

EXAM NUMBER

Total
Mark


Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2006

HOME ECONOMICS

ORDINARY LEVEL

FRIDAY 16 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.*

CENTRE STAMP

For examiners use only

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

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 Total Mark box above.	

SECTION A

80 marks

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

1. List **two** sources of fat in the diet.

(i) _____ (ii) _____

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

	TRUE	FALSE
(i) Stewing is a quick method of cooking food.		
(ii) A lack of iron in the diet can cause anaemia.		
(iii) Bread is a good source of carbohydrate.		

3. Name **three** types of milk available in supermarkets.

(i) _____

(ii) _____

(iii) _____

4. Suggest a different dish in which you would use **each** of the following left-over foods:

LEFT-OVER FOOD	DISH
(i) Boiled potatoes	(i) _____
(ii) Roast turkey	(ii) _____
(iii) Half tin of tomatoes	(iii) _____

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

(i) **rub-in** _____

(ii) **seasoning** _____

6. List **two** types of credit available when buying a television.

(i) _____

(ii) _____

7. Choose the correct word from the following list to complete (i) **and** (ii) below.

deposit receipt budget credit note

(i) A sum of money paid to show that you intend to buy an item is a _____

(ii) A plan for spending and saving money is a _____

8. Name **two** methods used to advertise goods.

(i) _____

(ii) _____

9. What information does this symbol convey(give) to the consumer?



10. Name **two** saving options you would use to save for a school trip.

(i) _____ (ii) _____

11. Name **three** personal hygiene products.

(i) _____

(ii) _____

(iii) _____

12. Suggest **two** ways of protecting the skin from the harmful rays of the sun.

(i) _____

(ii) _____

13. Give **two** effects of stress on teenagers.

(i) _____

(ii) _____

14. Indicate with a tick [✓] whether **each** of the following are organic waste **or** inorganic waste.

	ORGANIC WASTE	INORGANIC WASTE
Potato peelings		
Food cans		
Glass bottles		

15. Name a different type of insulation suitable for **each** of the following areas in the home.

(i) Attic _____

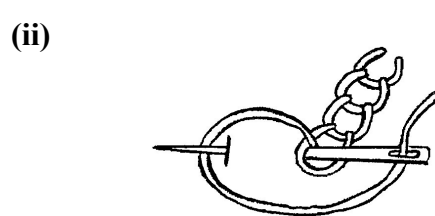
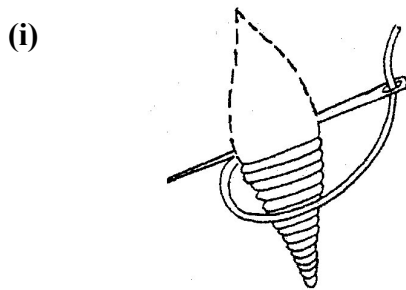
(ii) Hot water cylinder _____

16. Describe the first aid treatment for a minor cut _____

17. Indicate with a tick [✓] whether **each** of the following fabrics is natural **or** man-made.

FABRIC	NATURAL	MAN-MADE
Wool		
Linen		
Nylon		
Polyester		
Silk		

18. Name the **two** embroidery stitches shown below.



(i) _____

(ii) _____

19. Choose the correct word from the following list to complete (i) **and** (ii) below.

tacking dart hemming

(i) A fold of material used to give shape to a garment is a _____

(ii) _____ is a temporary stitch.

20. What information do **each** of the following fabric care symbols convey(give) to the consumer?



(i) _____

(ii) _____

SECTION B
160 marks

Answer 4 (four) questions from this section.

1. (a) Give **three** reasons why cheese should be included in a teenager's diet.

(i) _____

(ii) _____

(iii) _____

(b) Plan a packed lunch menu for a teenager which includes cheese.

Packed Lunch Menu

(c) Suggest **three** other ways of encouraging teenagers to eat more cheese.

(i) _____

(ii) _____

(iii) _____

(d) Name **one** example of **each** of the following types of cheese:

(i) hard cheese _____


(ii) soft cheese _____

(e) Give **two** guidelines that should be followed when storing cheese.

(i) _____

(ii) _____

2. The following is a label from a packet of convenience soup.

 <p style="text-align: center;">Country Garden Soup</p>														
Cooking Instructions <ol style="list-style-type: none">1. Add 850ml of cold water.2. Bring to boil stirring occasionally.3. Cover and simmer for 5 minutes.4. Garnish and serve.	Ingredients <p>Tomato Powder Sugar Wheat Flour Modified Starch Salt Vegetable Oils Flavourings</p>	Nutritional Information per 250ml Serving <table><tr><td>Energy</td><td>98kcal</td></tr><tr><td>Protein</td><td>1.8g</td></tr><tr><td>Carbohydrate</td><td>14.5g</td></tr><tr><td>Fat</td><td>1.5g</td></tr><tr><td>Sodium</td><td>1.0g</td></tr><tr><td>Fibre</td><td>0.5g</td></tr></table>	Energy	98kcal	Protein	1.8g	Carbohydrate	14.5g	Fat	1.5g	Sodium	1.0g	Fibre	0.5g
Energy	98kcal													
Protein	1.8g													
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Sodium	1.0g													
Fibre	0.5g													

(a) Using the information given above, answer **each** of the following:

- (i) Name the main ingredient in the soup. _____
- (ii) How long should the soup be simmered for? _____
- (iii) Name **three** nutrients found in the soup. 1. _____
2. _____ 3. _____

(b) (i) How much fibre is provided per 250ml serving of the soup? _____

(ii) Suggest **one** way of improving the fibre content of this soup.

(c) Suggest **two** garnishes suitable for soup.

- (i) _____
- (ii) _____

(d) Give **three** advantages of using convenience soups.

- (i) _____
- (ii) _____
- (iii) _____

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

inhale bronchitis exhale nicotine carbon dioxide

- (i) To _____ means to breathe in oxygen.
- (ii) A harmful substance found in cigarettes is _____
- (iii) Stale air contains more _____ than fresh air.
- (iv) An example of a respiratory disease is _____

(b) Suggest **three** reasons why teenagers smoke.

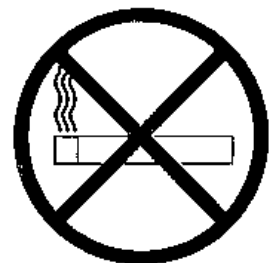
- (i) _____
- (ii) _____
- (iii) _____

(c) Give **two** disadvantages of smoking.

- (i) _____
- (ii) _____

(d) What is *passive smoking*? _____

(e) (i) What information does this symbol convey(give) to the consumer?



(ii) Name **two** places where you would expect to find this symbol displayed.

- (i) _____
- (ii) _____

4. (a) Why is packaging of goods necessary?

(i) _____

(ii) _____

(iii) _____

(b) (i) Give **one** advantage and **one** disadvantage of glass as a type of packaging.

Advantage _____

Disadvantage _____

(ii) Name **two** types of packaging, other than glass, used to package household goods.

1. _____

2. _____

(c) List **four** items of information you would expect to find on the label of a bottle of washing-up liquid.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(d) Choose the correct word from the following list to complete (i) **and** (ii) below.

care label

date stamp

unit price

(i) A _____ is used on foods with a short shelf life.

(ii) A _____ gives information on how to wash, dry and iron clothes.

5. You have been asked to decorate a child's bedroom.

(a) Give **four** guidelines that you would follow when decorating the bedroom.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

(b) Suggest (i) a wall finish (ii) a floor covering **and** (iii) lighting suitable for the bedroom. Give a reason for your choice in **each** case.

- (i) Wall finish _____
Reason _____
- (ii) Floor covering _____
Reason _____
- (iii) Lighting _____
Reason _____

(c) List **three** pieces of furniture that you would choose for the bedroom.

- (i) _____
- (ii) _____
- (iii) _____

(d) Describe **one** way that you could personalise the bedroom.

(e) Suggest **two** ways to make the bedroom safe for a child.

- (i) _____
- (ii) _____

6. (a) Give **three** reasons why we wear clothes.

(i) _____

(ii) _____

(iii) _____

(b) List **three** guidelines that should be followed by teenagers when buying clothes.

(i) _____

(ii) _____

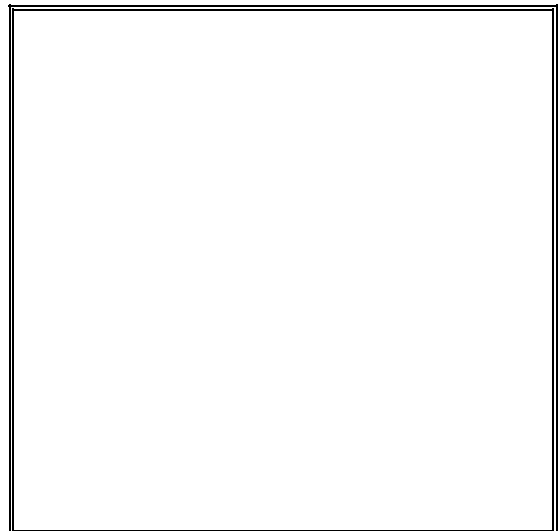
(iii) _____

(c) Name, sketch and describe a fashionable item of clothing that is popular with teenagers.

Name _____

Description _____

Sketch



(d) Explain the term *fashion trend* _____

(e) What influences fashion trends?

(i) _____

(ii) _____

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