



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CERTIFICATE 2008

MARKING SCHEME

HOME ECONOMICS

ORDINARY LEVEL

EXAM NUMBER

Total
Mark


Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2008

HOME ECONOMICS

ORDINARY LEVEL

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

80

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

1. List **four** sources of fibre in the diet.

5

- (i) Wholemeal bread (ii) Fruit
(iii) Vegetables (iv) Breakfast cereals

2. Tick [✓] whether **each** of the following statements is true **or** false.

5

	TRUE	FALSE
(i) Meat is a good source of calcium.		✓
(ii) Vitamin D is needed for blood clotting.		✓
(iii) Some vegetarians eat dairy products.	✓	

3. Give **one** function of **each** of the following nutrients:

5

NUTRIENT	FUNCTION
(i) Fat	(i) Protects delicate organs, supply fat soluble vitamins, produce heat and energy, insulate the body.
(ii) Iron	(ii) Forms haemoglobin in red blood cells, prevents anaemia, carries oxygen around the body

4. Give **two** reasons why some foods are cooked.

5

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

5. Name a **different** garnish suitable for **each** of the following foods:

5

FOOD	GARNISH
(i) Cheese omelette	(i) chopped parsley
(ii) Fish cakes	(ii) lemon wedge, grated cheese, tomato lilies/roses
(iii) Mushroom soup	(iii) cream, croutons, chives, leaves of herbs

6. Suggest **three** different ways in which teenagers are influenced to spend money. 5

(i) Advertising, media, celebrities

(ii) Peer pressure

(iii) Special offers

7. List **three** consumer rights. 5

(i) Truthful information, redress, repair/replace/refund

(ii) Choice, safety

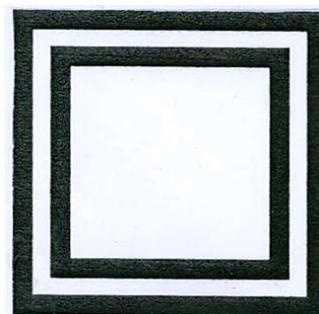
(iii) Value for money

8. What information does this symbol give to the consumer? 5

Double insulated

Found on small electrical appliances

Safety symbol



9. Give **four** different methods of advertising. 5

(i) Newspaper/magazines, sporting events, internet, mobile phone

(ii) Television/radio, carrier bags

(iii) Classified ads, bus shelters

(iv) Billboards, cinema, logos, posters

10. Name **two** basic human needs. 5

(i) food, water, clothing

(ii) shelter, warmth

OVER→

11. Choose the correct word from the following list to complete **each** of the sentences.

5

stress *exercise* *insulin* *personality*

- (i) A person becomes physically fit by taking regular exercise.
- (ii) Too much stress can cause high blood pressure and heart disease.
- (iii) Personality is part of our identity.

12. Tick [✓] the correct answer.

Having high self-esteem means

5

- (i) treating males and females equally.
- (ii) feeling confident and believing in yourself.
- (iii) being able to tell right from wrong.

13. List **three** personal hygiene guidelines that should be followed by adolescents.

5

- (i) cleanse, tone, moisturise skin, keep nails short,
- (ii) change underwear daily, have bath/shower every day,
- (iii) wash hair at least once a week, use deodorant, brush teeth daily

14. Give **three** causes of accidents in the home.

- (i) faulty electrical appliances, untidiness, forgetful old people
- (ii) badly constructed buildings, poor lighting
- (iii) careless storage of chemicals, curious and active toddlers

5

15. (i) Name **one** primary colour red, yellow, blue.

(ii) Name **one** secondary colour orange, purple, green.

5

16. Match the most suitable form of insulation with **each** of the following:

5

walls windows floors attic hot water cylinder

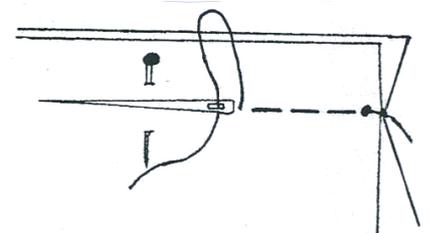
FORM OF INSULATION	
(i) Curtains	(i) windows
(ii) Lagging jacket	(ii) hot water cylinder
(iii) Fibre glass	(iii) attic
(iv) Carpet	(iv) floors
(v) Polystyrene sheets	(v) walls

17. Name the stitch shown in the diagram **and** suggest a use for it.

5

Stitch Tacking

Use Temporary stitch to hold two pieces of material together while being stitched, or before fitting.



18. List **three** factors that you would consider when buying clothes for yourself.

5

- (i) cost, colour, quality, occasion
- (ii) size, season, peers, parental influence
- (iii) style, fashion, function, brand labels

19. Tick [✓] the correct answer.

5

Embroidery is used

- (i) to finish a seam.
- (ii) to give shape to a garment.
- (iii) to decorate fabric.

20. Why is it necessary to transfer pattern markings from the paper pattern to the fabric? _____

5

To allow for the garment to be constructed correctly

SECTION B
160 marks

40

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

1. (a) Give **three** reasons why it is important to eat a nourishing breakfast everyday. 3 x 3 = 9

- (i) helps concentration, prevents headaches, less likely to oversnack or overeat during the day.
- (ii) breaks the overnight fast, improves blood sugar levels, prevents obesity
- (iii) prevents accidents, ability to work better

(b) List **four** healthy eating guidelines. 4 x 3 = 12

- (i) increase fibre, have 5 portions fruit/veg a day
- (ii) decrease fat, reduce alcohol consumption
- (iii) decrease sugar, eat fish/omega 3 oils, correct amount of food for age/lifestyle
- (iv) Decrease salt, increase water consumption

(c) Keeping the healthy eating guidelines in mind, plan a **three** course breakfast menu for a teenager. 3 x 3 = 9 } 10
Format = 1 }

Breakfast Menu

Orange juice/grapefruit segments

Breakfast cereal/milk

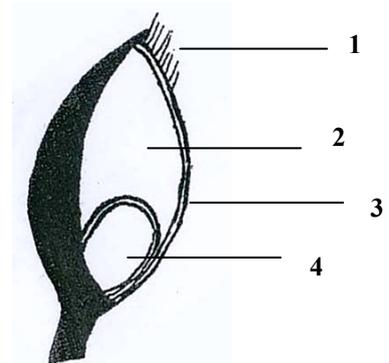
Grilled bacon, poached egg,
brown bread, butter
tea/coffee

(d) Give reasons for your choice of menu. Expect the following: 3 x 3 = 9

- reference to nutrients
- reference to healthy eating guidelines
- reference to diet of teenagers

2. (a) Name the parts of the cereal grain labelled 1, 2, 3 **and** 4. 4

1. Beard
2. Starch endosperm
3. Aleurone layer / bran
4. Germ



(b) Match **each** of the following foods with the cereal they are made from: 5 x 3 =

15

spaghetti cooking oil porridge popcorn weetabix

CORN	OATS	WHEAT
(i) popcorn	(i) porridge	(i) spaghetti
(ii) cooking oil	(ii)	(ii) weetabix

(c) Give **two** effects of cooking on cereals. 2 + 3 =

5

- (i) Starch grains burst and swell, absorb liquid, absorbs fat
- (ii) Starch becomes digestible, cellulose is softened

(d) Name **four** different types of flour. 4 x 3 =

12

- (i) wholemeal/wholegrain, brown
- (ii) plain/cream
- (iii) self-raising
- (iv) strong, gluten-free

(e) Explain **each** of the following terms: 2 x 2 =

4

- (i) **coeliac** A person who is allergic to wheat and follows a gluten-free diet.
- (ii) **dietary fibre** The roughage found in food. Important in the diet to prevent constipation.

3. (a) Tick [✓] the correct answer.

A budget is

- (i) the part of the income that is not taxed.
- (ii) a money management plan.
- (iii) to buy now and pay later.

(b) Give **two** reasons why it is important to save money. 2 x 2 = 4

- (i) Provides security for future, fewer financial worries
- (ii) Allows for major bills and luxury items, interest is earned

(c) (i) Name **two** different places where a consumer can save money. 2 x 3 = 6

- 1. Bank, Building Society
- 2. Post Office, Credit Union

(ii) List the guidelines that should be followed when choosing a place to save. 3 x 3 = 9

- 1. Interest rate, security
- 2. Ease of withdrawal
- 3. Opening hours, location

(d) State **two** disadvantages of borrowing money. 2 x 3 = 6

- (i) Unable to meet repayments, encourages overspending
- (ii) High interest rate

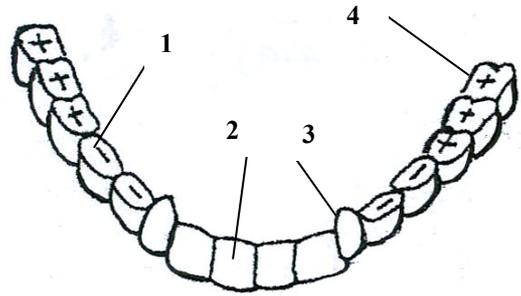
(e) Describe **three** methods used in shops to encourage customers to spend more money. 3 x 4 = 12

- (i) Slow background music, pleasant cooking smells
Luxuries placed at eye level, sweets etc at check out.
- (ii) Essentials at the back of the shop
Special offers/buy one get one free
- (iii) Loss leader techniques, loyalty cards
Items positioned by association

4 x 2 = 8

4. (a) Name the types of teeth labelled 1, 2, 3 and 4.

1. Premolar
2. Incisor
3. Canine
4. Molar



(b) Give the function of any one of the types of teeth named.

1 + 2 = 3

TYPE	FUNCTION
(i) <u>(1 mark)</u>	(i) <u>(3 marks)</u>

(c) Choose the correct word from the following list to complete each of the sentences. 5 x 3 =

15

crown root cementum enamel pulp cavity

- (i) Most of the tooth is protected by a hard substance called enamel.
- (ii) The cementum holds the tooth in place in the jaw.
- (iii) The space at the centre of the tooth is called the pulp cavity.
- (iv) The visible part of the tooth is called the crown.
- (v) The root of the tooth is embedded in the gum.

(d) What is the advantage of using each of the following oral hygiene products?

4 x 2 = 8

- (i) fluoride toothpaste strengthens teeth; freshens breath
- (ii) dental floss removes food particles, prevents plaque/tartar
- (iii) antiseptic mouthwash kills bacteria, freshens breath
- (iv) disclosing tablet shows areas of plaque on teeth / tartar

(e) Name two dental health problems that may be the result of neglecting the teeth.

2 x 3 = 6

- (i) Dental caries/tooth decay
- (ii) gum disease

OVER →

5. A hygienic home is essential for good health and well-being.

40

(a) List **four** guidelines that should be followed in order to keep a home clean and hygienic.

4 x 3 =

12

- (i) Have a regular cleaning routine, well lit to see areas that need cleaning
- (ii) Tidy away all clutter, wipe up spills immediately
- (iii) Empty bins daily
- (iv) Disinfect bathrooms regularly, good ventilation

(b) Suggest **three** points to be considered when choosing and buying cleaning agents. 3 x 3 =

9

- (i) Cost, safety, ease of use, smell
- (ii) Versatility, safety of product, clear instructions
- (iii) Effectiveness, packaging, environmentally friendly, quantity

(c) Give a different use for **each** of the following cleaning agents:

5 x 2 =

10

CLEANING AGENT	USE
(i) Detergent	(i) Washing clothes, dishes, dissolve grease
(ii) Bleach	(ii) Kills germs, used in bathroom, stain removal, whitening sinks
(iii) Cream cleaner	(iii) Clean kitchen surfaces, sinks, cookers, smooth surfaces.
(iv) Disinfectant	(iv) Kills germs, clean the floor
(v) Wax polish	(v) To clean furniture, floors.

(d) Why is it important to follow the manufacturers instructions when using cleaning agents?

2 x 3 =

6

- To keep children safe
- To start with the mildest agent
- To be aware of dangers

(e) Explain clearly what this symbol means.

3

- Toxic/poisonous
- Should not be eaten
- Store out of reach of children



6. (a) Give **four** guidelines to be considered when choosing and buying a sewing machine.

4 x 3 =

12

(i) cost, guarantee, servicing

(ii) features of the machine

(iii) brand name, attachments

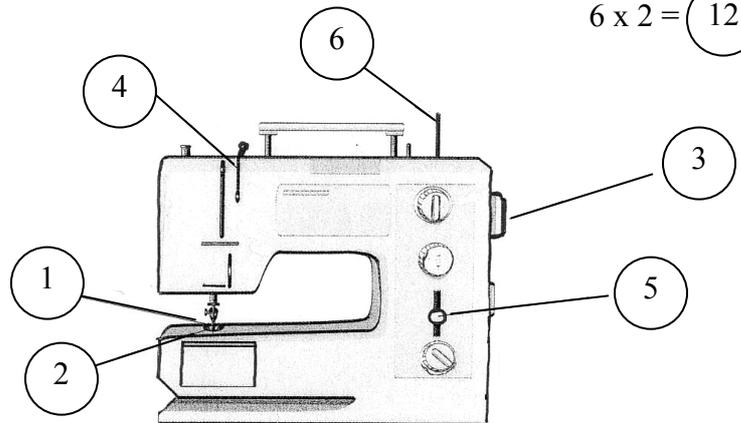
(iv) use of the machine

(b) Indicate on the diagram of the sewing machine, the position of **each** of the parts numbered 1, 2, 3, 4, 5 and 6.

6 x 2 =

12

1. needle
2. presser foot
3. hand wheel
4. tension slot
5. stitch length regulator
6. spool pin



(c) How should a sewing machine be cared for?

3 x 2 =

6

(i) Follow manufacturers instructions

(ii) Keep covered when not in use, get serviced once a year

(iii) Oil moving parts, do not run without fabric

(d) Give a reason why **each** of the following faults may occur when using a sewing machine.

2 x 2 =

4

(i) needle breaks Incorrectly inserted, top tension too tight, poor quality, fabric pulled roughly, loose pressure foot.

(ii) looped stitches Tension too loose, incorrectly threaded, bobbin threaded incorrectly.

(e) Name **two** machine stitches commonly used when making a garment.

2 x 3 =

6

(i) Straight, zig-zag

(ii) Blind stitch, button-hole