



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Certificate 2016

Marking Scheme

Home Economics

Higher Level

Note to teachers and students on the use of published marking schemes

Marking schemes published by the State Examinations Commission are not intended to be standalone documents. They are an essential resource for examiners who receive training in the correct interpretation and application of the scheme. This training involves, among other things, marking samples of student work and discussing the marks awarded, so as to clarify the correct application of the scheme. The work of examiners is subsequently monitored by Advising Examiners to ensure consistent and accurate application of the marking scheme. This process is overseen by the Chief Examiner, usually assisted by a Chief Advising Examiner. The Chief Examiner is the final authority regarding whether or not the marking scheme has been correctly applied to any piece of candidate work.

Marking schemes are working documents. While a draft marking scheme is prepared in advance of the examination, the scheme is not finalised until examiners have applied it to candidates' work and the feedback from all examiners has been collated and considered in light of the full range of responses of candidates, the overall level of difficulty of the examination and the need to maintain consistency in standards from year to year. This published document contains the finalised scheme, as it was applied to all candidates' work.

In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with their Advising Examiners when in doubt.

Future Marking Schemes

Assumptions about future marking schemes on the basis of past schemes should be avoided. While the underlying assessment principles remain the same, the details of the marking of a particular type of question may change in the context of the contribution of that question to the overall examination in a given year. The Chief Examiner in any given year has the responsibility to determine how best to ensure the fair and accurate assessment of candidates' work and to ensure consistency in the standard of the assessment from year to year. Accordingly, aspects of the structure, detail and application of the marking scheme for a particular examination are subject to change from one year to the next without notice.



Coimisiún na Scrúduithe Stáit State Examinations Commission

Junior Certificate 2016

HOME ECONOMICS

Higher Level

Marking Scheme

Total 300 Marks

INSTRUCTIONS TO CANDIDATES

1. **SECTION A** - 80 marks.

Answer 20 (twenty) questions from Section A. All questions carry equal marks.

2. *Answer the questions in Section A in the spaces provided.*

3. The completed answer sheets for Section A must be returned to the examination superintendent.

SECTION A
80 marks

Answer 20 (twenty) of the following questions.
All questions carry equal marks.

1. List **four** ways of increasing iron in the diet. _____
4
- (i) *choose foods rich in iron, e.g. red meat, liver*
- (ii) *use wholemeal bread and wholegrain cereals, iron supplements*
include pulse and dark green vegetables in the diet combine with Vit C rich foods
- (iii) *eat nuts, dried fruit, fortified foods, etc.*
2. Name **four** foods that are a good source of Vitamin D. _____
4
- (i) eggs, liver (ii) oily fish, fish liver oils
- (iii) milk, cheese (iv) breakfast cereals, fortified foods
3. State **two** classifications of soup and give an example of **each** class. _____
4

<i>CLASSIFICATION OF SOUP</i>	<i>EXAMPLE</i>
<i>(i) thin</i>	<i>(i) clear, broths (consommé)</i>
<i>(ii) thick</i>	<i>(ii) pureé, thickened</i>

4. Explain **each** of the following terms: _____
4
- (i) **Empty kilocalories** *Foods that provide little or no nutrients*
- (ii) **Micronutrients** *Nutrients that are small enough to be absorbed easily*
into the body, needed in small amounts
5. List the conditions required for the growth of micro-organisms. _____
4
- (i) food (ii) warmth, oxygen
- (iii) moisture (iv) time, PH,

6. Name **two** tests that could be used to check the setting point of jam. 4
- (i) *cold plate test (the surface of the jam will wrinkle when pushed with a finger)*
- (ii) *temperature test (104°C / 220°F) or the flake test*
7. Explain how the consumer is protected by the Consumer Information Act 1978. 4
- this act protects the consumer against false or misleading claims about goods, services or prices*
8. Name **four** consumer resources. 4
- (i) *Agencies - National Consumer Agency, CAI, Office of the Ombudsman*
- (ii) *Time, skills, money, products,*
- (iii) *Media - Consumer programmes, radio, newspaper, online resources*
- (iii) *Advertising, sales assistants, word of mouth, etc.*
9. What information does this symbol give to the consumer? 4
- it indicates that the product has met high standards of*
- quality, performance and safety as set out by the*
- British Standards Institution (BSI Kitemark)*
- 
- Name **one** item on which this symbol is found. *electrical goods , appliances, toys*
10. Explain the following consumer terms: 4
- (i) **Net income** *this is the money available after deductions have been made*
take home pay
- (ii) **Voluntary deductions** *deductions set up by the individual, e.g. health insurance,*
pension contributions, savings schemes, union subscriptions, etc.
11. State **two** advantages of budgeting. 4
- (i) *spending is kept under control, money is available for bills*
- (ii) *fewer financial worries, overspending is highlighted, etc.*

12. Give an example of **one** physical need and **one** emotional need provided by the family. 4

(i) *food, clothing, shelter*

(ii) *love, support, care*

13. List **one** function of **each** of the following:

Hormones *chemical substances that bring about changes in the body* 4

Amniotic fluid *it protects the foetus in the placenta*

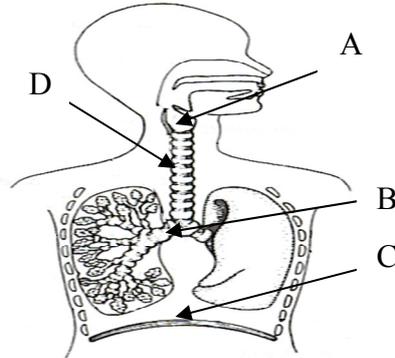
14. Name the parts of the respiratory system labelled A, B, C and D.

A Larynx voice box

B Bronchus

C Diaphragm

D Trachea / rings of cartilage



15. Why is it important for young people to have a positive mental attitude? 4

(i) *to have a high self-esteem, positive attitude to life*

ability to cope with high and lows of life

(ii) *to be happy, contented, look on the bright side*

to avoid depression, cope with emotions

16. Explain the function of a thermostat in an electrical appliance. 4

Maintains a constant temperature - can be both heating and cooling

17. Suggest **two** ways of adding emphasis to the interior design of a sitting room. 4

(i) *using wall paper/paint on single wall, spot lighting, large mirror or painting*

(ii) *using furniture, antiques, different textures on couches, curtains*

18. Describe the first aid procedure that should be followed when treating a sprained ankle. 4
apply a cold compress / ice-pack to the ankle, dry and wrap firmly in a bandage:

Rest, Ice, Compress, Elevate

19. Name **two** modern features of a cooker. 4
(i) *fan cooking, timers, self cleaning* **(ii)** *induction hobs, dual fuel, dual rings*

20. List **four** points to consider when choosing clothes for a special occasion. 4
(i) *cost, colour*
(ii) *comfortable*
(iii) *suitable for the occasion*
(iv) *properties – warm, cool, etc.*

21. Name **two** methods of transferring pattern markings onto fabric. 4
(i) *tailor tacking, tailor's chalk*
(ii) *tracing wheel and carbon paper, thread marking*

22. Name **four** factors that can influence fashion trends. 4
(i) *famous people / celebrities, season*
(ii) *media, magazines, fashion programmes*
(iii) *fashion designers, the fashion industry*
(iv) *historical events, street fashion, sporting events*

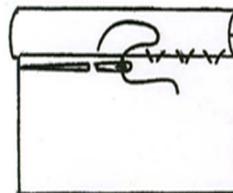
23. Give **two** examples of natural fibres and suggest a different use for **each** one. 4

NATURAL FIBRES	USE
(i) <i>wool, silk</i>	(i) <i>clothes, household items, etc. accept any correct use</i>
(ii) <i>cotton, linen</i>	(ii) <i>accept any correct use</i>

24. Name the stitch shown in the diagram and suggest **one** use for it.

Name slip hemming

Use to sew / turn up the hem of clothes



SECTION B
220 MARKS

1. The following is the nutritional content of Cheddar cheese and Mozzarella cheese.

Cheddar cheese	Mozzarella cheese
Typical values per 100 g	Typical values per 100 g
Energy 416 kcal	Energy 246 kcal
Fat 34.2 g	Fat 18.5 g
of which saturates 21.3 g	of which saturates 12.0 g
Carbohydrates 2.1 g	Carbohydrates 1.5 g
Fibre .0 g	Fibre 0.5 g
Protein 24.9 g	Protein 18.0 g
Salt 1.7 g	Salt 0.8 g

- (a) Using the nutritional information above, compare and evaluate the nutritional value of cheddar cheese and the nutritional value of mozzarella cheese. 15
(5 x 3)
name of nutrient = 1 mark quantity = 1 mark mark comment = 1 mark
- (b) Classify cheese into **three** classes and give **two** examples of **each** class. 12
(classifications = 3 x 2) (examples = 2 x 1) x3 classes
Classifications **Examples**
hard cheddar, emmenthal, parmesan
semi-soft, semi hard edam, port salut, blarney
soft brie, cottage cheese, mozzarella
processed cheese slices, strings, spreads
blue-veined cashel blue, stilton, gorgonzola
farmhouse gubbeen, coolea, killorglin
- (c) Outline the reasons why cheese should be included in a teenager's diet. 9
(3 x 3)
high in protein for growth, high in calcium for healthy bones and teeth,
high in fat for energy, rich in Vit B / Vit D for release of energy / healthy skin,
versatile, easy to prepare / pack,
- (d) List **four** culinary uses of cheese and give a different example of **each** use. 16
(uses = 4 x 2) (examples = 4 x 2)
Uses **Examples**
savoury dishes pizza, quiche, lasagne
sauces cheese sauce, macaroni cheese
desserts cheesecake, tiramisu
as a garnish, salads
snacks, crackers on cheese
cheeseboard, cheese selection
baking cheese scones
(accept all correct uses and examples)
- (e) What effect does heat have on cheese? 3
(1 x 3)
protein coagulates and shrinks, fat melts, colour changes, flavour changes
overcooking causes cheese to become tough and difficult to digest

2. ‘Obesity is the most common nutritional disorder in the world.’

(Irish Heart Foundation)

- (a)** List **three** possible causes of obesity. **(3 x 2)** **6**
- overeating, lack of exercise, poor nutritional knowledge, energy imbalance, emotional reasons.*
-
- (b)** What are the health problems associated with obesity? **(4 x 2)** **8**
- heart disease, high blood pressure, stroke, diabetes, varicose veins, limb and joint immobility, poor self-image, depression*
-
- (c)** List the guidelines to be followed when preparing healthy family meals. **(4 x 3)** **12**
- allow 1 shopping point - cost, shopping around*
- balanced meal / four food groups, low in sugar, low salt, high in fibre, avoid convenience / processed foods and foods high in fat, include fresh fruit, vegetables, water, choose healthy cooking methods, cater for dietary restrictions e.g. coeliac, vegan, buying in season, skill, time. etc.*
-
- (d) (i)** Design a day’s menu to include three meals and snacks suitable for a family. **15**
- (expect breakfast, lunch, dinner, 2 snacks)*
- breakfast = 3m*
- lunch = 3m*
- dinner = 3m*
- snacks = 2m (2 x 1)*
- balanced = 2m (3 out of 4 food groups in the day’s menu)*
- menu format = 2m*
-
- (ii)** Give reasons for your choice of menu. **(3 x 3)** **9**
- nutrition, occasion, foods in season, cost, time available, dietary restrictions, likes / dislikes, etc.*
-
- (e)** What is the advantage of displaying the *calorie count* on menus? **(1 x 5)** **5**
- raises awareness of the intake of calories, teaches to track calories to meet nutritional needs, increases chance of weight loss / gain success, helps prevent diseases associated with under /over calorie intake.*

3. (a) Name **four** types of packaging used by manufacturers and suggest a different use for **each** type.

(types = 4 x 2)

(use = 4 x 2)

16

Types of packaging

paper

plastic

metal

glass

Use

sugar, flour, milk, butter, tea bag boxes

yogurt cartons, water bottles, fruit containers

fruit cans, tinned vegetables, fizzy drink cans

jam jars, bottled sauces, wine bottles

- (b) Give **four** reasons why packaging is necessary on products. (4 x 3)

12

to protect the good, more hygienic, to carry information, to preserve food, marketing, to protect the consumer, easier to transport, easier to store

- (c) What information would you expect to find on the packaging of a mobile phone?

(4 x 2)

8

name, brand, logo, description, advice on use and care of phone, warning of misuse, country of manufacture, bar code, safety mark, camera specification, memory specification, 4G, network details, screen size etc

- (d) What form of redress is available to a consumer if a new mobile phone is faulty? (3 x 3)

9

refund, repair, replacement, credit note

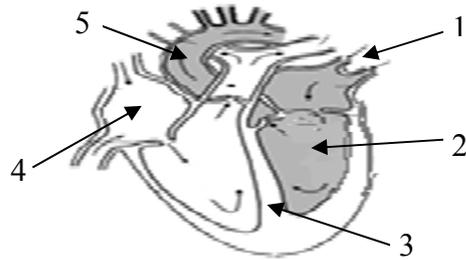
- (e) Write an informative note on the *Small Claims Court*. (2 x 5)

10

deals with consumer claims up to €2,000, handles claims speedily, no solicitor needed, fee of €25

4. (a) Name the parts of the heart numbered 1, 2, 3, 4 and 5. (5 x 3) 15

1 = pulmonary vein
 2 = left ventricle
 3 = septum
 4 = right atrium
 5 = aorta



- (b) List the functions of the blood. (4 x 4) 16

transports oxygen from the lungs, CO₂ to the lungs, carries nutrients, hormones, enzymes, waste products around the body, helps control body temperature, protects the body from disease, fights infection, platelets clot the blood

- (c) Name **two** types of blood vessel and state the function of **each** one named. (name = 2 x 2) (function = 2 x 2) 8

Types	Function
artery	carries blood away from the heart
vein	carries blood towards the heart
capillary	links arteries and veins

- (d) (i) Explain what you understand by the term *coronary heart disease*. (2 x 2) 4

cholesterol / saturated fat build up as deposits on the walls of arteries, arteries become narrower, restricts the flow of blood to the heart, results in high blood pressure, stroke, heart attack, angina.

- (ii) Suggest the guidelines that should be followed in order to promote a healthy heart. (4 x 3) 12

expect 1 dietary and 1 lifestyle and any 2 others

dietary guidelines: reduce salt and saturated fat intake, increase use of polyunsaturated fats, avoid refined CHO, especially sugar, avoid overeating, increase intake of fruits and vegetables, etc.

lifestyle guidelines: exercise regularly, reduce weight, avoid smoking, reduce alcohol intake, reduce stress levels

5. Clean water is an essential service to the home.

- (a) Name **three** treatments carried out on water before it enters the mains supply to the home. Give the reason for each treatment named.

(treatment = 3 x 3)

Treatment

screening

settling

filtration

chlorination

fluoridation

(reasons = 3 x 3)

Reason

to remove large objects

to allow solid particles to settle

to remove large objects e.g. stones, grit

to destroy harmful bacteria

to prevent tooth decay

18

- (b) Suggest ways in which water can be conserved in the home. **(5x3)**

15

repair leaks and dripping taps, avoid washing under a running tap, use economy / half load options in washing machines and dishwashers, only boil required amount, take short showers, flush with less water, etc.

- (c) Name **two** different causes of water pollution and state how **each** one affects the environment.

(name = 2 x 4)

(effects = 2 x 3)

14

Causes

oil spills

animal slurry

human sewage

factory and farm pollutants

litter

Effects on environment

bad smells, dead fish, illness

- (d) Describe the procedure to follow when water pipes burst in the home. **(4x2)**

8

*turn off the water at the mains, call a plumber
drain the system, turn off central heating system,*

6. (a) Outline the factors that should be considered when choosing leisurewear. (4 x 3) 12
function, care, fit, style, cost, durability, absorbency, type of fabric.
- (b) Design a care label that could be attached to a synthetic tracksuit top. (4 x 3) 12
(care label must be relevant for synthetic fabric)
expect reference to washing, drying, ironing / no ironing and one other care point
% of synthetic fibre
- (c) Outline the stages involved in the production of silk. (4 x 3) 12
silk moth lays eggs and new silkworm feeds on leaves of mulberry tree,
silk worm spins cocoons of silk, cocoons are heated and soaked and the
threads are removed, threads are wound onto reels
and spun into thicker yarn
- (d) Name **two** desirable and **two** undesirable properties of silk. (4 x 3) 12
- | <i>Desirable properties</i> | <i>Undesirable properties</i> |
|------------------------------------|--|
| <i>absorbent</i> | <i>flammable</i> |
| <i>lightweight</i> | <i>easily damaged by careless handling</i> |
| <i>crease resistant</i> | <i>damaged by chemicals</i> |
| <i>strong</i> | <i>damaged by moths</i> |
| <i>smooth</i> | |
| <i>drapes well</i> | |
| <i>soft</i> | |
- (e) Explain the term *fabric finish* and give **one** example. 7
(explanation = 4m) (example = 3m)
a chemical treatment applied to a fabric to improve its appearance or performance

example: crease resistant, shrink resistant, water proof, flame proof,
stain repellent, permanent pleating, brush

