

**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**

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

**INSTRUCTIONS**

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

**SECTION A**

**80 marks**

**80**

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

1. Name two foods which are good sources of dietary fibre 4

- (i) Whole cereals, wholemeal bread      (ii) fruit, vegetables, nuts, etc

2. Suggest four ways of **reducing** the intake of salt in the diet. 4

- (i) avoid adding salt at table, Reduce salty snack food e.g. crisps crackers etc.

- (ii) avoid adding salt during cooking – use herbs and spices, Choose low-salt products, etc.

- (iii) reduce intake of high-salt processed foods e.g. cheese, bacon, butter, smoked fish etc.

- (iv) avoid convenience foods e.g. packet soups/sauces, stock cubes etc.,

3. Suggest one advantage and one disadvantage of grilling as a method of cooking food. 4

**Advantage** food cooks quickly, healthier – less greasy, little loss of nutrients,

little loss of flavour, easy method – little preparation, good texture e.g. crisp, etc.,

**Disadvantage** only suitable for thin pieces of tender food, food can dry out,

needs constant attention, not suitable for tough meat etc.,

4. List three effects of cooking on fish. 4

- (i) protein coagulates (sets)

- (ii) colour changes – fish becomes opaque, loss of B vitamins, minerals,

- (iii) connective tissues dissolves, fish flakes apart easily, micro-organisms are destroyed.

5. Name two raising agents used in baking and suggest a different use for each. 4

RAISING AGENT	USE
(i) Air, Baking Powder	(i) Sponges, pastry, queen cakes, scones, muffins etc.
(ii) Bread soda	(ii) Brown bread, gingerbread, biscuits etc.

Yeast

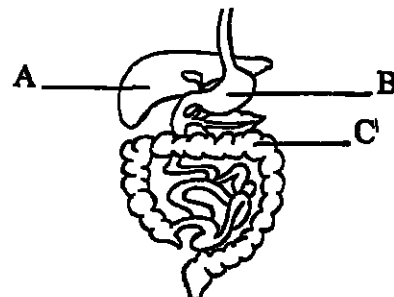
Bread, hot cross buns, etc.

6. Name the parts of the digestive system labelled A, B and C. 4

A Liver

B Stomach

C Large Intestine



7. List **four** techniques used by supermarkets to encourage consumers to buy more goods. 4

(i) special offers, luxuries at eye level, essentials at back,

(ii) sweets/magazines etc. at checkouts, loyalty cards, money-off tokens, free gifts,

(iii) soft music, food sampling, wide aisles, attractive displays,

(iv) Bakery near entrance – enticing aroma, in-store advertising, promotions, etc.

8. Name **two** forms of credit available to a consumer. 4

(i) personal loan, bank overdraft      (ii) credit card, hire purchase etc

9. Give **one** function of the Director of Consumer Affairs and Fair Trade. 4

Monitors advertising, investigates false/misleading advertisements, enforces consumer laws -  
e.g. Consumer Information Act, publishes leaflets etc to increase public awareness of  
consumer laws etc

10. What information does this symbol convey to the consumer? 4

BSI safety mark – goods (gas/electric appliances) comply  
with certain safety standards.



11. List **four** effects of long term alcohol abuse on the body. 4

(i) addiction to alcohol, mental illness – depression, slurred speech,

(ii) brain cells destroyed, loss of memory, judgement, self-control

(iii) liver damage, heart disease, high blood pressure

(iv) cancer of the mouth, throat, liver and bladder, etc

12. Name **two** excretory organs in the body 4

(i) lungs, kidneys,      (ii) skin, large intestine

13. Explain **each** of the following terms: 4

(i) **stereotype** is a fixed image of a type of person or group of people

(ii) **peer group** people who share your age, background and interests.

14. What is the function of haemoglobin in red blood cells? 4

haemoglobin carries oxygen to every cell of the body.

15. Name a different type of insulation suitable for **each** of the following areas in the home: 4

AREA IN THE HOME	TYPE OF INSULATION
(i) Attic	(i) fibreglass strips, loosefill pellets of polystyrene, foam
(ii) Hot water cylinder	(ii) lagging jacket
(iii) Walls	(iii) polystyrene sheets, cavity walls – still air, plastic foam
(iv) Windows	(iv) double glazing, heavy lined curtains, draught excluders

16. List **four** guidelines to follow when planning the layout of a kitchen. 4

(i) arrange cooker, sink, fridge in a work triangle.

(ii) sufficient worktop space for food preparation, easy to clean hygienic surfaces.

(iii) adequate storage, provision for hygienic waste disposal, good plumbing and drainage.

(iv) efficient ventilation, good lighting, adequate heating, sufficient power points, etc.

17. Explain the term **biodegradable** 4

capable of being broken down and made harmless by natural biological action

18. Give **two** advantages of using Compact Fluorescent Lights (CFLs) in the home. 4

(i) Use less (80%) electricity – lower running costs – cheaper.

(ii) Lasts longer than ordinary bulbs, available in a wide range of sizes and types etc.

19. A biological detergent contains chemicals called enzymes which break down protein stains in fabrics during washing. 4

20. Give two examples of man-made fibres in each of the following classes: 4

CLASSIFICATION OF MAN-MADE FIBRES	
SYNTHETIC	REGENERATED
(i) nylon, polyster,	(i) rayon, viscose,
(ii) acrylic, PVC etc.	(ii) acetate, tri-acetate etc.

21. Explain each of the following fashion terms: 4

(i) **haute couture** high fashion – clothes based on original exclusive designs created by designers, usually very expensive.

(ii) **prêt-à-porter** ready-to-wear clothes which are less expensive ranges based on haute couture designs

22. Explain what each of the following fabric care symbols indicate: 4



Machine wash at 50°C, medium wash action, synthetic cycle



Dry flat

23. List four desirable properties of textiles suitable for children's clothing. 4

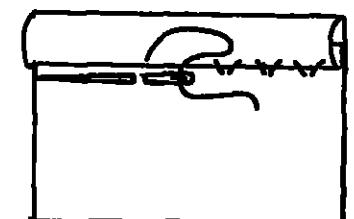
(i) washable (ii) absorbent, light, soft,

(iii) hardwearing, flame proof (iv) stain resistant, warm, etc.

24. Name the stitch shown in the diagram and state one use for it. 4

Name Slip hemming

Use To sew hems on clothes e.g. skirts, trousers



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**JUNIOR CERTIFICATE EXAMINATION 2001**

**HOME ECONOMICS**

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**HIGHER LEVEL**

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**FRIDAY 15 JUNE - AFTERNOON 2.00 - 4.30**

**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.

- (i) an adult on a low cholesterol diet – *cottage cheese most suitable.* 2  
 (ii) an energetic teenager – *cheddar cheese most suitable* 2

- (ii) Give two reasons for your choice in each case.

- (i) Cottage cheese – *is low in fat and cholesterol, low in kilocalories, high in water, low in salt, provides Vitamin A – eyes, skin etc and Vitamin B – energy release, healthy nervous system etc.* 2 @ 3 = 6

- (ii) Cheddar cheese – *is an excellent source of (1<sup>st</sup> Class) protein - growth & repair etc , high in fat – heat, energy, insulation etc , good source of calcium – bones/teeth, Vit. A – eyes, skin etc., Vit. B – energy release etc* 2 @ 3 = 6

- (b) Using one of the cheeses named in the table, design a balanced snack suitable for a packed lunch.

*Expect balanced snack to include one of the named cheeses*

- (c) Classify cheese and give one example in each class.

*Any 3 classes – hard, semi-hard, soft, processed, blue-veined, farmhouse* 3 @ 3 = 9  
*One correct example in each class.* 3 @ 1 = 3

- (d) Outline the stages involved in the manufacture of cheese.

*A culture of bacteria is added to pasteurised milk.  
 Milk is warmed, rennet is added to clot the milk  
 Milk separates into curds (solids) and whey (liquid)  
 Curds are chopped, pressed and salted, whey is drained.  
 Curds are pressed into moulds and left to ripen/mature*

4 @ 4

- (e) Explain the term 'au gratin'

*Food which has been covered in a sauce, sprinkled with cheese and browned under the grill or in the oven*

Q. 1

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2. Freezing is a method of preserving food.

(a) Explain how freezing preserves food

*Freezing reduces the temperature of food to a level at which micro-organisms are inactivated/cannot grow (-18° to -30°C) Upon freezing water in food changes to ice – micro-organisms cannot grow without moisture* 2 @ 5

(b) Give three advantages of using a freezer.

*Convenient and successful method of home preservation, can store frozen foods which are useful in emergencies, can store leftovers – reduces waste, bulk cooking and freezing meals etc is economical – saves time/fuel, seasonal or home-grown foods are available all year round, frozen foods retain colour/flavour/texture/food value, versatile – suitable for storing a variety of foods etc.* 3 @ 3

(c) Compare *frozen* vegetables with *canned* vegetables under each of the following headings. (i) food value and (ii) colour, flavour, texture

(i) food value – *frozen vegetables retain their nutritive value well and are of a superior food value to canned vegetables which lose Vitamin B, C and some minerals into the canning liquid.* 4

(ii) colour – *frozen vegetables retain their colour well Some loss of colour in canned vegetables which may be replaced by the use of additives* 4

flavour – *frozen vegetables retain their flavour. there may be some loss of flavour during canning.* 4

texture – *frozen vegetables retain their texture well compared to canned Vegetables where there is a loss of texture – vegetables are softened* 4

(d) What guidelines should be followed when (i) buying and (ii) thawing frozen food?

(i) *buying frozen food – food should be frozen solid, packaging intact, check expiry date, buy from freezer kept below -18°C, avoid foods stored above freezer's load line, choose a reliable hygienic shop – good turnover etc* 3 @ 2 = 6

(ii) *thawing frozen food – follow instructions on package, thaw in container in fridge or microwave, thaw meat/poultry etc thoroughly, once thawed use up quickly, never refreeze thawed food etc.* 3 @ 2 = 6

(e) Why should you not refreeze thawed food?

*As there is a danger that bacteria present will have time and favourable conditions in which to multiply to dangerous levels which may cause food poisoning.* 2 @ 4

Q. 2

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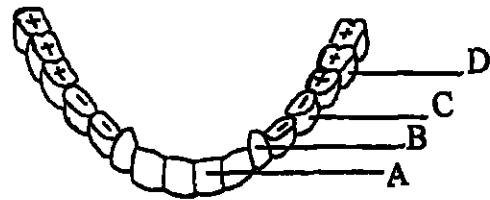
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3.	The cost of packaging adds to the consumers' weekly shopping bill.	Q. 3
(a)	Give <b>four</b> reasons why packaging of goods is necessary.	
	<p><i>Packaging protects products from environment/contamination, makes products easier to store, distribute and sell, helps to keep foods preserved, carries product information and instructions, form of advertising – attractive packaging helps to sell products, carries bar code, protects the consumer e.g from products containing harmful substances, etc</i></p>	12
(b)	What are the characteristics of good packaging?	
	<p><i>Good packaging should be strong, lightweight, waterproof, easy to open/reseal, Safe, non-toxic, biodegradable, etc.</i></p>	9
(c)	List <b>three</b> types of packaging and suggest a different use for <b>each</b> .	
	<p><i>Accept any <b>three</b> types – Paper (waxed, cardboard, paper, laminated) Plastic (bottles, jars, bags) Metal (cans, trays, foil wrap) Glass (bottles, jars)</i></p>	12
	<p><i>Expect a <b>different</b> use for <b>each</b> type</i></p>	12
(d)	List <b>five</b> items of information that you would expect to find on the label of packaged goods.	
	<p><i>Description of goods, contents/lists of ingredients, weight, brand name, date stamp, manufacturer's name/address, instructions for use, storage etc., quality/safety symbol, details of goods – size, colour, number etc., warning labels, etc, etc</i></p>	10
(e)	Give <b>four</b> disadvantages of over packaging.	
	<p><i>Adds to price of product, uses up natural resources, creates litter, can disguise product – deceive consumer, pollutes the environment etc</i></p>	12
	<p style="text-align: right;"><i>4 @ 3</i></p>	55

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

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



- A – Incisors
- B – Canines
- C – Pre-molars
- D – Molars

4 @ 3

(ii) State one function of each type

- Incisors - bite food
- Canines - tear food
- Pre-molars - chew food
- Molars - grind, chew food

4 @ 2

(b) Explain the importance of healthy teeth.

*To add to your appearance – attractive smile, to enable you to chew/digest food, For good health – unhealthy teeth can cause bad breath, mouth ulcers, stomach Upset etc , to enable you to speak clearly, etc.*

3 @ 4

(c) Describe the role of plaque in tooth decay

*Plaque which consists of saliva, bacteria and food particles form an invisible sticky layer/coating on teeth, if not removed bacteria present act on food waste to acids which attack tooth enamel, wearing protective enamel away until it reaches the dentine layer causing tooth decay*

2 @ 4

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

- (i) antiseptic mouthwash;  
*contains a mild antiseptic which prevents the growth of bacteria and keeps the mouth/breath fresh*
- (ii) fluoride toothpaste;  
*fluoride toothpaste removes plaque and strengthens tooth enamel thus preventing tooth decay, freshening breath etc*
- (iii) dental floss  
*A thin nylon cord which helps to remove food waste/plaque from between teeth and along the gums*

Q. 4

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

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

*Ensure a good supply of clean water, efficient drainage, efficient ventilation  
To ensure fresh air circulates, adequate heating to prevent dampness/fungal  
Growth etc., surfaces should be hygienic/easy to clean – wipe down regularly,  
Sinks, toilets, drains should be disinfected regularly, fridge/food storage areas  
Should be kept spotlessly clean, household waste – stored/disposed of carefully,  
Well planned rooms for ease of cleaning, change bed linen regularly, etc*

4 @ 4

Q. 5

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

*Open windows to ventilate room, wipe down surfaces – keep dust-free,  
Air bed – change bed linen regularly, vacuum/brush floor etc.*

3 @ 3

9

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

*Cost/quantity – value for money, reliable brand, effectiveness, clear instructions  
for use, versatility – multi-purpose, effectiveness, energy use – ease of use,  
time involved in use, safety – are there any health risks/warnings ?, environment-  
friendly in use/disposal, pleasant smell, etc*

4 @ 3

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

*Store in original containers, clearly labelled, keep in locked/secure press,  
In a cool, dry, well ventilated area, keep out of children's reach, etc*

4 @ 3

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

*Expect an accurate sketch of one of the above hazard symbols*

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6. (a) List **four** factors which the consumer should consider when buying a sewing machine for use at home.
- Cost – value for money, reliable brand, reliable dealer, guarantee, after-sales service, what attachments/extras are included?, modern features, is it easy to use – arrange a demonstration, etc* 4 @ 4
- (b) List **five** guidelines which should be followed when using a sewing machine.
- Follow instructions, thread machine properly, correct needle/thread to suit fabric, adjust stitch length and tension to suit fabric, remove pins before sewing, needle at its highest point to start, test stitch on fabric scrap, guide fabric gently – don't push/pull it, press on foot pedal lightly to begin, leave needle in fabric when turning a corner, etc etc* 5 @ 3
- (c) Name **two** machine stitches and suggest **one** use for **each** stitch.
- Accept any two machine stitches –  
Straight stitch Zigzag stitch Buttonhole stitch  
Blind stitch Embroidery stitch* 2 @ 4 = 8
- Expect one correct use for each* 2 @ 2 = 4
- (d) Suggest **one** possible cause for **each** of the following machine faults:
- (i) thread breaking;  
*tension too tight, incorrect needle/bobbin threading, thread too fine or poor quality, needle too fine, blunt bent or wrong way round, etc.* 4
- (ii) looped stitches,  
*incorrect threading, tension too loose, bobbin incorrectly threaded etc.* 4
- (iii) needle breaking  
*Top tension too tight, needle too fine, bent or incorrectly inserted, fabric pulled through, loose presser foot, etc.* 4

Q. 6

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