

FOR EXAMINER

EXAM NUMBER

Total  
Mark


# Coimisiún na Scrúduithe Stáit State Examinations Commission

## JUNIOR CERTIFICATE EXAMINATION 2005

### HOME ECONOMICS

#### ORDINARY LEVEL

*FRIDAY 17 JUNE – AFTERNOON 2.00 – 4.00*

**Total Marks 240**

#### INSTRUCTIONS TO CANDIDATES

- Section A - 80 marks  
Answer 16 (sixteen) questions from Section A.  
All questions carry equal marks.
- Section B - 160 marks.  
Answer 4 (four) questions from Section B.  
All questions carry equal marks.
- Answer the questions in the space provided.*

### Marking Scheme and Sample Answers

#### For examiners use only

QUESTION	MARK
Section A (Total)	
Section B <b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>TOTAL</b> (	
<b>GRADE</b> (	

1. Total of end of page totals	
2. Aggregate total of all disallowed question(s)	
3. Total mark awarded (1 minus 2)	
4. Bonus mark for answering through Irish	
5. Total mark awarded through Irish (3+4)	
Note: The mark in row 3 (or row 5 if an Irish Bonus is awarded) must equal the mark in the <b>Total Mark</b> box above.	

**SECTION A**

**80 marks**

Answer 16 (sixteen) of the following questions. All questions carry equal marks.

1. List **two** sources of calcium in the diet. 5

- (i) Milk / cheese / yogurt (ii) Green veg / Tinned fish / White flour

2. Indicate with a tick [✓] whether **each** of the following statements is true **or** false. 5

	TRUE	FALSE
(i) To glaze means to brush egg or milk over food before baking.	✓	
(ii) A lack of Vitamin C in the diet can cause scurvy.	✓	
(iii) To sauté means to introduce air into a mixture.		✓

3. Name **two** foods that have a high salt content. 5

- (i) Bacon/Ham/Rashers /Peanuts/ Smoked foods (ii) Crisps/Processed foods/Hard cheese

4. Give **two** advantages of including wholemeal bread in the diet. 5

- (i) Prevents constipation / Bowel disorders / Provides fibre

- (ii) Gives feeling of fullness

5. Suggest **three** ways of reducing fat in the diet. 5

- (i) Do not fry foods – bake or boil or grill instead

- (ii) Use low fat spreads instead of butter. Spread butter thinly

- (iii) Use low fat cheese instead of full fat version

Reduce amount of processed foods eaten / Avoid cakes

6. Indicate with a tick [✓] whether **each** of the following statements is true **or** false.

5

	TRUE	FALSE
(i) Food is a basic need that must be provided for in a household budget.	✓	
(ii) A good advertisement will make us want to buy the product.	✓	
(iii) Goods purchased during a sale cannot be returned.		✓

7. Give **two** advantages of barcodes.

5

(i) Give more detailed receipts / Quicker at checkout / Details of purchases

(ii) Can be use for stock control / No need to individually price items

8. Tick [✓] which of the following outlets provide goods **or** services.

5

OUTLETS	GOODS	SERVICES
Shoe shops	✓	
Hairdressers		✓
Butchers	✓	
Newsagents	✓	
Dry cleaners		✓

9. Give **two** advantages of using a bank account.

5

(i) Money is safe / Spending is recorded

(ii) Can earn interest / good habit to save for the future

10. Indicate with a tick [✓] whether **each** of the following statements is true **or** false.

5

	TRUE	FALSE
(i) Treating males and females equally is called gender equity.	✓	
(ii) The umbilical cord attaches the foetus to the mother.	✓	
(iii) Ignoring the issue and hoping it will go away is a good way of dealing with conflict.		✓

11. State why it is important for teenagers to have hobbies.

5

(i) Reduces stress / Relieves boredom / Helps to learn new life skills

(ii) Helps making new friends / Keeps the brain active / Good for health e.g Sport etc.

12. Give **three** reasons why some teenagers may abuse alcohol.

5

(i) Gives them more confidence / Curiosity

(ii) Peer Pressure / Availability / Family example

(iii) Some feel that it helps them relax etc

13. What do you understand by the term *mental health*? Having a healthy mind

5

Feeling reasonably content with life / High self esteem / Well balanced / Happy

Positive attitude

Having confidence dealing with people etc.

14. Explain why fluoride is usually added to the public water supply.

5

Helps to prevent tooth decay

Strengthens the teeth

15. (i) The colour Blue / Green is an example of a cool colour.

5

(ii) The colour Red / Orange is an example of a warm colour.

16. Give **one** advantage and **one** disadvantage of using gas in the home.

5

Advantage Clean / Pay as you use / Efficient / Quick to use

Disadvantage It can leak and can be dangerous / Not all houses are piped for gas / Can smell

17. List **three** guidelines that should be followed when using a sewing machine.

5

(i) Thread needle properly / Insert bobbin properly

(ii) Test stitching on spare fabric / Leave needle in fabric when turning

(iii) Guide fabric – do not push or pull / Lightly press on foot pedal

18. Name **one** fabric finish and give its purpose.

5

Fabric Finish	purpose
(i) <u>Stain Repellent</u> <u>Water repellent</u> <u>Moth proof etc.</u>	(i) _____ _____

19. Give **two** reasons why curtains are used in the home.

5

(i) Privacy / Prevent draughts / Add to décor of room / Creating pattern

(ii) Retain warmth / Keep out light

20. Explain the term **fashion accessory**

5

The extras that complete an outfit / Add interest to an outfit

Give **one** example of a fashion accessory Scarf / hat / jewellery / tie / belt etc.

**SECTION B**  
**160 marks**

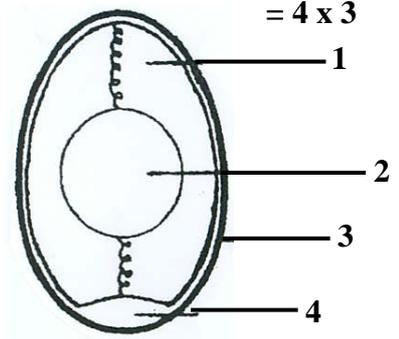
**Q1**

40

**Answer 4 (four) questions from this section.**

**1. (a)** Name the parts of the egg labeled 1, 2, 3 and 4.

1. White
2. Yolk
3. Shell
4. Air space



= 4 x 3

12

**(b)** List **three** reasons why eggs are important in the diet.

= 3 x 3

9

- (i) Good source of protein / Cheap substitute for meat
- (ii) Fat is easy to digest / Versatile food
- (iii) Contains calcium and Iron / Contains Vitamins A,D,B

**(c)** Name **one** nutrient which is not present in eggs Carbohydrate / Vit C

3

**(d)** Name **one** sweet dish and **one** savoury in which eggs are used.

= 2 x 2

4

SWEET	SAVOURY
(i) <u>Pavlova / Crème Caramel etc.</u>	(i) <u>Quiche / Omelette / Sandwich etc.</u>

**(e)** List the guidelines which should be followed when buying and storing eggs.

= 4 x 3

12

- (i) Check the sell-buy date / Check the eggs are not broken
- (ii) Should feel heavy for size / Check size of egg / Dull rough shell
- (iii) Store in a cool place e.g fridge
- (iv) Store with pointed end facing down / Keep away from strong smelling foods

2. (a) Give **three** reasons why some foods are cooked before eating. = 3 x 5

15

- (i) To improve flavour / To preserve the food
- (ii) To improve appearance / To make food easier to digest
- (iii) To kill bacteria / To add variety to the diet

(b) Suggest a **different** cooking method for **each** of the following foods: = 5 x 3

15

Food	cooking method
Pasta	Boil
Queen cakes	<i>Bake</i>
Rashers	<i>Grill / Fry</i>
Whole chicken	<i>Roast</i>
Cooking apples	<i>Stew/ Saute</i>

(c) Give **one** reason for **each** of the following: = 4 x 2

8

- (i) fresh fish breaks up when cooking in hot oil Connective tissue dissolves – should be coated in batter or breadcrumbs
- (ii) meat becomes tough Overcooked / Wrong cooking method used for cut of meat
- (iii) sausages burst when cooking in a microwave oven Juices cannot escape while sausage is cooking
- (iv) sponge cake sinks in the centre Door is opened and closed during baking

2

(d) What does '**al dente**' mean when cooking pasta? Has a "bite" to it – not hard or not soft and soggy

3. (a) What is a consumer? Anyone who buys goods or uses goods or services 8
- 

- (b) List **three** rights and **three** responsibilities of a consumer. 18

**Rights** = 3 x 3

(i) Safety / Honest and truthful information

(ii) Value for money / Redress

(iii) Choice

**Responsibilities** = 3 x 3

(i) To know their rights / Follow manufacturers instructions

(ii) To understand Consumer laws / Read labels

(iii) Complain / Avoid waste / Choose services wisely

- (c) (i) Name **one** agency that provides consumer information. 5  
Office of Consumer Affairs and Fair Trade / Consumer Association of Ireland

- (ii) Explain how the agency you have named protects consumers. 5

Provide unbiased information

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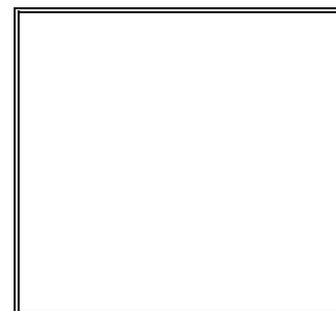
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- (d) Sketch a safety symbol a consumer would expect to find attached to an electrical appliance.

*Double Insulation symbol*  
*British Safety Standard symbol*

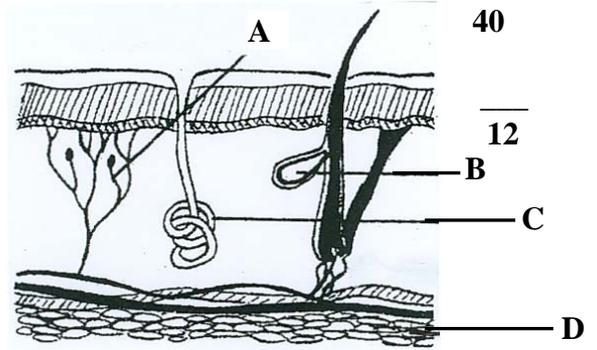
**Sketch**

4



4. (a) Name the parts of the skin labelled A, B, C and D.

= 4 x 3



40

A. Nerves

B. Oil Gland

C. Sweat Gland

D. Layer of fat cells

12

(b) Choose the correct word from the following list to complete **each** of the sentences.

= 5 x 2

10

blood vessels

nerves

sweat glands

oil glands

fat cells

(i) The nerves allow us to feel sensations, for example heat.

(ii) The blood vessels supply the skin with oxygen and nutrients.

(iii) The oil glands produce a substance which moistens the skin.

(iv) The fat cells help to insulate the body.

(v) The sweat glands remove waste from the body through the pores.

(c) (i) How can over exposure to the sun damage a person's skin?

9

= 1 x 3

Can cause skin cancer (Melanoma) / premature ageing / wrinkles

Sunburn

(ii) Give **two** guidelines which should be followed when sunbathing.

= 2 x 3

(i) Use high protection sun screen / Wear a sun hat

(ii) Stay out of sun between 12 noon and 3 pm / Don't fall asleep

(d) List **three** ways in which teenagers can prevent the spread of acne.

= 3 x 3

9

(i) Wash skin twice daily with antiseptic soap

(ii) Don't squeeze the spots / Don't share cloths or towels

(iii) Avoid fatty foods / Drink lots of water

Q5

40

5. (a) List **four** points which should be considered when choosing a household refrigerator. \_\_\_\_\_  
= 4 x 4    16
- (i) Cost / Is a freezer needed? \_\_\_\_\_
- (ii) Size of fridge / Size of family \_\_\_\_\_
- (iii) Special features \_\_\_\_\_
- (iv) Type of Defrost \_\_\_\_\_
- (b) Give **three** advantages of using a refrigerator. \_\_\_\_\_  
= 3 x 3    9
- (i) Reduces the risk of food poisoning \_\_\_\_\_
- (ii) Less waste / Food is protected from flies and vermin \_\_\_\_\_
- (iii) Perishable foods stay fresh longer \_\_\_\_\_
- (c) In relation to storing food in a refrigerator, explain why it is important to: \_\_\_\_\_  
= 3 x 2    6
- (i) open the door as little as possible To keep the temperature in fridge low. \_\_\_\_\_
- \_\_\_\_\_
- (ii) allow cooked food to cool To stop warm food from increasing the temperature inside in the fridge. \_\_\_\_\_
- \_\_\_\_\_
- (iii) cover strong smelling food To prevent cross flavouring \_\_\_\_\_
- \_\_\_\_\_
- (d) Name **three** types of packaging suitable for storing food in a refrigerator and suggest a **different** food for which **each** type of packaging you have named is suitable. \_\_\_\_\_  
9

type of packaging  <i>Expect 3 types @ 2 marks each</i>	suitable food  <i>Expect 3 foods @ 1 mark each</i>
(i) <u>Paper</u> _____	(i) <u>Biscuits / Bread etc.</u> _____
(ii) <u>Plastic</u> _____	(ii) <u>Ketchup / Milk etc.</u> _____
(iii) <u>Glass</u> _____	(iii) <u>Jams / Beetroot etc.</u> _____

6. (a) Give **three** uses of textiles in the home.

= 3 x 3      9

(i) Carpets / Towels / Upholstery

(ii) Curtains / Rugs

(iii) Cushions / Bedclothes etc.

(b) Name, sketch and describe a household item you have made as part of your Textile Studies.

Sketch = 6 marks

13

Name \_\_\_\_\_ = 2 marks

Description \_\_\_\_\_ = 5 marks

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



(c) Name the fabric/s you used to make the household item e.g. Cotton 4

\_\_\_\_\_

(d) List **three** points you considered when choosing the fabric/s for the household item. 9

= 3 x 3

(i) Cost / Easy to wash and iron

(ii) Properties / Colour

(iii) Durability / Suitability etc.

(e) Describe a decorative feature suitable for the item you have made.

5

Applique / Fabric pens

Embroidery stitches / Sequins etc.

\_\_\_\_\_