



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CERTIFICATE 2010

MARKING SCHEME

HOME ECONOMICS

ORDINARY LEVEL

EXAM NUMBER

Total
Mark



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2010

HOME ECONOMICS

ORDINARY LEVEL

FRIDAY 18 JUNE – AFTERNOON 2.00 – 4.00

Total Marks 240

INSTRUCTIONS TO CANDIDATES

1. SECTION A - 80 marks.
Answer 16 (sixteen) questions from Section A.
All questions carry equal marks.
2. SECTION B - 160 marks.
Answer 4 (four) questions from Section B.
All questions carry equal marks.
3. *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.	

Introduction

- The marking scheme is a guide to awarding marks to candidates' answers. It is a concise and summarised guide and is constructed in a way to minimise its word content.
- Assistant Examiners must conform to this scheme and may not allow marks for answering outside the scheme.
- The scheme contains key words or phrases for which candidates may be awarded marks. This does not preclude synonyms or phrases which convey the same meaning as the answer in the marking scheme.
- The scheme may include the words "any valid answer" and the Assistant Examiner will use his/her professional judgement to determine the validity of the answer. If in doubt, he/she should consult with his/her Advising Examiner before awarding marks.
- Where it comes to the attention of the Assistant Examiner that a candidate has presented a valid answer and there is no provision in the scheme for accepting this answer, then he/she must first consult with his/her Advising Examiner before awarding marks.
- The detail required in any answer is determined by the context and the manner in which the question is asked and by the number of marks assigned to the answer in the marking scheme. Requirements may therefore vary from year to year.

SECTION A

80 marks

80

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

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

(i) wholemeal bread, wholegrain breakfast cereals (ii) fruit, vegetables

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

(i) grill, bake or poach instead of frying

(ii) use low-fat varieties of food, e.g. dairy spreads, milk, cheese

(iii) avoid/reduce intake of chocolate, biscuits, chips, crisps

3. Give **two** reasons why it is important to eat a healthy breakfast. 5

(i) supplies the body with nutrients, breaks the overnight fast, less likely to over snack

(ii) aids concentration, ability to work more efficiently, less likely to have accidents

4. Place **each** of the fish listed below under the correct headings: 5

salmon cod mackerel prawns plaice

WHITE FISH	OILY FISH	SHELL FISH
<i>cod</i>	<i>salmon</i>	<i>prawns</i>
<i>plaice</i>	<i>mackerel</i>	

5. Give **three** uses of eggs in cooking. 5

(i) main course dishes – quiche / omelette, desserts - custards / pavlova

(ii) baking - sponge cake, queen cakes; glazing, coating, garnishing

(iii) on their own, sandwiches, binding - burgers / fish cakes

6. What information does this symbol convey to the consumer?
It is a standard mark awarded by the EU, found on electrical goods, toys, et., goods comply with safety standards

Communauté Européenne



5

7. List **three** sources of consumer information.

5

- (i) *television, radio, internet*

- (ii) *newspaper / magazines, advertisements, brochures, leaflets*

- (iii) *agencies – national consumer agency, Citizens Information Centre, Office of the Director of Consumer Affairs*

8. Give **two** advantages of saving money.

5

- (i) *provides security, prevent / avoid debts, fewer financial worries*

- interest can be earned*

- (ii) *sets a good example for children and family*

- have money to pay bills and for emergencies*

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

5

	TRUE	FALSE
(i) Net income is take home pay after deductions.	✓	
(ii) A budget is a plan for spending and saving money.	✓	
(iii) Consumer rights are not protected by law.		✓

10. Name **one** physical change that occurs in boys and **one** physical change that occurs in girls during adolescence.

5

- (i) **Boys** *increase in height and weight, growth of facial and body hair, voice may become deeper*

- (ii) **Girls** *increase in height and weight, growth of body hair*

- menstruation begins, breasts develop*

11. Tick [✓] the correct answer.

5

Ovulation is

(i) when a sperm joins with an egg.

(ii) the breakdown of the lining of the uterus.

(iii) the release of an egg from the ovary.

12. Explain **each** of the following.

5

(i) **the nuclear family** *this consists of parent/parents and children*

(ii) **the extended family** *this consists of parent/parents and children together with other relatives*

13. List **three** benefits of taking regular exercise.

5

(i) *it improves strength and stamina, improves muscle/body tone, makes one supple/fit*

(ii) *helps to reduce and maintain a healthy weight, reduces stress*

(iii) *reduces the risk of heart disease, it is a way of socialising*

14. Name **one** warm colour and **one** cool colour.

5

(i) **warm colour** *peach, pink, orange, red, yellow*

(ii) **cool colour** *blue, green, pale yellow, blue-violet*

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

5

(i) **a hot water cylinder** *lagging jacket, foam surround*

(ii) **an attic** *fibre glass, loose fill insulating pellets*

16. Suggest **three** ways in which a consumer can protect the environment. 5

- (i) dispose of waste carefully, do not litter/do not dump illegally, use composting
- (ii) recycle all possible items, reuse products and packaging, buy loose produce/avoid overpackaging, choose concentrated/refill type products, choose energy saving items
- (iii) save the ozone layer – choose non-aerosol products and CFC free products

17. Give **two** functions of clothing. 5

- (i) modesty, protection from weather, safety-protection from injury/harmful substances
- (ii) style and self expression, to flatter, status, identification – uniforms

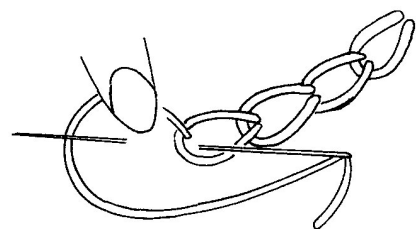
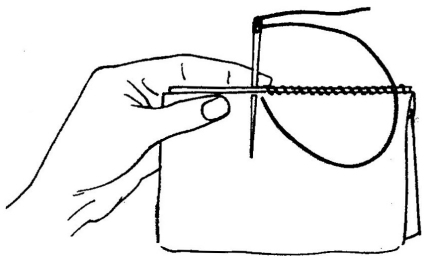
18. Suggest a different fabric suitable for **each** of the following items of clothing. 5

ITEM	SUITABLE FABRIC
(i) t-shirt	(i) cotton, cotton/polyester, viscose
(ii) school jumper	(ii) wool, acrylic, wool/acrylic mix
(iii) sports shorts	(iii) lycra, elastene, cotton

19. List **three** rules that should be followed when using a steam iron. 5

- (i) unplug when filling with water; use distilled/soft water; empty water tank after use
- (ii) keep iron upright when not ironing; choose heat setting to suit care label
- (iii) iron carefully to avoid creasing; iron on wrong side to avoid shiny finish

20. Name the **two** stitches shown below. 5



- (i) top stitch / topsewing / oversewing
- (ii) chain stitch

SECTION B
160 marks

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

1. (a) Give **three** reasons why meat is important in the diet. (3 x 3) 9

(i) *excellent source of protein for growth and repair*

(ii) *very good source of iron to prevent anaemia, source of A,D and B group Vit.*

(iii) *contains fat for heat and energy, water which aids digestion*

(b) List **three** guidelines that should be followed when using minced meat. (3 x 3) 9

(i) *choose with the least amount of fat possible, place on a clean plate, cover*

(ii) *store in refrigerator, use within 2 – 3 days, dry fry/grill at a high temp, brown*

(iii) *drain fat before using, cook thoroughly*

(c) Plan a **two** course dinner menu that includes minced meat.

Menu = 2 x 3
Format = 2
Mince meat = 2

10

Dinner Menu

first course and main course

or

main course and dessert

must include a minced meat dish

(d) List the guidelines that should be followed when planning a diet suitable for a vegetarian. (2 x 3) 6

diet must be balanced

protein, iron, B group Vit is present from vegetable, cereal and nut sources

use soya products / TVP, include only vegetable fats / oils

(e) Give **two** reasons why a teenager may become a vegetarian. (2 x 3) 6

(i) *moral, cultural, religious reasons*

(ii) *health - reduce saturated fat / cholesterol, special diet, allergy*

2. Milk is a very important food in the diet.

- (a) Name **three** nutrients present in milk and give a reason why **each** nutrient you have named is important in the diet of children.

NUTRIENT (3 x 1)	REASON (3 x 2)
(i) <i>protein</i> <i>CHO</i>	(i) <i>growth and repair</i> <i>heat and energy</i>
(ii) <i>calcium</i> <i>Vit. A,D,B group</i>	(ii) <i>strong bones and teeth</i> <i>general good health, healthy skin</i>
(iii) <i>fat</i> <i>water</i>	(iii) <i>provides heat, insulates body</i> <i>aids digestion, body fluids and cells</i>

- (b) List **three** types of milk available in supermarkets. (3 x 3)

- (i) *whole milk, low-fat, skimmed*
- (ii) *fortified, flavoured, buttermilk*
- (iii) *dried, condensed, evaporated, soya*

- (c) Suggest **three** uses of milk in food preparation. (3 x 3)

- (i) *breakfast cereals, milkshakes*
- (ii) *baking, sweet and savoury dishes – milk puddings, pancakes*
- (iii) *sauce making*

- (d) Name **four** milk products. (4 x 2)

- (i) *Butter* (ii) *cheese*
- (iii) *cream* (iv) *yoghurt*

- (e) How should milk be stored?

- (i) *in the refrigerator, in a clean covered jug / container*
- (ii) *away from strong smelling foods*

3. (a) List **four** methods of advertising. (4 x 4)

- (i) *television, radio, internet*
- (ii) *newspapers / magazines / leaflets*
- (iii) *billboards, bus shelters*
- (iv) *packaging, receipts*

16

(b) Give **three** reasons for advertising. (3 x 4)

- (i) *introduce new products / services, inform consumers*
- (ii) *promote brand names*
- (iii) *increase sales of a product / service*

12

(c) Describe **two** advertisements that you consider to be effective. (2 x 3)

- (i) *accept any two advertisements*
- (ii)

6

(d) Explain why you consider the advertisements you have described to be effective. (2 x 3)

- (i) *captures attention, creates desire*
- (ii) *keeps one interested, persuades the buying of a product / service*

6

4. (a) Give **three** functions of the skin. (3 x 3)

(i) protects the body from micro-organisms, removes waste in the form of sweat

(ii) controls body temperature, allows feelings of heat, cold, pain, touch

(iii) Vit D is made by sunlight on skin

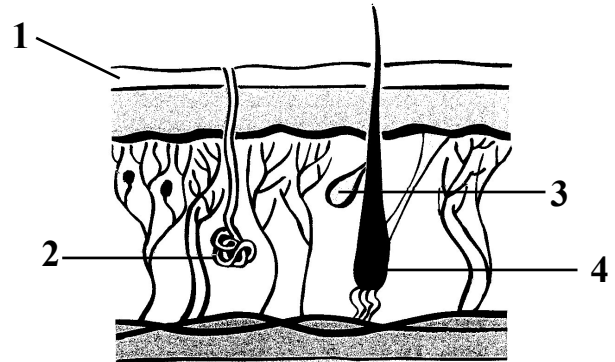
(b) Name the parts of the skin labelled 1, 2, 3 and 4. (4 x 2)

1. epidermis

2. sweat gland

3. oil gland

4. hair root



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

deodorant acne sweat glands vitamin D skin cancer

(i) The use of deodorant helps prevent body odour.

(ii) vitamin D is created by the action of the sun's ultraviolet light on the skin.

(iii) Too much exposure to the sun may cause skin cancer

(iv) acne is a skin condition that is fairly common during adolescence.

(v) sweat glands remove water, salt and other impurities from the blood.

(d) List **four** guidelines that should be followed when caring for the skin. (4 x 2)

(i) wash and dry hands and body regularly, use warm water and gentle soap / gel

(ii) wash hair regularly, rinse thoroughly, use moisturiser / hand cream

(iii) shower after strenuous activity, use anti-perspirants / deodorants

(iv) eat a healthy diet, drink plenty of water, avoid too much sun

5. (a) List **four** points that should be considered when choosing a refrigerator for use in the home. (4 x 3)

12

- (i) *size – large enough to suit the family*
- (ii) *space – ensure there is enough space in cabinet, it fits into space*
- (iii) *cost – consider energy efficiency, features, type*
- (iv) *guarantee / after-sales service*

(b) Give **three** advantages of using a refrigerator. (3 x 3)

9

- (i) *Stores perishable foods, helps reduce risk of food poisoning*
- (ii) *food stays fresh longer, reduces waste of leftover food, fewer shopping trips*
- (iii) *chills foods, frozen foods may be stored in icebox*

(c) List the guidelines that should be followed when:

10

- (i) **storing food in a refrigerator** *cover food to prevent drying out, all foods should be clean and cool, store in the correct positions, allow space for air circulation, keep door closed* (1 x 5)
- (ii) **cleaning a refrigerator** *remove all food and removable parts, wash inside with bread soda/warm water solution, rinse and dry, replace shelves and food wash outside with warm water / washing up liquid, rinse and dry well* (1 x 5)

(d) Name **three** different foods that are stored in a refrigerator and suggest a **different** type of packaging suitable for **each** food you have named.

9

FOOD (3 x 1)	TYPE OF PACKAGING (3 x 2)
(i) <i>milk</i>	(i) <i>waxed carton, glass bottle</i>
(ii) <i>meat</i>	(ii) <i>tinfoil</i>
(iii) <i>lettuce</i>	(iii) <i>plastic bag</i>

6. (a) Suggest **three** uses of textiles in the home. (3 x 3)

(i) *soft furnishings – curtains, cushions, rugs, wall hangings*

(ii) *bed linen – sheets, duvets, throws, table linen, towels*

(iii) *carpets, upholstery – sofa, chair seats, armchairs*

(b) List **three** points that should be considered when choosing textiles for soft furnishings. (3 x 3)

(i) *function – cushions should be soft / comfortable*

(ii) *easy to clean*

(iii) *hardwearing, cost, colour, pattern, texture*

(c) Why are soft furnishings used in the home? (2 x 3)

warmth

comfort, style, taste, attractive

privacy

(d) Name, sketch **and** describe a household item you have made as part of Textile Studies

Name (2) *household item*

Description (6)

expect reference to colour, design

any decorative features and

stitches used

Sketch = (5)

Must be labelled

(e) Name the fabric / fabrics you used to make the household item.

accept an appropriate fabric / fabrics



Coimisiún na Scrúduithe Stáit

Marcanna Breise as ucht freagairt trí Ghaeilge

Léiríonn an tábla thíos an méid marcanna breise ar chóir a bhronnadh ar iarrthóirí a ghnóthaíonn thar 75% d'iomlán na marcanna.

N.B. Ba chóir marcanna de réir an ghnáthrata a bhronnadh ar iarrthóirí nach ngnóthaíonn thar 75% d'iomlán na marcanna. Ba chóir freisin an marc bónais sin a shlánú **síos**.

Tábla G

Bain úsáid as an tábla seo i gcás na hábhair a leanas:

Home Economics – Ordinary Level

Iomlán: 240

Gnáthrata: 10%

Bain úsáid as an ngnáthrata i gcás marcanna suas go 180. Thar an marc sin, féach an tábla thíos.

Bunmharc	Marc Bónais
181 – 183	17
184 – 186	16
187 – 190	15
191 – 193	14
194 – 196	13
197 – 200	12
201 – 203	11
204 – 206	10
207 – 210	9

Bunmharc	Marc Bónais
211 – 213	8
214 – 216	7
217 – 220	6
221 – 223	5
224 – 226	4
227 – 230	3
231 – 233	2
234 – 236	1
237 – 240	0

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