

WARNING

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

EXAM NUMBER 

FOR EXAMINER

Total No.
of Marks


Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2003

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 13 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

- 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

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

1. Name **four** foods which are good sources of high biological value protein.

(i) _____ (ii) _____

(iii) _____ (iv) _____

2. List **four** factors which influence a person's energy requirements.

(i) _____ (ii) _____

(iii) _____ (iv) _____

3. Suggest a **different** food suitable for **each** of the cooking methods listed below:

COOKING METHOD	SUITABLE FOOD
(i) Pressure cooking	(i) _____
(ii) Poaching	(ii) _____
(iii) Boiling	(iii) _____
(iv) Stir frying	(iv) _____

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

(i) **table d'hôte** _____

(ii) **à la carte** _____

5. Outline **two** possible causes of food spoilage.

- (i) _____
- (ii) _____

6. Give **two** effects of cooking on cereals.

- (i) _____
- (ii) _____

7. Suggest **four** sources of consumer information.

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

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



9. List **four** functions of advertising.

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

10. Give **two** advantages of using a household filing system.

- (i) _____

- (ii) _____

11. What is the function of the *ozone layer*? _____

12. What factors contribute to the emotional well being of teenagers?

(i) _____

(ii) _____

13. Give **two** functions of the skin.

(i) _____

(ii) _____

14. Outline **two** benefits of regular exercise.

(i) _____

(ii) _____

15. Name **one** constituent of the blood and state it's function.

Constituent of the blood _____

Function _____

16. Give **two** reasons why kitchen sinks are usually placed under a window.

(i) _____

(ii) _____

17. Name a **different** electrical appliance under **each** of the following headings:

APPLIANCE WITH A MOTOR	APPLIANCE WITH A HEATING ELEMENT

18. Give **two** advantages of using a household central heating system.

(i) _____

(ii) _____

19. Explain **each** of the following terms in relation to room planning:

(i) **proportion** _____

(ii) **emphasis** _____

20. List **four** items of information which you would expect to find on a care label attached to a pair of jeans.

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

21. Suggest a **different** use for **each** of the following fabrics:

- (i) lycra _____
- (ii) polyester _____

22. Give a possible reason for **each** of the following faults when machining.

FAULT	POSSIBLE REASON
(i) Uneven stitches	(i) _____
(ii) Looped stitches	(ii) _____

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

- (i) **bias** _____

- (ii) **selvage** _____

24. Name **two** methods of neatening a flat seam.

- (i) _____
- (ii) _____



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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. The following is a recipe for homemade cheese sauce.

<i>Homemade Cheese Sauce</i>	
<i>Ingredients</i>	
25g margarine	50g grated cheddar cheese
25g flour	¼ teasp mustard
500mls milk	salt, pepper

- (a) Based on the ingredients listed above:
- (i) evaluate the nutritive value of the homemade cheese sauce;
 - (ii) identify the ingredients which are combined to form a roux.
- (b) Name **three** dishes in which cheese sauce forms part of the main ingredients.
- (c) Give **four** reasons why sauces may be used to accompany food.
- (d) Suggest a **different** sauce which is traditionally served with **each** of the following roast meats:
- (i) turkey;
 - (ii) lamb;
 - (iii) pork.
- (e) Give **two** advantages and **two** disadvantages of using convenience sauces.

2. Obesity has become a major health hazard.

- (a) Outline the causes of obesity.
- (b) List **four** health problems associated with obesity.
- (c) Suggest **four** healthy eating guidelines which should be followed to reduce the risk of obesity.
- (d) Plan a set of menus for one day suitable for an adult who is obese.
- (e) Explain the term *empty kilocalories*.

3. (a) State the importance of budgeting.
- (b) Outline the steps involved in planning a household budget.
- (c) Suggest **four** guidelines which should be followed when shopping.
- (d) (i) List **three** methods of paying for goods and services.
- (ii) Give **one** advantage and **one** disadvantage of **each** of the methods of payment you have listed.
4. (a) State the function of **each** of the following parts of the digestive system:
- (i) the mouth;
- (ii) the stomach;
- (iii) the small intestine.
- (b) Describe **two** physical changes and **two** chemical changes which occur during digestion.
- (c) Explain what is meant by *peristalsis*.
- (d) What is the role of fibre in digestion?
5. (a) List **four** features of modern cookers and suggest **one** advantage of **each** feature.
- (b) Give **three** guidelines which should be followed when positioning a cooker in a kitchen.
- (c) List the methods of heat transfer.
- (d) Suggest **three** ways to save energy when using a cooker.
- (e) Explain the function of a thermostat.
6. (a) Discuss the factors which should be considered when choosing soft furnishings for the home.
- (b) Give **four** functions of curtains.
- (c) List **three** desirable properties of textiles suitable for curtains.
- (d) Name **two** soft furnishings, other than curtains, which you consider suitable for a living room.
- (e) (i) Explain what is meant by a *fabric finish*.
- (ii) Suggest **two** fabric finishes which could be applied to textiles for use in soft furnishings.