1. Exercise 2 on page 505.  To show a problem is NP complete, you need to show the problem is in NP, and also show that some other NP complete problem is reducible to the problem. In this case, you want to show that the independent set problem is reducible to the problem in this question. That means you start with a graph and use the graph to make an instance of this problem.
2. Exercise 3 on page 505.  In this case, you want to reduce the vertex cover problem to this problem.
3. Exercise 8 on page 507.  You want to show that the 3-Dimensional Matching Problem on page 499 reduces to the problem in this exercise.