INSTRUCTIONS
1. This paper has THREE Sections. ANSWER ALL QUESTIONS.

SECTION A  Food and Nutrition  35 Marks
SECTION B  Home and Management  35 Marks
SECTION C  Clothing and Textiles  30 Marks

2. Write your Student Personal Identification Number (SPIN) on the top right hand corner of this page and on the last page.

3. Write ALL your answers in the spaces provided in this booklet. If you need more space, ask the supervisor for extra paper.

4. Check that this booklet contain pages 2-19 in the correct order. Pages 17-18 has been deliberately left blank.

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

TOTAL MARKS 100
**SECTION A**

FOOD & NUTRITION

(35 MARKS)

**QUESTION 1:**

SHORT ANSWERS

(10 MARKS)

**Part A: Matching**

(5 Marks)

Match the following terms with its correct definition. Write the LETTER of the correct term beside the correct definition in the space provided.

<table>
<thead>
<tr>
<th>DEFINITIONS</th>
<th>TERMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.____ Foods you eat and how your body turns Food into energy and cells.</td>
<td>A. Cholesterol</td>
</tr>
<tr>
<td>2.____ Parts of plants eaten which help the Digestive System works smoothly.</td>
<td>B. Malnutrition</td>
</tr>
<tr>
<td>3.____ Chemicals supplied by food.</td>
<td>C. Nutrition</td>
</tr>
<tr>
<td>4.____ A severe form of poor nutrition.</td>
<td>D. Fibres</td>
</tr>
<tr>
<td>5.____ Chemicals found in blood, tissues and digestive Juices.</td>
<td>E. Nutrients</td>
</tr>
</tbody>
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5 marks

<table>
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<tr>
<td>NR</td>
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</tbody>
</table>
Part B: Definition (5 marks)

Write the definition of each term in the spaces provided.

1. Organic Foods:

_____________________________________________________________________
_____________________________________________________________________

2. Food:

_____________________________________________________________________
_____________________________________________________________________

3. Malnutrition:

_____________________________________________________________________
_____________________________________________________________________

4. Enzymes:

_____________________________________________________________________
_____________________________________________________________________

5. Digestion:

_____________________________________________________________________
_____________________________________________________________________
1. Sandy went shopping and she bought some food for her family. Describe what she should do to keep her food from spoilage.
   a) in the car.
      _________________________________________________________________
      _________________________________________________________________
      _________________________________________________________________

   b) when she gets home.
      _________________________________________________________________
      _________________________________________________________________
      _________________________________________________________________

2. Lifestyle affects the type of nutrients the body receives. Describe how your lifestyle influences the nutrients your body receives.
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________

3. Breakfast is the most important meal of the day. Describe why it is important.
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________

4. Explain how the liver helps in the digestion of food.
   _________________________________________________________________
   _________________________________________________________________
   _________________________________________________________________
5. Explain what happens if you eat too little protein.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

6. Explain why yeast dough must be kneaded at least 8 to 10 minutes.

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

3 marks
3
2
1
0
NR

3 marks
3
2
1
0
NR
7. Study carefully the picture given below and discuss where nutrients come from and how we get those nutrients.
8. Analyze the diagram shown below concerning how nutrients work in our body.

[Diagram of a healthy person surrounded by various nutrients]

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________
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4 marks

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</tbody>
</table>
SECTION B HOME AND MANAGEMENT (35 MARKS)

QUESTION 1 SHORT ANSWERS (10 MARKS)

Write the letter of the Best Answer in the box provided.

1. A house becomes a __________ when a family moves in and starts living.
   A. home
   B. life
   C. nest
   D. money earner

2. Love, happiness, honesty, freedom, faith, security, trust, friendship, loyalty are human values which nurtured good ______ _______.
   A. Social life
   B. Individual life
   C. Family life
   D. Spiritual life

3. A protection from the risks that are likely to cause damage to a house is __________.
   A. wall
   B. insurance
   C. fence
   D. trees

4. Two basic factors determine a house plan are _____________.
   A. Family and the section
   B. Family and the income
   C. Section and income
   D. Section and land

5. A good house designer adjusts the house to the _____________.
   A. weather
   B. money
   C. like
   D. site
6. _________ in the home today is a problem. People has more to store and less time to be tidy.

A. Cleaning
B. Storage
C. Renovating
D. Living

7. Making storage adaptable to meet the changing needs of the family is _________

A. Safe
B. Visible
C. Flexible
D. Convenient

8. The prime purpose of the kitchen is to deal with _________.

A. Family
B. Pets
C. Equipment
D. Food

9. Leave circulation spaces for ____ between stored items in the refrigerator.

A. Air
B. Food
C. Water
D. Steam

10. _________ is most important in all areas of the home.

A. Water
B. Heat
C. Safety
D. Cooler
QUESTION 2:  LONG ANSWERS  (25 MARKS)

1. Name **two major** accidents usually occur in the kitchen.
   a) _______________________________________________________________
   b) _______________________________________________________________

2. Describe how you would **avoid one** of the above mentioned accidents.
   a) _______________________________________________________________
   _______________________________________________________________
   b) _______________________________________________________________
   _______________________________________________________________

3. List **only TWO (2) characteristics** of a wool carpet you are attracted to use.
   _______________________________________________________________
   _______________________________________________________________
   _______________________________________________________________

4. Viscose rayon carpets are weak when wet. Describe how you would clean it if you have in your home.
   _______________________________________________________________
   _______________________________________________________________
   _______________________________________________________________
   _______________________________________________________________

5. Every day we see or hear advertisement through media. Explain the aims of using advertisement.
   _______________________________________________________________
   _______________________________________________________________
   _______________________________________________________________
   _______________________________________________________________
   _______________________________________________________________
6. Explain what would be a good consumer should know and do after hearing an advertisement.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

7. Susana is having sets of tablemats. She has fine embroidered and lace table mats, plastics and some have stain-repellent finishes table mats.

a) Name the set of tablemat she will use on her daily setting.

______________________________________________________________________

b) Explain why you make that choice.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

8. Imagine, you won the raffle and you were given a choice on sets of sofa for your lounge. Your lounge had white colored tiles and a red rug in the center of the room. One of the sets is black in color and made of leather, the other is maroon in color and made of linen. Make your choice and explain your reasons for your choice.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________
9. Your father bought a house for your family. When you moved in, you found out that the lounge is too long and narrow. You can’t afford a renovation. Apply your skills with color scheme and create something to shorten space visually.
# SECTION C  
## CLOTHING AND TEXTILES  
(30 MARKS)

## QUESTION 1  
### SHORT ANSWERS  
(10 MARKS)

**Part A: Matching  
(5 marks)**

Match the following terms with correct definition. Write the LETTER of the correct term beside the correct definition in the space provided.

<table>
<thead>
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<tr>
<td>1._______ a fabric has a definite design pointing in one direction only.</td>
<td>A.</td>
</tr>
<tr>
<td>2._______ diagonal of the material but not necessarily on the true cross.</td>
<td>B.</td>
</tr>
<tr>
<td>3._______ name given to the threads which are placed first on the loom.</td>
<td>C.</td>
</tr>
<tr>
<td>4._______ name given to the neat firm edge formed by the weft threads turn over the first and last thread</td>
<td>D.</td>
</tr>
<tr>
<td>5._______ takes in fullness and gives shape to a garment</td>
<td>E.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>5 marks</th>
<th>5</th>
<th>4</th>
<th>3</th>
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</tr>
</thead>
</table>
Part B: Definition (5 marks)

Define the meaning of the following terms.

1. **Weft**
   
   __________________________________________________________
   __________________________________________________________
   
   1 mark
   1
   0
   NR

2. **Crossway**
   
   __________________________________________________________
   __________________________________________________________
   
   1 mark
   1
   0
   NR

3. **Tuck**
   
   __________________________________________________________
   __________________________________________________________
   
   1 mark
   1
   0
   NR

4. **Straight grain**
   
   __________________________________________________________
   __________________________________________________________
   
   1 mark
   1
   0
   NR

5. **Selvedge**
   
   __________________________________________________________
   __________________________________________________________
   
   1 mark
   1
   0
   NR
1. Explain the feelings that are associated with these colors:

   a) Red:

   2 marks
   
   2
   1
   0
   NR

   b) Blue:

   2 marks
   
   2
   1
   0
   NR

   c) Yellow:

   2 marks
   
   2
   1
   0
   NR

2. Explain the following terms:

   a) Hue:

   2 marks
   
   2
   1
   0
   NR

   b) Value:

   2 marks
   
   2
   1
   0
   NR

   c) Intensity:

   2 marks
   
   2
   1
   0
   NR
3. Your best friend gave you a piece of stripes fabric to sew her a dress. She is short and fat. Suggest how you cut and sew this fabric to suit her figure and hide her figure problem. Explain your reason for your choice.

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

4. Suggest the type of neckline for the following facial feature and explain your reason for your suggestion:

a) **Square face:**
   Type of neckline: ________________________________________________
   Reason: ________________________________________________________
   ________________________________________________________________

b) **Round face:**
   Type of neckline: ________________________________________________
   Reason: ________________________________________________________
   ________________________________________________________________

   **Oval face:**
   Type of neckline: ________________________________________________
   Reason: ________________________________________________________
   ________________________________________________________________
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# TONGA SCHOOL CERTIFICATE

## HOME ECONOMICS

### 2015

(Marker’s Use Only)

<table>
<thead>
<tr>
<th>SECTIONS</th>
<th>MARK</th>
<th>CHECK MARKER</th>
<th>TOTAL</th>
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<tbody>
<tr>
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**Student Personal Identification Number (SPIN)**