

WARNING

You must return this paper with your answerbook, otherwise marks will be lost.

EXAM NUMBER

FOR EXAMINER

Total No.
of Marks


Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2005

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 17 JUNE – AFTERNOON 2.00 – 4.30

Total Marks 300

**Marking Scheme and
Sample Answers**

For examiners use only		
QUESTION		MARK
Section A (Total)		
Section B	1	
	2	
	3	
	4	
	5	
	6	
TOTAL	→	
GRADE	→	

INSTRUCTIONS

1. Section A - 80 marks.
Answer 20 (twenty) questions from Section A;
all questions carry equal marks.
2. *Answer the questions in the space provided.*
3. The completed answer sheets for Section A must be returned to the examination supervisor.
4. Section B - 220 marks.
Answer 4 (four) questions from Section B;
all questions carry equal marks.

SECTION A
80 marks

Answer 20 (twenty) of the following questions. All questions carry equal marks.

1. List **four** healthy eating guidelines.

4

- (i) Eat less sugar / Drink more water
- (ii) Eat less fat / Have a balanced diet
- (iii) Eat less salt / Reduce alcohol consumption
- (iv) Eat more fibre rich foods etc.

2. Outline **two** reasons why a teenager may become a vegetarian.

4

- (i) May object to killing animals
May believe that it is a healthier diet
- (ii) May dislike the taste of meat

3. Give **two** effects of cooking on fish.

4

- (i) The protein coagulates and shrinks / Fish flesh becomes opaque / Loss of Vit B
- (ii) Microorganisms are destroyed / Connective tissue dissolves / Breaks apart easily

4. Name **two** different classifications of cheese and give **one** example of **each** class

4

CLASSIFICATION OF CHEESE	EXAMPLE
(i) <i>Soft</i>	(i) <i>Cottage / Brie / Camembert</i>
(ii) <i>Semi – hard / Semi – soft</i>	(ii) <i>Edam / Gouda / Stilton</i>
<i>Hard</i>	<i>Cheddar / Cheshire / Parmesan</i>
<i>Processed</i>	<i>Cheese strings / Cheese spreads / Slices</i>

5. Explain **each** of the following:

4

(i) **rickets** Bone disease found in children suffering from a lack of Vitamin D or Calcium

(ii) **hypervitaminosis** An excess of Vit A or Vit D in the diet which is harmful to the body.

6. Name **one** different type of flour that matches **each** of the following descriptions:

4

DESCRIPTION	TYPE OF FLOUR
(i) contains the outer husk and bran	(i) Wholegrain / Wholemeal
(ii) contains extra gluten	(ii) Strong flour
(iii) suitable for coeliacs	(iii) Gluten free flour/rice flour/cornflour
(iv) raising agent has been added	(iv) Self raising flour

7. What is the function of the office of the Ombudsman?

4

Deals with complaints about government agencies or public services e.g. Health Boards, An Post

8. Explain the difference between gross income and net income.

4

Gross income is the amount of money earned. Net income is the "take home pay" after deductions have been taken from Gross income.

9. Give **two** features of a good quality service.

4

(i) The person carrying out the service should be skilled/ friendly / efficient
Good quality materials should be used

(ii) The work should be guaranteed for a period of time

10. Explain **each** of the following:

4

(i) **PAYE** Pay As You Earn. Income Tax deducted from Gross income which is used by the government to run the country

(ii) **PRSI** Pay Related Social Insurance. Money deducted from Gross income which the government uses to fund unemployment benefits / maternity leave / illness etc.

4

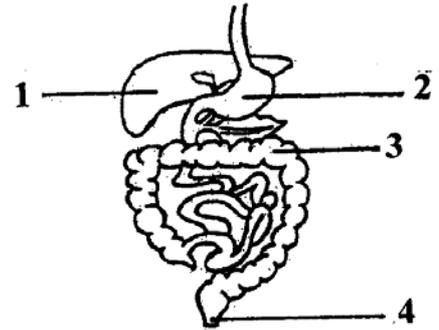
11. Name the parts of the digestive system labelled 1, 2, 3 and 4.

1. Liver

2. Stomach

3. Large intestine

4. Anus



12. Give **two** effects of alcohol abuse on society.

4

(i) Increase in crime rate / Increase in road accidents and deaths / Absenteeism from work

(ii) Cost to state treating alcohol related illnesses

13. Explain **each** of the following terms in relation to the female reproductive system:

4

(i) **ovulation** An egg is released from the ovary into the fallopian tube. Occurs in the middle of the menstrual cycle / periods

(ii) **menopause** This occurs to women usually between 45 and 55 (Middle aged) when their menstrual cycles / periods cease.

14. Give **two** functions of the lungs.

4

(i) Take in Oxygen / Release Carbon Dioxide

(ii) Release small amounts of water vapour

15. Outline **two** safety precautions which should be taken when using electricity in the home.

4

(i) Do not overload sockets / Avoid using adaptors

(ii) Avoid trailing flexes. Do not allow contact with water

16. Suggest **two** different types of accommodation suitable for a student living away from home.

4

(i) Rented flat or apartment / Rented house sharing with others

(ii) Rented bed – sitter / Stay with family in “digs”

17. List **four** soft furnishings used in the home.

4

(i) Curtains

(ii) Cushions

(iii) Rugs / Mats

(iv) Bedlinen / Throws etc.

18. Explain the term **inorganic waste** Waste that is not bio-degradable i.e it will not break down over time.

4

Give **one** example of **inorganic waste** Glass / Plastic /Metal

19. Explain how **each** of the following stains may be removed from a cotton jersey:

4

(i) **grass** Dab with methylated spirits and then wash as normal

(ii) **blood** If the stain is fresh, soak in cold water and then wash.

If the stain is old, soak in warm water and enzyme detergent

20. Give **two** reasons why the thread may break when using a sewing machine. 4

(i) Needle incorrectly inserted

Top tension too tight

(ii) Incorrect threading

Poor quality thread

21. Name **two** embroidery stitches and suggest a different use for **each** one. 4

EMBROIDERY STITCH

USE

(i) (a) Satin stitch (b) Stem stitch

(i) (a) To fill in shapes

(b) To outline eg Initials

(ii) (a) Chain stitch (b) Long and Short

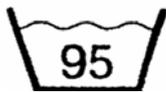
(ii) (a) As an outline

(b) To fill in wide designs

22. Explain what **each** of the following fabric care symbols indicate. 4



Drip dry / Dry flat



Very hot wash - Suitable for white cotton

23. Give **two** desirable properties of **each** of the following textile items: 4

winter jacket (i) Warm / Stain resistant / Waterproof

(ii) Durable / Insulating etc.

bed sheets (i) Washable / Smooth

(ii) Light weight etc.

24. Name **two** methods of transferring pattern markings to fabric. 4

(i) Tailor tacks / Tailors chalk

(ii) Carbon paper / tracing wheel



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SECTION B **(220 MARKS)**

INSTRUCTIONS

Answer **FOUR** (4) questions from this section;
all questions carry equal marks.

OVER →

1. Porridge is a healthy, wholesome breakfast cereal.
The following information is displayed on a packet of porridge oatflakes.

Porridge Oatflakes

NUTRITIONAL INFORMATION

Per 30g serving

Energy	465kJ/110kcal
Protein	3.3g
Carbohydrate	19.8g
(of which sugars)	0.3g
Fat	1.5g
(of which saturates)	0.3g
Fibre	2.7g
Sodium	0.003g

COOKING METHODS

Method A: Add one cup of oatflakes to three cups of milk. Boil and stir for 4-5 minutes.

OR

Method B: Add 1/3 cup of oatflakes to 2/3 cup of water. Stir and place in a bowl in a microwave oven. Cook for 2-3 minutes.
Note - cooking times may vary

- (a) From the information given above:
- (i) evaluate the nutritive value of porridge oatflakes; = 5 x 3
Expect reference to 5 nutrients listed
Name each nutrient and state the no. of g.in each
State whether porridge is high or low in each nutrient 15
- (ii) name **two** nutrients which are not present in porridge oatflakes and suggest **one** way of including **each** of the nutrients you have named in the diet; = (2 x 3) x 2
Vit C – Drink orange juice Iron – Eat liver Calcium – Drink milk Vit.B – Eat cereals 12
- (iii) state which cooking method, **A** or **B**, you would choose when making porridge and give **two** reasons for your choice. *Cooking method = 1; Reasons = 2 x 2* 5
A - Contains milk which adds calcium, easy to cook on hob.
B- Less calories, less washing up, quicker.
- (b) Give **three** reasons why breakfast is an essential meal for school-going teenagers. = 3 x 3
Raises blood sugar levels, Helps concentration, Prevents headaches and tiredness,
Results in more efficient work, Aids the prevention of accidents 9
- (c) Design a balanced breakfast menu, to include porridge, suitable for a school-going teenager. = 5 x 2 10
(i) *Must include porridge=2 marks; must be balanced=2 mark; must have menu format=2marks*
Accept any other 2 points @ 2 marks each
Include fruit or fruit juice, Include dairy group, Include bread or toast, Include coffee or tea or juice,
- (d) Explain what is meant by “cooking times may vary according to microwave rating”. 4
Microwave cookers are classified / rated according to their power. The higher the power, the quicker the
Cooking time e.g 900w is quicker than 650w.

2. (a) Outline the conditions that favour the growth of microorganisms. = 4 x 3
- Warmth,
 - Moisture,
 - Food,
 - pH,
 - Oxygen
- (b) (i) Name **one** food poisoning bacteria. = 1 x 3
Salmonella, Staphylococci, Clostridia, Listeria
- (ii) Give **two** possible sources of this bacteria = 2 x 3
Salmonella – poultry, eggs, pets, insects, intestines
Staphylococci – cuts, nose, mouth, throat
Clostridia – intestines of humans, birds, animals
- (c) List **three** symptoms of food poisoning. = 3 x 3
Nausea, Vomiting, Diarrhoea, Fever, Abdominal pain / cramp
- (d) Give **three** advantages of preserving food. = 3 x 3
- Prevents waste, saves money
 - Seasonal foods are available all year round
 - Adds variety to the diet
 - Saves time and labour as food has been prepared
 - Food can be transported easier.
- (e) List **three** methods of food preservation and explain how **one** of the methods you have listed is carried out. = 16
- Expect 3 methods @ 4 marks each = 12*
Expect 1 explanation @ 4 marks = 4
- Canning - high temperatures, airtight cans*
Freezing – very low temperatures, water changes to ice
Drying – moisture is removed
Freeze drying – food is frozen, then moisture is removed
Irradiation – energy waves are passed through the food to kill microbes
Jam making – fruit is boiled, high sugar content, airtight jars
Pasteurisation – milk is heated and cooled rapidly to kill harmful bacteria
Bottling – very high temperature, sterilised and airtight glass bottle

12

9

9

9

16

3. (a) List **four** sources of advertising. = 4 x 3 12
- Newspapers / magazines
 - Television / radio
 - Cinema / DVDs
 - Billboards / sporting events
 - Concerts / internet
 - Buses / trains / bus shelters
 - Labels / logos on clothing
 - Carrier bags / shop windows leaflets
- (b) Give **three** advantages and **three** disadvantages of advertising. = (3 x 3) x 2 18
- Advantages
- Provides information
 - Employs many people
 - Increases sales
 - Keeps down the cost of magazines and newspapers
 - Launches new products
- Disadvantages
- Increases the cost of products
 - May mislead the consumer
 - Can reinforce stereotypes
 - Can affect the natural surroundings
 - May result in overspending
- (c) (i) Describe **three** marketing techniques used in supermarkets. = 3 x 4 12
- | | |
|-------------------------------------|--|
| <i>Luxuries placed at eye level</i> | <i>Sweets beside the checkout</i> |
| <i>Essentials at back of shop</i> | <i>Items positioned by association</i> |
| <i>Three for two offers</i> | <i>Slow background music</i> |
| <i>Samples of new products</i> | <i>Loss leader technique</i> |
- (ii) Name the marketing technique you think is most effective **and** give a reason for your answer. Name = 2
Reason = 4 6
- Expect one marketing technique described with a valid reason / own opinion.*
- (d) Outline the role of the Advertising Standards Authority of Ireland. 7
- Voluntary body that polices advertising*
Advertisements must be:
- Honest
 - Truthful
 - Decent
 - Legal

4. (a) Describe **two** different types of families. = 2 x 4 8
- Nuclear family – parents and their children
 - Extended family – parents, children, grandparents, uncles, aunts, cousins
 - Blended – combining families, second relationships
- (b) List **three** physical needs and **three** emotional needs provided by the family. = (3 x 2) x 2 12
- Physical needs – Food*
Clothing
Shelter
Protection.
- Emotional needs – Love and understanding*
Comfort and security
Skills
Personal relationships.
- (c) Describe **three** different types of relationships that can exist within a family. = 3 x 3 9
- Father and Mother: adult, organiser of family, financial, equal, loving, respectful, trusting
 - Father and children: discipline, caring, provider, affectionate
 - Mother and children: discipline, caring, provider, affectionate
 - Sibling: sharing, playing, co-operating, respectful.
- (d) Outline the **rights** and **responsibilities** of children within the family. = (3 x 3) x 2 18
- Rights*
- Love and understanding
 - To be cared for
 - Receive an education
 - Protection from cruelty and neglect
- Responsibilities*
- Respect parents
 - Take care of personal space
 - Do chores / homework
 - Play with siblings
- (e) Explain the term **norms**. = 2 x 4 8
- Expect a definition of norms and an example*
Definition: an acceptable way of behaving in society
Example: attending school, good manners, standing for the National Anthem etc.

5. (a) List the safety guidelines which should be followed in order to prevent a fire in the home. = 5 x 3 15
- Use a fire guard around an open fire
 - Never put hot ashes into a plastic bin
 - Do not air clothes beside an open fire
 - Only move portable heaters when switched off
 - Switch off and unplug electrical appliances at night
 - Never smoke in bed
 - Do not leave frying pan unattended
- (b) Name **three** pieces of fire safety equipment suitable for use in the home. = 3 x 3 9
- Fire blanket
 - Fire alarm
 - Fire guard
 - Fire extinguisher.
- (c) Outline the procedure that should be followed to ensure the safety of the occupants of the house in the event of a household fire. = 4 x 3 12
- Stay calm, alert all occupants in the house
 - Make sure everybody vacates the house
 - Close doors and windows if possible
 - Do not re – enter the house once it has been vacated
 - Call the fire brigade from outside (mobile or neighbour’s phone)
- (d) Describe the first aid treatment for a major burn or scald. = 4 x 3 12
- If clothing is on fire, wrap a blanket around victim to extinguish flame
 - Do not remove any items of clothing stuck to the body
 - Cover exposed burn areas with a clean, dry cloth to stop infection
 - Treat for shock – raise the legs and loosen tight clothing
 - Cover the victim to prevent heat loss
 - Get medical help
- (e) Explain why water should **not** be used to extinguish a fire caused by an electrical fault. 7

Water is a conductor of electricity

The electricity can travel up the water and cause a shock to the person trying to extinguish the fire.

6. Wool is a popular natural fibre.

(a) Give **three** other examples of natural fibres.

= 3 x 4

12

- *Silk*
- *Cotton*
- *Linen*

(b) Name **two** types of wool fabric.

= 2 x 3

6

- *Gaberdine*
- *Jersey*
- *Tweed*
- *Serge*
- *Flannel*
- *Crepe*
- *Velour*

(c) Sketch a care label suitable for a wool jumper.

Expect the label to contain 4 of the following points. Each point should have 1 explanation = 4 x 5

1. Washing – 40^o machine wash
 Hand wash
 Delicate cycle
 Wash dark colours separately
2. Drying – *Do not tumble dry*
 Dry flat
3. Dry Cleaning – **(P)**
4. Ironing – *Cool iron*
5. Bleaching – *Do not bleach*

Information should be contained in a box

= 1 x 2

22

(d) Describe a fabric test that could be carried out in order to identify wool.

= 3 x 5

15

Apparatus: Bunsen burner, tongs, metal tray, wool fibres, matches
May include diagram to illustrate above

Method: Heat the wool fibres and observe

- *when approaching the flame, the fibres will stick together and curl away from the flames*
- *when burning, the fibres burn slowly and then quench*
- *the burning fibres smell like burning feathers*
- *the residue is soft dark ash*

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