

WARNING

You must return this paper with your answerbook, otherwise marks will be lost.

EXAM NUMBER



FOR EXAMINER

 Total No.
of Marks

AN ROINN OIDEACHAIS AGUS EOLAÍOCHTA

JUNIOR CERTIFICATE EXAMINATION 2001

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 15 JUNE – AFTERNOON 2.00 – 4.30

Total Marks 300

CENTRE STAMP

For examiners use only

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

INSTRUCTIONS

1. Section A - 80 marks
Answer (twenty) 20 questions from Section A;
all questions carry equal marks.
2. *Answer the questions in the space provided.*
3. The completed answer sheets for Section A must be returned to the examination supervisor.
4. Section B - 220 marks.
Answer (four) 4 questions from Section B;
all questions carry equal marks.

SECTION A
80 marks

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

1. Name **two** foods which are good sources of dietary fibre.

(i) _____ (ii) _____

2. Suggest **four** ways of **reducing** the intake of **salt** in the diet.

(i) _____

(ii) _____

(iii) _____

(iv) _____

3. Suggest **one** advantage and **one** disadvantage of grilling as a method of cooking food.

Advantage _____

Disadvantage _____

4. List **three** effects of cooking on fish.

(i) _____

(ii) _____

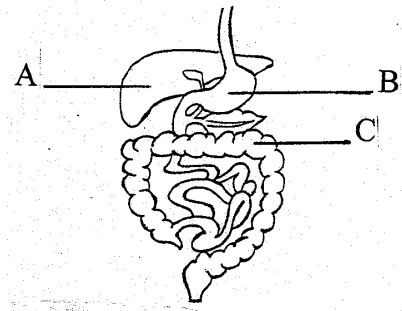
(iii) _____

5. Name **two** raising agents used in baking and suggest a different use for **each**.

RAISING AGENT	USE
(i)	(i)
(ii)	(ii)

6. Name the parts of the digestive system labelled A, B and C.

A _____
B _____
C _____



7. List **four** techniques used by supermarkets to encourage consumers to buy more goods.

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

8. Name **two** forms of credit available to a consumer.

(i) _____ (ii) _____

9. Give **one** function of the Director of Consumer Affairs and Fair Trade.

10. What information does this symbol convey to the consumer?



11. List **four** effects of long term alcohol abuse on the body.

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

12. Name **two** excretory organs in the body.

(i) _____ (ii) _____

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

(i) **stereotype** _____

(ii) **peer group** _____

14. What is the function of haemoglobin in red blood cells? _____

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

AREA IN THE HOME	TYPE OF INSULATION
(i) Attic	(i)
(ii) Hot water cylinder	(ii)
(iii) Walls	(iii)
(iv) Windows	(iv)

16. List **four** guidelines to follow when planning the layout of a kitchen.

(i) _____

(ii) _____

(iii) _____

(iv) _____

17. Explain the term **biodegradable** _____

18. Give **two** advantages of using Compact Fluorescent Lights (CFLs) in the home.

(i) _____

(ii) _____

19. A biological detergent contains chemicals called _____ which break down protein stains in fabrics during washing.

20. Give **two** examples of man-made fibres in **each** of the following classes:

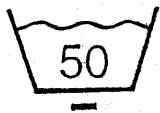
CLASSIFICATION OF MAN-MADE FIBRES	
SYNTHETIC	REGENERATED
(i)	(i)
(ii)	(ii)

21. Explain **each** of the following fashion terms:

(i) **haute couture** _____

(ii) **prêt-à-porter** _____

22. Explain what **each** of the following fabric care symbols indicate:





23. List **four** desirable properties of textiles suitable for children's clothing.

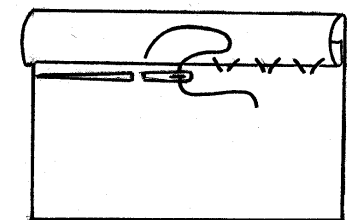
(i) _____ (ii) _____

(iii) _____ (iv) _____

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

Name _____

Use _____



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SECTION B
(220 MARKS)

INSTRUCTIONS

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

SECTION B

220 marks

1.

CHEESE	PROTEIN	FAT	CARBOHYDRATE	MINERALS	VITAMINS	WATER
CHEDDAR	27%	33%	0%	4% Calcium	A + B	34%
COTTAGE	15%	4%	4%	1% Calcium	A + B	77%

- (a) (i) Using the nutritional information in the table above, state which type of cheese would be most suitable for (i) an adult on a low cholesterol diet **and** (ii) an energetic teenager.
- (ii) Give **two** reasons for your choice in **each** case.
- (b) Using **one** of the cheeses named in the table, design a balanced snack suitable for a packed lunch.
- (c) Classify cheese and give **one** example in **each** class.
- (d) Outline the stages involved in the manufacture of cheese.
- (e) Explain the term '*au gratin*'.

2. Freezing is a method of preserving food.

- (a) Explain how freezing preserves food.
- (b) Give **three** advantages of using a freezer.
- (c) Compare *frozen* vegetables with *canned* vegetables under **each** of the following headings: (i) food value **and** (ii) colour, flavour, texture.
- (d) What guidelines should be followed when (i) buying and (ii) thawing frozen food?
- (e) Why should you **not** refreeze thawed food?

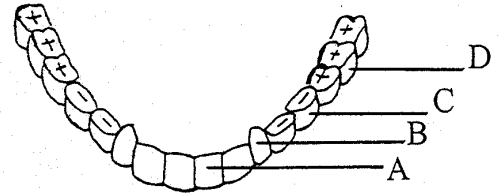
3. The cost of packaging adds to the consumers' weekly shopping bill.

- (a) Give **four** reasons why packaging of goods is necessary.
- (b) What are the characteristics of good packaging?
- (c) List **three** types of packaging and suggest a different use for **each**.
- (d) List **five** items of information that you would expect to find on the label of packaged goods.
- (e) Give **four** disadvantages of over packaging.

4. (a) The diagram shows an adult's permanent teeth.

(i) Name the types of permanent teeth labelled A, B, C and D.

(ii) State **one** function of **each** type.



(b) Explain the importance of healthy teeth.

(c) Describe the role of plaque in tooth decay.

(d) What are the benefits of using **each** of the following dental hygiene products:

(i) antiseptic mouthwash;

(ii) fluoride toothpaste;

(iii) dental floss.

5. A clean, hygienic home contributes to healthy living.

(a) Give **four** guidelines necessary to ensure a high standard of hygiene in the home.

(b) Plan a simple daily routine which would help a teenager with asthma to maintain a high standard of hygiene in his/her bedroom.

(c) List **four** factors which should be considered when selecting and using household cleaning agents.

(d) Give **four** rules to be followed when storing cleaning agents in the home.

(e) Sketch **one** hazard symbol to convey that a product is either:
(i) highly flammable; **or** (ii) toxic; **or** (iii) harmful and irritant.

6. (a) List **four** factors which the consumer should consider when buying a sewing machine for use at home.

(b) List **five** guidelines which should be followed when using a sewing machine.

(c) Name **two** machine stitches and suggest **one** use for **each** stitch.

(d) Suggest **one** possible cause for **each** of the following machine faults:

(i) thread breaking;

(ii) looped stitches;

(iii) needle breaking.