

MINISTRY OF EDUCATION

FIJI YEAR 13 CERTIFICATE EXAMINATION 2018

HOME ECONOMICS

DETAILED SOLUTIONS

SECTION A MULTIPLE-CHOICE QUESTIONS

[20 marks]

1. People who lack the basic resources or the conditions for living are termed as the
- A. disturbed.
 B. distracted.
 C. distinguished. } *Distractors not associated with the question*
D. disadvantaged. They do not have resources such as standard housing, medical and educational facilities etc.
2. Which of the following purchasing methods relate to paying a deposit first for an item followed by installments?
- A. Cash Sales: *Pay the goods with cash or credit card on delivery.*
 B. Credit Sales: *One is allowed to buy and receive goods at the same time without having to pay until after certain weeks or months as the business decides.*
C. Hire Purchase
 D. Budget Account: *Is operated on a money in/money out basis that is, members accumulate funds through their payroll, in addition to their normal credit union deduction in order to pay these bills.*
3. Which of the following factors can help improve family income and living standards?
- A. Self-pity: *Depressive attitude leading to lack of zeal/enthusiasm to do anything productive.*
B. Enterprising: Ready to take on tasks /projects to do/ be better in life; being creative; willing to try out new, unusual ways of doing or achieving things.
 C. Living on credit: *Heightens dependency on others and a status of lack.*
 D. Depending on others: *No initiative/ keenness /enthusiasm to try anything worthwhile (work, further education, learn new skills, farming etc.) hence no improvements in living standards.*
4. One of the effects of vertical lines in a room is it
- A. adds height and balance.**
 B. creates a peaceful informal feeling: *Effect of horizontal lines.*
 C. creates a soft and light atmosphere: *Effect of curved lines.*
 D. attracts attention and can be disturbing: *Effect of diagonal lines.*
5. Which of the following kitchen design ideas create more work space in the kitchen?
- A. Colour: *Sets the mood.*
 B. Ventilation: *Is all about air flow.*
 C. Storage area: *Concerned with provision for storage space for food and equipment.*
D. Bench walls: Space or area to work on.

6. One way to improve one's dietary pattern is to
- A. reduce intake of fresh foods: *Diet is not improved.*
 - B. have a diet high in fats, sodium and red meat: *Diet is not improved as nutritional problems will definitely arise.*
 - C. provide adequate vegetables and fruits in meals. Leads to better/improved health status.**
 - D. consume adequate canned fruits and salty snacks: *Processed foods with decreased nutritional value hence not contributing to an improved diet.*
7. Which of the following terms is associated with binge eating?
- A. Fasting: *Refrain from consuming certain foods for a period of time.*
 - B. Starvation: *Going without food*
 - C. Over eating :Sufferers cannot stop themselves from eating; eating large amounts of food. Not accompanied by purging.**
 - D. Under eating: *Not associated with binge eating.*
8. The initiative taken by the man in the picture below is about
- A. improving food sources. Replanting mangroves for marine food sources; Resilience in a community's food supply.**
 - B. reclaiming lost coastline.
 - C. food preservation method.
 - D. diversifying farm practices.
- Are not the answers for adaptation measures for household food security.*



coastal area

Source: *Senior Home Economics Year 13*,
Ministry of Education, 2018.

9. The **expiry date** on a food label is important because
- A. shop shelves need space.
 - B. of health and safety reasons.**
 - C. the date for its use is almost expiring.
 - D. labels are bound to change accordingly.

Turn Over

10. Which of the following properties refer to the browning of baked products?
- A. Coagulation: *Property in proteins*
 - B. Fermentation : *Not a property of cereals*
 - C. Gelatinisation: *Refers to action of heat on starch/cereals to thicken it*
 - D. Dextrinisation : *Action of dry heat on proteins and sugar in cereals.***
11. Recipe development involves
- A. making the ingredients list longer.
 - B. replacing or changing some ingredients.**
 - C. including processed foods in the recipe.
 - D. using more than one cooking method for that recipe.
12. Which of the following cooking media enable fruits to retain their shape while cooking?
- A. Fat: *Fruit becomes crisp...water moves out so loses its shape.*
 - B. Water: *Water will enter the fruit (osmosis) expanding it and breaks it up.*
 - C. Salt solution : *Water moves out of the fruit losing its shape.*
 - D. Sugar solution: *Sugar moves into the fruit and some water moves out.***
13. The amount of light reflected from the surface of a fibre is termed as
- A. lustre.**
 - B. handle. *The way a fibre feels i.e. soft, rough, smooth.*
 - C. pilling. *The way small balls of fibre cling to the surface of a fabric.*
 - D. resilience. *Ability of a fibre to return its original state after crushing.*
14. Which of the following is an eco-friendly item?
- A. Leather jacket: *Leather is animal's skin, processed and chemically treated hence not eco-friendly.*
 - B. Polyester carry bag: *Polyester is synthetic, manufactured from chemicals so has in a way contributed to harming the environment.*
 - C. Handcrafted jewellery: *made by using what is available in the environment with no chemicals added or chemical processes involved.***
 - D. Plastic shopping basket: *Plastics are manufactured using chemicals so contributes to harming the environment.*

15. The use of Acoustic curtains in music halls and auditoriums help
- maximise noise.
 - absorb more sound.**
 - reduce sound absorption.
 - enhance light penetration.
16. Which of the following includes photographs, illustrations, colour swatches and shapes?
- Inspiration board**
 - Emotional board: *Affective/Emotional/ sentimental state of consciousness is displayed through visual representations.*
 - Concept board: *A large board comprising of stimulus material having visual and verbal representation of a product along with its attributes and benefits.*
 - Mood board: *Collage of images, texts and samples of objects in a composition.*
17. The lightness or darkness of a colour is referred to as
- hue. *It is the name of a colour; separates a colour from another.*
 - shade. *When black is added to a colour.*
 - value.**
 - intensity. *This refers to the brightness or dullness of a colour.*
18. Which principle of design is illustrated on the right?
- Proportion
 - Emphasis
 - Balance.
 - Rhythm: repetition in the placement of the 3 bows on the dress.**
- They do not portray what the question requires.*



Source: *Senior Home Economics Year 13*,
Ministry of Education, 2018.

Turn Over

20. Which of the following factors determine a beachwear design?

- A. Hair colour
- B. Figure type**
- C. Skin type
- D. Height

SECTION B SHORT ANSWER QUESTIONS [60 marks]

QUESTION 1 HOME MANAGEMENT (12 marks)

The Family

(a) State **one** reason why the elderly need their independence. **(1 mark)**

Any of the following:

- It may be the only thing seniors may feel they can control as certain aspects of their lives change with age, for e.g., have their freedom, their social life.
- It also promotes a sense of achievement as it may, for some, generate a great sense of self-worth and well-being.
- Make their own decisions.

(b) State **one** effect of unemployment on a family's well-being. **(1 mark)**

Any one of the following:

- Lowers living standards, thus, children may experience deprivation.
- Loss of self-esteem, feelings of inadequacy.
- The prospect of equality of opportunity decreases.
- The employee feels less secured./workers are less willing to leave unsatisfactory jobs.
- Many social illness arise such as ill-health, premature death, attempted and actual suicide, marriage breakdown, child battering and racial conflicts.
- Criminal activity increases.
- Have no money for meeting needs and wants.

(c) Explain the importance of family support services in Fiji. **(2 marks)**

They **assist** needy citizens with family issues and develop extensive community education programmes, increase community awareness of the problems and how best issues/ challenges can be handled (practical solutions); render professional counselling, and assist with employment opportunities;

Resources

- (d) John is single and has been employed for ten years. Given below is his fortnightly pay record.

ESTABLISHED PAYROLL	
Gross pay: \$950.00	
Nett Pay: \$732.00	
Deduc/Descriptions	Amount
Employees FNPF	\$76.00
Employers FNPF	\$95.00
Insurance	\$70.00
Fiji Workers Union	\$45.00

- (i) Calculate his insurance deductions in the **first three years** of employment.

(2 marks)

Calculations:	
Option 1:	
$\$70.00 \times 2$ (fortnightly deducs) = \$140.00(per month) x	
36 months (3 years)	
= \$5040.00	
Insurance deductions:	\$5040.00
Option 2:	
$\$70.00 \times 26$ fortnights= \$1820.00 x 3 years = \$5460.00	

- (ii) State how John can benefit from having an insurance policy.

(1 mark)**Any one of the following:**

- Saving for the future as the union operates for the purpose of promoting thrift.
- Take loans as there is provision for credit at reasonable rates.
- Providing other financial services to its members for e.g. medical, educational needs

Turn Over

SECTION B (continued)

- (e) Read the extract below and answer the question that follows.

“After school, I would like to go to university and study to become a journalist. Most of all, I would like my mother to be able to stop selling *lalabe* (edible wild fern) one day and enjoy a retirement.” says Timoci Naulusala of Naivicula District School. (COP 23, Bonn Germany)

Source: *mailife*, January 2018.

Explain why Timoci intends to pursue higher education as mentioned in the extract above. **(2 marks)**

To assist his parents with their family’s livelihood or living standards. His mother will no longer be burdened with having to fetch and sell at the market for their family needs so attaining good or quality education will certainly make him secure a job that pays well.

Housing

- (f) (i) Define the term home décor.
- (1 mark)**

It is an art of decorating the home as per our personal taste and lifestyle which includes colour of the walls, lights, fabric, furniture, etc which we want to use to decorate our rooms and our homes.

This is also called interior-design

- (ii) Explain why the knowledge of home décor is an asset to a new home owner.
- (2 marks)**

The new home owner will know how to go about enhancing and Harmonizing the functions of the home. There are practical considerations, like ease of access or movement, amount of light, acoustics (sounds), seating and places to store or set things in place. There are health and safety considerations, attention to special needs and more.

QUESTION 2 FOOD AND NUTRITION **(12 marks)****Kitchen Safety, Hygiene and Management**

- (a) Explain the importance of
- ventilation**
- in kitchen designs.
- (2 marks)**

Ventilation is air flow and is essential for removing damp air from the house providing an environment of freshness, preventing mildew (fungal growth) on the walls and furnishing as well as getting rid of ‘stuffy’ odours.

A little ventilation is needed under normal circumstances- one window kept partly open is probably enough. Too much ventilation can cause unnecessary heat loss in the house.

- (b) Explain the **functional** effect of local or traditional materials in kitchen designs. **(2 marks)**

They are comfortable and add style to kitchens, for instance when used in furniture, table tops and light holders or stands and to decorate walls/ceilings. Materials used are bamboo, thatching, coir (*magimagi* for decorative designs on walls or house posts), tree branches etc.

What is food?

- (c) (i) Define the term contemporary dietary pattern. **(1 mark)**

Answer to be in this context

It is a diet or eating pattern which has inadequate fruits, vegetables, whole grains, legumes, fish, and low-fat dairy products and excessive amounts of refined and processed foods, alcohol, salt, red meats, sugary beverages, snacks, eggs and butter.

The diet is high in sodium, fats and simple carbohydrates.

These foods are saturated fats, red meats, 'empty' carbohydrates or junk foods and low in fresh fruits and vegetables, whole grains, seafood and poultry.

- (ii) State **one** effect of contemporary diet on a person's health status. **(1 mark)**

Any of the following

- Associated with many diseases, including atherosclerosis, Type II diabetes, hypertension and obesity, heart disease, hyper-cholesterolaemia and colorectal cancer.
- May cause gastrointestinal disorders, infertility and can damage internal organs.
- Frequent intake can make people become angry and irritable.

- (d) Explain **one** reason why people disregard the traditional diet even though its benefits are known. **(2 marks)**

Any of the following:

- Not always accessible, is expensive and does not stay fresh for long.
- Spoils easily due to water content.
- Not available all the year around.(seasonal)
- Not appealing in sight, taste, flavour.
- Requires more preparation time.
- Needs to be stored and handled properly or it will be contaminated.

Turn Over

SECTION B (continued)**Diet and Health**

(e)

“A vast majority of people with kidney disease, about 65 percent, are due to diabetes.” says nephrologist (kidney disease specialist) in Fiji Dr Amrish Krishnan.

Source: *The Fiji Sun*, July 5th 2017.

Explain the relationship between diabetes and kidney disease.

(2 marks)

Excess sugar gets attached to the proteins in the blood vessels changing their structure and function, leading to problems throughout the body including the function of the **glomeruli** in the kidneys; which then allows the proteins from the blood to be excreted into the urine.

As the damage to the kidneys continues blood vessels collapse one by one, affecting the kidneys functions. Damage to the kidneys continues if the sugar remains high, and will finally stop working altogether.

(f) State **one** dietary measure for the prevention of haemorrhoids.**(1 mark)**

Any of the following

- Eat a high-fiber diet and drink plenty of fluid or take prescribed fiber supplements.
- Get sufficient exercise.
- Lose weight for overweight persons.

(g) State **one** significant habit of a person suffering from orthorexia nervosa.**(1 mark)**

Any of the following

- Has an obsession with eating proper food or food considered to be healthy and nutritionally beneficial to him/her.
- Spends more and more time planning what they are going to eat and imposing strict regimens on themselves that, if not followed, may result in self-punishment, guilt or negative thoughts

QUESTION 3**(12 marks)****Food Supply**(a) State the current **food system** in Fiji's rural areas.**(1 mark)**

Mainly natural resources based as in gardening, fishing, and hunting. Rural areas rely a lot on the natural resources that are easily available to them; producing a large amount and wide range of traditional food crops.

- (b) Explain **one** effect of salt water intrusion on food supply. **(2 marks)**

May contaminate and reduce the size of productive agricultural lands thereby threatening food production /food security at the household and local levels; upsets the effective supply of food to consumers.

Food Preservation

- (c) (i) State what the letters **HACCP** mean. **(1 mark)**

Hazard Analysis Critical Control Point

- (ii) Explain the importance of HACCP in food industries. **(2 marks)**

HACCP is an approach that has been specifically designed to identify critical food hazards during food processing where contamination can best be controlled and take action to prevent, minimize or remedy them. The aim of HACCP is to focus on potential problems and put specific control measures to prevent them from happening.

- (d) State **one** way **cultural cuisine practices** can be safeguarded in our communities. **(1 mark)**

Ensure that the food practices are preserved (preparing, cooking and consumption). It is about ensuring its continuous recreation and transmission focusing on the processes involved in transmitting, communicating and documenting the practices from generation to generation.

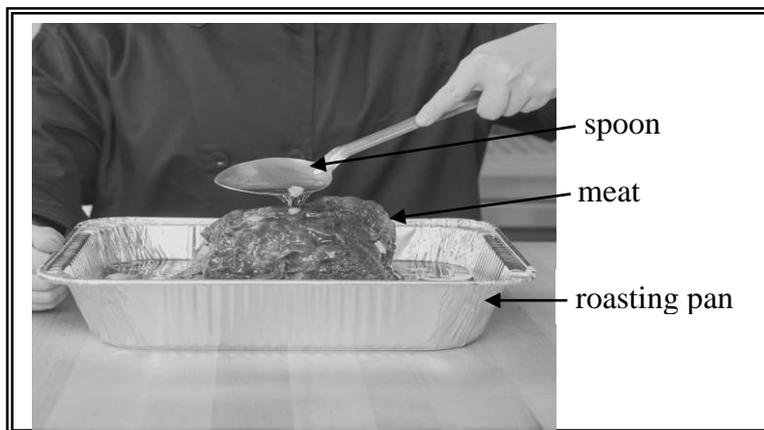
Food Planning and Product Development

- (e) Explain **one** property of cereals which makes raw bread dough turn into an edible loaf of bread when cooked. **(2 marks)**

Gelatinization: When wet starch (dough) heats up (i.e. baked), it becomes partially gelatinized where starch cells swell and burst (thickens) producing the nice moist texture of fresh baked bread which is edible.

SECTION B (continued)

(f) Discuss the effect of the cooking skill on the food shown below.

(3 marks)Source: <https://www.webstaurantstore.com>

Basting: Skill of moistening food being prepared, especially meat, with pan drippings, butter, or sauces, while food is cooking. This can be done by spooning the liquid over the food periodically as it cooks, or by brushing it with a basting brush. Moistening the food surface prevents it from drying and losing its appetizing appearance. It also adds flavour to the food.

Skill-1 mark; definition- 1 mark; explanation-1 mark

QUESTION 4**(12 marks)****Study of Fibres and Fabrics**(a) State **one** reason for the **Strength Test** on fabrics.**(1 mark)**

Fabrics need to be tested to ensure that they will be fit/ suitable for their intended use.

It is used to validate the choice of fabric which is achieved through fraying a small yarn from the cut edge of the fabric and apply pressure on the yarn and observe its strength compared to others.

(b) State **one** general property of knitted fabrics.**(1 mark)**

Any of the following

- Each way stretches
- Maximum stretch horizontally
- Edges resist fraying
- Drapes well
- Dimensional stability

- (c) Explain the importance of knowing the **heat conductivity** of a fabric. **(2 marks)**

This refers to the thermal qualities of the fibre which is determined by the amount of body heat that can pass through the fibre. This will help consumers decide the best fabrics for their comfort; to keep them warm or cool depending on the fibre that makes up the fabric.

Care of Fabrics, Renovating and Recycling

- (d) (i) Define the term second-hand clothing. **(1 mark)**

Second hand clothing is clothing item(s) that was used at one time or clothing that is no longer wanted and handed down to someone else to use or finds it useful.

- (ii) State **one** reason why second-hand clothing is regarded as recycled clothing. **(1 mark)**

It is recycled because it is reused (not thrown away) by someone who finds it usable and subsequently meeting their clothing need.

- (iii) Explain **one** reason for the popularity of second-hand clothing outlets. **(2 marks)**

Any of the following

- Affordable
- Experience the thrill of the hunt
- Money stays in the community
- Easier to spot quality
- Brand names
- It is green

Clothing Needs and Selection/Clothing Consumer

- (e) (i) State **one** influence of culture on a person's choice of clothes. **(1 mark)**

Any of the following:

- Culture often encourages a certain dress code for individuals and most people accept the cultural requirements and dress accordingly.
- Many cultures are influenced by religious beliefs as well and determine what is classed as men's /women's clothing.
- Influence of other cultures on one's choice of clothes hence dressing is dictated by that and not necessarily by their own culture.

Turn Over

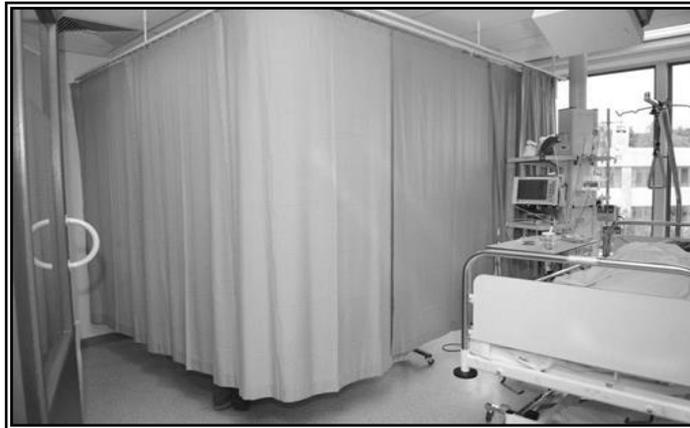
SECTION B (continued)

- (ii) State **one** advantage of on-line shopping. **(1 mark)**

Any of the following:

- The consumer can easily ‘window shop’ – research/compare brands and prices.
- The consumer can easily shop at any time of the day or night and from the comfort of their homes.
- Goods are delivered straight to the consumer’s door.
- Delivery times can be selected which are convenient to the shopper.
- No crowds or queues to contend with.
- Can be cheaper as sometimes special internet discounts are made available.

- (f) Explain the suitability of using hospital cubicle curtain fabrics as shown below. **(2 marks)**



Source: <https://www.iboo.info>

Any of the following

- It is suitable because of its **easy care** properties; being 100% polyester.
- Meets the accepted health standards for the overwhelming healthcare facilities, ideal for enclosing patient beds/shower areas and blends with the facilities design.
- The white finish also allows for a less institutional (formal) appearance, helping to the healing environment.

QUESTION 5**(12 marks)****Equipment**

- (a) (i) State **one** reason why local or traditional materials are included in making a Storyboard. **(1 mark)**
- Cultural influence depicted outlining its attributes and benefits to one’s culture. There is a connection between what shows up on the board, and what ends up in the final piece portraying pride in our heritage, display what can be offered etc.

- (ii) Explain how the aesthetical requirements in designing textile products determine the end use of a design. **(2 marks)**

This refers to the way a product looks in its appearance.

If something is aesthetically pleasing it means it is pleasing/ appealing/ appreciated/acceptable to the eye.

Designers ought to pay careful considerations to the aesthetic requirements of their designs so that their products are appealing right from the designing stage.

Patterns and Design

- (b) Name **one** element of design. **(1 mark)**

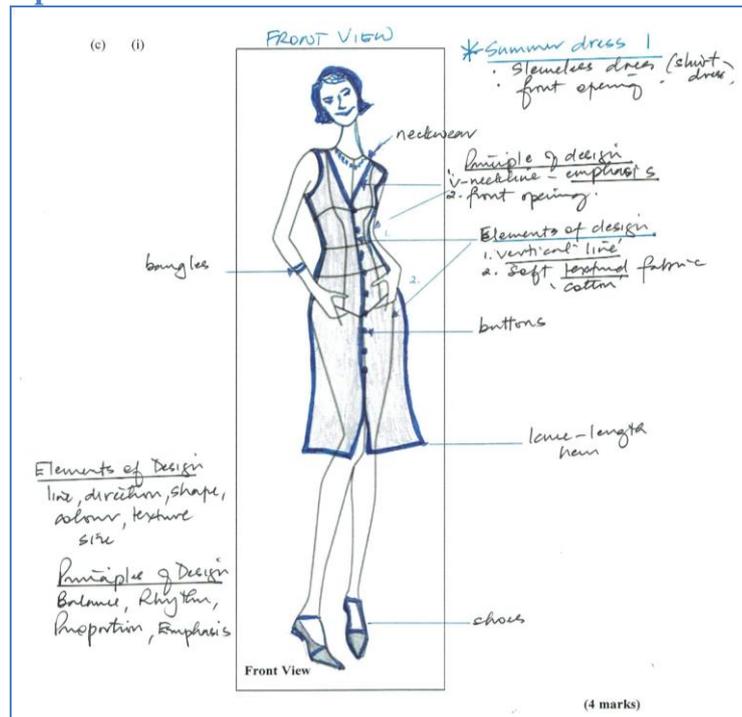
Any of the following:

- Line
- Direction
- Shape
- Colour
- Texture
- Size

- (c) You are intending to design **either** a knee length summer dress **or** a three quarter (¾) summer pants for your sister.

- (i) Using the figure provided in the **Answer Booklet**, sketch and label only the front view of the summer dress or summer pants you are designing. Identify **one** element of design appropriate for the sketch. **(4 marks)**

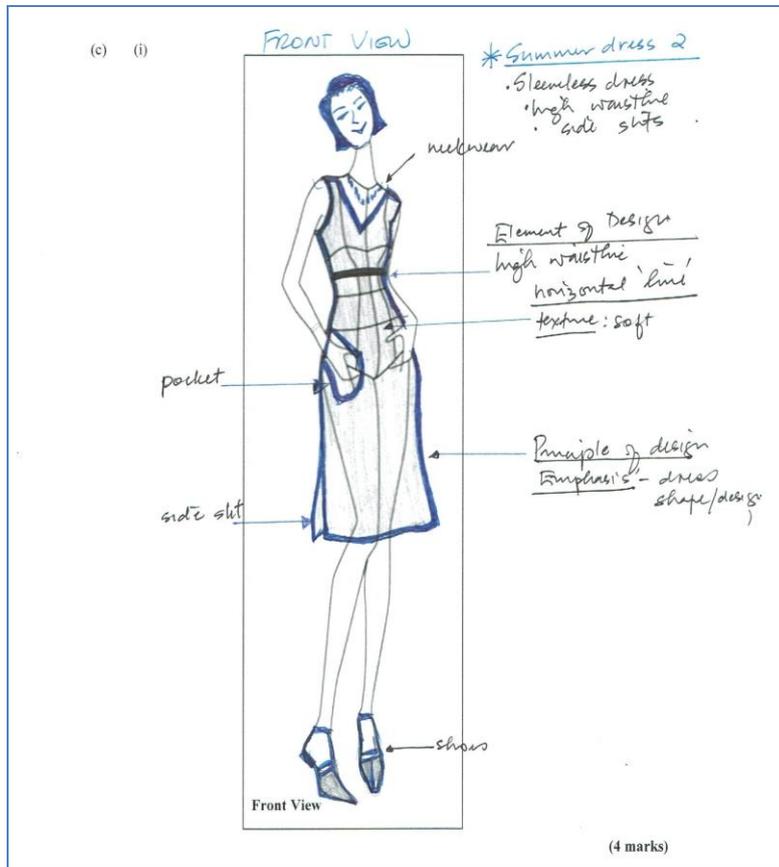
Option 1 Summer dress 1



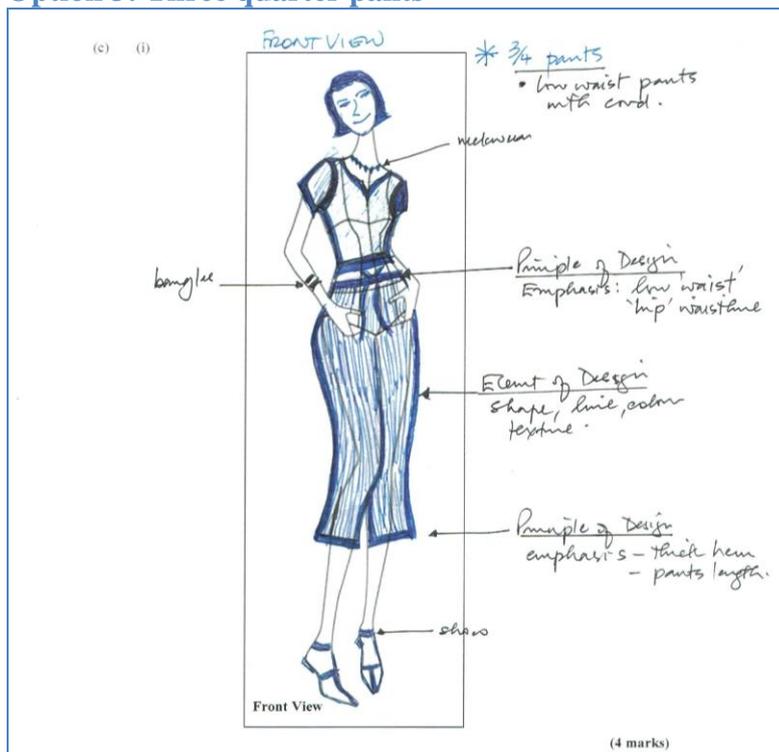
Turn Over

SECTION B (continued)

Option 2: Summer dress 2



Option 3: Three quarter pants



17.

- (ii) Name **two** suitable fabrics for the design. **(2 marks)**

Any two of the following:

(Cotton fabrics and /or blends, linen)

- Denim
- Poplin
- Seersucker
- Gingham
- Lightweight Linen.

- (iii) Explain **one** reason for choosing one of the fabrics in (ii) above. **(2 marks)**

Fabrics are made from natural fibres

- Hence are cool and comfortable for summer as they are absorbent.
- Versatile fabrics in available various weights and textures.

SECTION C ESSAY QUESTIONS [20 marks]

QUESTION 1 (10 marks)

A home is somewhere one goes to; a place for enjoyment and peaceful retreat.

With reference to the above statement, discuss **two**

- essential requirements of a good home. **(2 marks)**

Any two of the following

1. Function	<ul style="list-style-type: none">• It is important to keep in mind the people who will live in a house.• Should be livable and well-planned house that will be able to respond to the changing needs of a household without expensive alterations.• The different areas of the home are to be functional (actually get used) and adaptable enough to serve different needs over time, such as a bedroom, living room, home office while still being energy efficient.
2. Economy	<ul style="list-style-type: none">• The decision of buying a home must be on one's own terms – not because of outside influences.• The home designed or bought must be affordable accompanied with updated features so that less money will be needed for repairs.

Turn Over

SECTION C (continued)

3. Beauty	<ul style="list-style-type: none"> • The organisation of a home depends on the power of creation in the home owner's hands; using of the elements and principles of design to achieve a simple and elegant look. • Home furnishings with a selection of unusual and distinctive pieces reflect the personality of those living in the home; is the little touches – plush cushions and pillows, framed prints and one-of-a-kind mirrors, furniture, selected colours or paints, that offer's one a chance to express their own unique sense of style.
4. Individuality	<ul style="list-style-type: none"> • It is all about that personal touch; the use of space to express one's interests, hobbies, things of sentimental value and allowing for flexibility in how the home can be organized. • Personal photos, paintings or artefacts, the use of colours, mixing a variety of textures and finishes when arranging accessories, layering elements to create depth, bringing the outdoors indoors and choice of lighting contribute to making homes cosy.
5. Locality	<ul style="list-style-type: none"> • Whether planning to build or buying a house, it is making sure that the location is ideal for the family. • Factors to consider when selecting the ideal location include distance to the nearest school, how far to the closest supermarket or the grocery shop, hospitals and the distance to the office or workplaces, parks and public transportation.

- ways **cost** influences interior design. **(2 marks)**
 - Amount of money available will determine the type of decoration used.
 - Allows for flexibility in choice of materials.
- elements of design that is sure to influence joy and peace in the home. **(2 marks)**

Any two of the following:

1. Colour

Sets the mood in a room.

- Makes a room beautiful, more so than any other interior design element.
- Makes a room feel warmer or cooler, larger or smaller visually.

2. Line

Lines in a room are important in setting the overall mood or feeling of a room.

- Choice of and direction of lines in a room should be based on the mood you want to create. For example the use of horizontal, vertical, curved or diagonal lines.

3. Texture

How the surface of a particular object feels

- Implied or visual texture is the way a material portrays an apparent smoothness or roughness.
- Heavily textured fabrics can be used to maintain and enhance a casual feeling.
- Smooth, shiny materials such as silk add a certain formality to a room.

4. Space

Space refers to the distances or areas in or around a room.

It is the area available for a purpose

- A room can be made smaller or larger with the right use of space.
- Bright and light colours may make a room appear larger while dark and dull colours may make a room appear smaller.
- Furniture placed by the wall makes the room appear spacious.
- By dividing the space in different ways, a room can have an illusion of being large or small.

- ways **emphasis** can be achieved in the home design. **(2 marks)**
 - Emphasis by **placement**
How a particular furniture or home furnishing/accessory is placed giving it the focal attention warranted.
In a **linear space**, like a hallway, emphasis is given to the object at the end of it like the display table and the picture frames on the wall.
 - Emphasis through **elements of design**
Apart from placing a different object for emphasis, it could also be achieved through the use the different elements of design.; colour, line texture, space.

QUESTION 2

(10 marks)

Kitchen designs should be pleasing and functional.

With reference to the above statement, discuss **two**

- reasons why the kitchen layout is important in designing kitchens. **(2 marks)**
 - Determines how easy it is to cook, eat and socialize in the kitchen.
 - the layout addresses the placement of the appliances, the sink(s), the cabinets, The counters, the windows and doors, and furniture such as a kitchen table and chairs.
 - One is building a new home or adding on, they have the luxury of choosing the layout that works best for them and their family.
 - Remodeling, the structure of the existing home will limit the options.
- effects of having the right colour for the kitchen. **(2 marks)**
 - The perfect colour sets the mood in a kitchen; a bright colour enhances the room's style.
 - Colour can change one's perception of the space making it feel wider and brighter.
 - It can draw the eye towards features worth highlighting.
 - It is a great way to express personality.

Turn Over

SECTION C (continued)

- reasons why stainless steel is an ideal kitchen surface. **(2 marks)**
 - Resistant to water, heat and strain.
 - Easy to keep clean.
 - Seamless
 - Very durable
 - Very hygienic

- responsibilities one should take to care for the kitchen. **(2 marks)**
 - Keep kitchen clean and organized at all times.
 - Maintain the beauty and appealing look.
 - Do not allow clutter on work benches.
 - Kitchen floor is clean always.

QUESTION 3 **(10 marks)**

Meat and cereals are common food commodities in all households.

With reference to the above statement, discuss **two**

- importance of having both meat and cereals in the diet. **(2 marks)**
 - Nutrient value is important for the family's wellbeing.
 - Balanced meals can be prepared to meet needs of the members.

- reasons why the consumption of meat is reduced in family meals. **(2 marks)**
 - Cost: meat is expensive.
 - Health reasons: NCDs awareness hence less consumption...taken in moderation.
 - Diet conscious: keep intake balanced.
 - Suitable vegetable substitutes are now available: TVP.

- dietary advice concerning the inclusion of cereals in family meals. **(2 marks)**
 - Use reduced proportions of flour and rice.
 - Substitute with fruit vegetables like breadfruits, plantain(*vudi*), green bananas) which are readily available.
 - Use wholegrain cereals and reduce consumption of white rice and flour.
 - Continue the consumption of ground/root crops: varieties readily available.

- food **preparation** tips on retaining **quality** of meat. **(2 marks)**
 - Follow correct and safe preparation and cooking tips for different meats.
 - Proper **storage** methods to be followed.
 - Know / check for states of freshness before buying.

QUESTION 4

It is amazing to see how fashion trends have evolved in Fiji.

(10 marks)

With reference to the above statement, discuss **two**

- reasons for the rapid change in fashion trends in Fiji. **(2 marks)**
 - Exposure
 - Media influence
 - Technology
 - Climate change

- influences of Fiji's clothing on the fashion scene. **(2 marks)**
 - Gives the complete description of this beautiful country and its lifestyle. Fiji is climatically very soothing as it has tropical climate and moderate temperatures so the clothing is itself very cool and light.
 - Clothing in Fiji is mostly smart and casual rather than being elaborate. Fijians are cool and casual dressers and generally prefer light dressing in any time of the day.
 - The Fiji attire is unique and versatile and one dress can be worn out in many different forms especially among the women folk and they are the trend setters of Fiji Clothing.

- impacts of Fiji's fashion industry on the present generation. **(2 marks)**
 - Young people are now fashion conscious.
 - Encouraging and confident with trendy clothing styles.
 - Young people aspire to become models.
 - Increased in the number of upcoming young designers.
 - Opened doors for the Creative industry which is now on the rise(for fashion accessories).

- ways how Fiji can safeguard its cultural heritage through fashion. **(2 marks)**
 - Inclusion of traditional fibres (*magimagi, masi, vau, voivoi, kuta*) and accessories(small seashells, coconut shells carved/crafted, feathers, *cibi*).
 - Upholding modesty and decency in design styles.
 - Continue to pass on the knowledge of traditional processes (weaving, printing etc.).

THE END