



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2008

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 13th JUNE - AFTERNOON 2.00 - 4.30

SECTION B (220 MARKS)

INSTRUCTIONS TO CANDIDATES

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

SECTION B
220 MARKS

1. The following information is displayed on the label of a carton of soup.



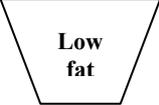
SOUP TO GO

Chicken and Sweetcorn Soup

NUTRITION INFORMATION

Typical values per cup

Energy	660kj/158kcal
Protein	4.1g
Carbohydrate	16.0g
(of which sugars)	(4.1g)
Fat	8.6g
(of which saturates)	(0.8g)
Fibre	0.6g
Sodium	0.7g
Salt equivalent	1.9g



Ingredients

Water, sweetcorn, onions, chicken, vegetable oil, potatoes, cornflour, peppers, flavouring, skimmed milk, sugar, herbs, sodium, garlic powder, spice extract, beta carotene.

DIETARY INFORMATION

Suitable for a gluten-free diet.
No artificial colours, flavours or preservatives.
A serving contains 1.9g of an adults recommended daily salt intake of 6g.

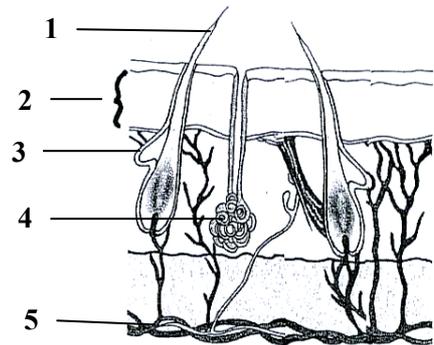


Using the information given on the label above:

- (a) Evaluate the nutritive value of the soup;
- (b) Name the food additives listed. Identify **three** different types of additives and outline their function in convenience foods.
- (c) Explain the statement “suitable for a gluten-free diet”.
- (d) (i) State the recommended daily salt intake of an adult.
(ii) What effect can a high salt intake have on the body?
- (e) What is a thickening agent?
Name **one** thickening agent used in this product.
2. (a) State **three** classifications of fish and give **two** examples of **each** class.
- (b) Give the nutritional composition of fish **and** outline its value in the diet.
- (c) What guidelines should be followed when (i) buying **and** (ii) storing fresh fish?
- (d) (i) Suggest **three** methods of cooking fish.
(ii) What are the effects of cooking on fish?
- (e) Why is lemon used to garnish fish dishes?

3. (a) In relation to income, explain the difference between statutory deductions and voluntary deductions. Give **one** example of **each** type of deduction.
- (b) Explain the term **tax credit**.
- (c) State the advantages of budgeting.
- (d) (i) Discuss **five** points that should be considered when planning a household budget.
(ii) Plan a household budget based on an average weekly income.
- (e) Outline ways to ensure '**value for money**' when shopping.

4. (a) Name the parts of the skin labelled 1,2,3,4 and 5.



- (b) Outline **four** functions of the skin.
- (c) What guidelines should be followed to help promote healthy skin?
- (d) What special guidelines should be followed by teenagers when caring for their feet and toe nails?

5. (a) List the factors that should be considered when planning a teenager's study-bedroom.
- (b) Draw the room plan of the study-bedroom indicating the position of (i) the door (ii) the window (iii) the heat source and (iv) suitable furniture.
- (c) Suggest **two** different types of lighting that could be used in the study-bedroom and give a reason for **each** one.
- (d) (i) What is meant by compact fluorescent lights (**CFLs**)?
(ii) Why are **CFL** bulbs used in the home?

6. (a) Silk is a natural fabric. List **three** other natural fabrics.
- (b) Choose a natural fabric and outline the stages involved in its production.
- (c) State **four** desirable properties of the fabric you have chosen.
- (d) Name, sketch and describe a household item **or** a garment that could be made from this fabric.
- (e) Design a care label that could be attached to either the household item or the garment you have named.

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