little flavour added to it.
- D. require little or no preparation time.

SL 1

4. What is the name given to a person who chooses not to eat red meat, chicken, or fish?

- A. A vegan
- B. A pesco-vegan
- C. An ovo-lacto-vegetarian
- D. An ovo-lacto-pollovegetarian

SL 1

5. Which of the following is a reason why food usually goes bad?

- A. Practising food hygiene
- B. Leaving spills on the table
- C. Using big pots for cooking
- D. Unhygienic handling of food

SL 1

6. Which of the following are examples of low – risk food?

- A. Fruit and Meat
- B. Meat and Vegetables
- C. Fruits and Vegetables
- D. Milk and Dairy Products

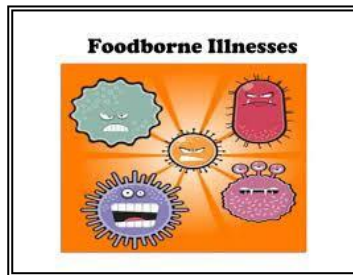
SL 1

7. *Good personal hygiene practice is one of the Food Safety regulations designed to protect consumers from the risk of food-borne illness.*

Describe **ONE** personal hygiene practice used in a food industry.

SL 2

You may use the illustration given below to answer Question 8.



Source: <https://quizizz.com/admin/quiz>

8. Explain how food-borne agents cause illness in human beings.

SL 3

9. Explain the importance of strict adherence to proper time and temperature while thawing meat at home.

SL 3

10. *Most macronutrient foods contain different micronutrients.*

Describe **ONE** important function of the micronutrient, Vitamin B, in the body.

SL 2

Use the illustration given below to help you answer Question 11.



Source: <https://www.massagemag.com/benefits-vitamin>

11. Explain the importance of including fruits rich in Vitamin C in the diet.

SL 3

13. *The selection of diet plays a major role in preventing and managing diabetes.*

Discuss the importance of including vegetables in the meals for a diabetic person.
Provide examples of the best vegetables for a diabetic person.

SL 4

14. Describe **ONE** way of providing an appealing meal during catering.

SL 2

For Questions 15 to 21, choose and write the LETTER of the correct answer in the box provided.

15. What does the term *Soifua Malōlōina* mean?

- A. Good health
- B. Mental health
- C. Social health
- D. Physical health

SL 1

16. Keeping your hands, head and body clean to stop the spread of germs and illness are examples of which type of hygiene?

- A. food
- B. personal
- C. domestic
- D. environmental

SL 1

17. Which of the following should individuals who are prone to severe attacks of gout have less in their diet?

- A. Vegetables
- B. White fish
- C. Red meat
- D. Fruits

SL 1

18. What is a communication skill that involves how individuals portray themselves in daily situations?

- A. Personal presentation
- B. Instructive presentation
- C. Persuasive presentation
- D. Informative presentation

SL 1

19. For what reason is it advisable for patients suffering from hypertension to use vegetable protein?

- A. High in fibre
- B. Low in sugar
- C. Low in cholesterol
- D. High in poly saturated fatty acids

SL 1

20. What is the nutritional disease illustrated below called?

- A. Goiter
- B. Rickets
- C. Obesity
- D. Pellagra



SL 1

21. What is the indigestible part of food that the body cannot digest called?

- A. Muscle fibre
- B. Animal fibre
- C. Dietary fibre
- D. Synthetic fibre

SL 1

22. State **ONE** health risk factor associated with high consumption of alcohol.

SL 1

23. *Smoking cigarettes can put pregnancy at risk.*

List **TWO** effects of smoking during pregnancy.

SL 2

24. *There is a number of precursors to bowel cancer, including diet, inactivity, genetic conditions, smoking, etc.*

Explain how diet contributes to bowel cancer in humans.

SL 3

25. Explain **how** lack of exercise **negatively** impacts human health.

SL 3

26. *Family relationships play a central role in shaping an individual's well-being in life.*

Discuss how the working adults in a family can meet the social needs of the elderly. Provide an example or examples to support your answer.

SL 4

27. *Community action plays a vital role towards promoting health equity.*

Discuss **ONE** way through which members of a community can work together to combat nutrition related diseases. Provide an example or examples to support your answer.

SL 4

For Questions 28 to 33, choose and write the LETTER of the correct answer in the box provided.

28. What is the general term for the preparation of food raw materials for use at home or in industries?

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

SL 1

29. What is the common name for foods that are readily available and often easily served over the counter?

- A. Fast foods
- B. Healthy foods
- C. Left-over foods
- D. Low energy dense foods

SL 1

30. What is a complaint that an employee may bring against a current or former employer referred to?

- A. Group grievance
- B. Policy grievance
- C. Union grievance
- D. Personal grievance

SL 1

31. What is the best classification for the health care giver shown in the picture?

- A. A goods provider.
- B. A service provider.
- C. An ancillary provider.
- D. A medical provider.



SL 1

32. Which process involves optimizing of resources through pre-planning, scheduling and allocation?

- A. Facility management
- B. Resource management
- C. Financial management
- D. Infrastructure management

SL 1

33. What is the process of setting specific and attainable targets for individuals or groups commonly termed as?

- A. Goal setting
- B. Outcome setting
- C. Financial goal
- D. Time-based goal

SL 1

34. Explain why it is important to maintain proper care of a microwave at home.

SL 3

35. Explain the importance of maintaining proper care and maintenance of an overlocker.

SL 3

36. Oka i'a is one of the most popular and delicious dishes in Samoan cuisine. A picture is shown below:



Source: <https://blog.yelp.com/community/a-guide-to-samoan-cuisine>

Evaluate the usefulness of the above meal based on its nutritive value and aesthetic value. Use a clear point of view and examples in your answer.

SL 4

Study the illustration below to help you answer Question 37.

A confident understanding of fabric behavior and characteristics are useful in the design and development of a functional garment.



Source: <https://learn.compactappliance.com>

37. Discuss how the fabric performance of the above outfit based on fibre and yarn, determines the end use of the design. Provide **ONE** suitable fabric for the design.

SL 4

For Questions 38 to 41, choose and write the LETTER of the correct answer in the box provided.

38. What is the common name given to the way in which something is planned in relation to its surrounding?

- A. Situation
- B. Problem
- C. Position
- D. Circumstance

SL 1

39. A series of events leading to the achievement of a specific objective is known as:

- A. result.
- B. process.
- C. procedure.
- D. management.

SL 1

40. Which of the following refers to a set of tools needed to perform a specific task?

- A. Equipment
- B. Accessories
- C. Appliances
- D. Sewing notions

SL 1

41. Which of the following is a document that specifies the design requirements of a Project?

- A. Material specification.
- B. Design specification.
- C. Standard specification.
- D. Performance specification.

SL 1

42. Describe **ONE** effect of correct choice of material on the design process.

SL 2

43. Explain the importance of sensory evaluation of food in the food industry.

SL 3

44. *The design process is a planned series of steps used to solve problems.*

Describe the **FIRST** stage of the design process.

SL 2

Refer to the design brief and product specification to help you answer the Question below.

Design Brief: *Design a new topping for pizza made with readymade pastry.*

Product Specification: *The pizza must be nutritious, appetizing and fairly cheap to produce. Your research indicates that many people would like a vegetarian pizza with extra cheese.*

45. Evaluate the product outcome (pizza) in relation to the design specification given above.

SL 4

Design Situation: *Feta is a Year 13 student. Her friend has invited her to a party. Unfortunately, due to financial constraint, Feta finds it difficult to attend unless she has a new dress.*

Design Brief: *Feta needs a new dress to wear to her friend's party.*

46. List **TWO** solutions to the problem identified above.

SL 2

47. *Making textile products is quite challenging and it requires time and patience to produce a product of high standard.*

Describe **ONE** way of improving a textile product in a garment industry.

SL 2

48. *There are many organizational skills that allow an individual to use available resources efficiently and effectively. These include time management, goal setting, communication, role delegation, etc.*

Discuss how time management contributes to effective resource management in an organization. Use examples to support your answer.

SL 4

Refer to the design brief below to answer Question 39.

49. **Design Brief:** *Design a nutritious meal for an anaemic pregnant mother using high fibrous food.*

Plan a nutritious meal for an anaemic pregnant mother. Use the following criteria:

- Inexpensive lunch menu
- Correct order for menu writing
- Balanced meal

SL 4

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2023

(For Scorers only)

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STRAND 1	FOOD AND NUTRITION	29			
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