

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 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.

4

- (i) meat (ii) fish
(iii) eggs (iv) cheese

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

4

- (i) age / size (ii) activities / occupation
(iii) sex / gender (iv) pregnancy / climate

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

4

COOKING METHOD	SUITABLE FOOD
(i) Pressure cooking	(i) potatoes
(ii) Poaching	(ii) eggs, fish
(iii) Boiling	(iii) carrots, mutton, pasta, rice
(iv) Stir frying	(iv) chicken pieces, onion

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

4

- (i) **table d'hôte** a limited selection of foods on the menu for a fixed price
-
- (ii) **à la carte** large selection of foods on the menu with each item priced separately
-

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

4

(i) careless / unhygienic food handlers; dirty food prep. area; dirty equipment / cloths

(ii) flies, etc.; vermin (rats/mice); household pets; bacteria

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

4

(i) starch grains swell and burst; grains absorb liquid

(ii) starch becomes more digestible; cellulose softens

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

4

(i) advertising, sales people, internet (ii) office of consumer affairs, tv, radio

(iii) magazines, newspapers, CAI (iv) citizen advice bureau, manufacturers

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

the item can be recycled



4

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

4

(i) to introduce new products

(ii) to increase sales, to project a good image of a manufacturer / retailer

(iii) to provide information

(iv) to promote brand names, to popularise a product

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

4

(i) makes it easier to find documents

useful for checking differences in past and present bills

(ii) monitoring fuel and electricity consumption, checking bills are paid

check bank statements, monitoring children's progress in school

11. What is the function of the *ozone layer*? To protect the earth from the harmful UV rays
of the sun 4

12. What factors contribute to the emotional well being of teenagers? 4

(i) positive self-image
stable family background

(ii) love
praise

13. Give **two** functions of the skin. 4

(i) acts as a protective layer between the body and outside, excretory organ

(ii) temperature control, organ of touch, manufacture Vit. D

14. Outline **two** benefits of regular exercise. 4

(i) improved level of fitness, muscles more toned
improved health and well being, weight loss

(ii) reduced risk of coronary heart disease
reduced blood pressure, slow down ageing process

15. Name **one** constituent of the blood and state it's function. 4

Constituent of the blood red blood cells, white blood cells, platelets

Function carries oxygen, fight infection, blood clotting

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

4

(i) ventilation

(ii) extra sunlight for working

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

4

APPLIANCE WITH A MOTOR	APPLIANCE WITH A HEATING ELEMENT
Food processors, mixers	Toasters, kettles
Liquidisers	Sandwich toasters

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

4

(i) whole house is heated and kept at a standard temperature

(ii) can heat the water supply also

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

4

(i) **proportion** when pieces of furniture in a room relate to each other in size

(ii) **emphasis** drawing attention to a particular feature in a room, e.g. fireplace/ picture

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

4

- (i) how to wash the jeans, e.g. temperature of wash
- (ii) whether or not the jeans can be tumble dried
- (iii) the fabric(s) the jeans are made from
- (iv) “wash dark colours separately”

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

4

- (i) **lycra** stretchy clothes, tights
- (ii) **polyester** school jumpers

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

4

FAULT	POSSIBLE REASON
(i) Uneven stitches	(i) incorrect threading, pushing/pulling fabric, needle blunt
(ii) Looped stitches	(ii) incorrect threading, tension too loose

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

4

- (i) **bias** a piece of material at an angle to the grain

- (ii) **selvage** the finished edge of fabric which doesn't fray

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

4

- (i) pinking shears, zigzag machining
- (ii) edge machining

JUNIOR CERTIFICATE EXAMINATION 2003

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 13 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. The following is a recipe for homemade cheese sauce.

(a) Based on the ingredients listed above:

(i) evaluate the nutritive value of the homemade cheese sauce: 5 @ 3 15

HBV protein content from cheddar cheese / milk
Fat content from margarine
Low carbohydrate value from flour
Vitamins B, A and D content from milk / cheese
High content of calcium from milk / cheese

2 @ 2 4

(ii) identify the ingredients which are combined to form a roux.

Margarine and flour

(b) Name **three** dishes in which cheese sauce forms part of the main ingredients. 3 @ 2 6

Lasagne; Cauliflower Cheese; Macaroni Cheese

(c) Give **four** reasons why sauces may be used to accompany food. 4 @ 3 12

Adds flavour to food
Improves the appearance of food
Compliments the texture of food
Improves the digestibility of food
Adds variety to a meal
Moistens a dry meal

(d) Suggest a **different** sauce which is traditionally served with **each** of the following roast meats: 3 @ 2 6

(i) turkey: *Cranberry*
(ii) lamb: *Mint*
(iii) pork: *Apple*

(e) Give **two** advantages and **two** disadvantages of using convenience sauces.

Advantages: 2 @ 3 6
Saves time Easy to make
Saves energy Little skills required

Disadvantages: 2 @ 3 6
May contain additives Can be expensive
Usually high in salt Low in fibre

2. Obesity has become a major health hazard.

(a) Outline the causes of obesity. 3 @ 4 12

Overeating
Lack of exercise
Poor nutritional knowledge
Low income
Emotional reasons

(b) List **four** health problems associated with obesity. 4 @ 3 12

Heart disease
Stroke
High blood pressure
Diabetes
Varicose veins
Gall stones

(c) Suggest **four** healthy eating guidelines which should be followed to reduce the risk of obesity. 4 @ 3 12

Cut down on fatty foods
Cut down on sugary foods
Use sugar substitutes and diet drinks
Choose the high fibre option
Reduce high salt foods
Increase quantity of fruit and veg.

(d) Plan a set of menus for one day suitable for an adult who is obese. 15

Expect three balanced meals for the day
Include healthy eating guidelines
Breakfast / Dinner / Tea
Breakfast / Lunch / Dinner

(e) Explain the term **empty kilocalories**. 4

Foods which are high in sugar but lack all other nutrients

3. (a) State the importance of budgeting. 4 @ 4 16
- Provides more security – less financial worries*
Maximum use is made of income
Allows for major bills and seasonal spending
Spending too much on luxuries is avoided
Overspending is highlighted
Sets a good example for children
- (b) Outline the steps involved in planning a household budget. 3 @ 4 12
- Work out total net income*
Make a list of expenses and savings
Allot a percentage to each bill / expense
- (c) Suggest **four** guidelines which should be followed when shopping. 4 @ 3 12
- Shop around and compare prices and value for money*
Avoid impulse buying
Make a list and stick to it
Keep receipts for a while after purchase in case of problems with item
Cut down on the number of shopping trips
Avail of value in sales
Look for quality and after sales service
- (d) (i) List **three** methods of paying for goods and services 3 @ 1 3
- Cash*
Cheque and cheque guarantee card
Credit card
Laser card
- (ii) Give **one** advantage and **one** disadvantage of **each** of the methods of payment you have listed.
- Advantages:** 3 @ 2 6
- Cash – quick and easy to use*
Cheque – no need to carry cash, record kept, good for posting
Credit card – buy now, pay later, can pay over the phone
Laser card – cash back facility
- Disadvantages:** 3 @ 2 6
- Cash – easy to steal, no record kept*
Cheque – bank fees charged to write cheques, must have guarantee card
Credit card – high interest rate charged if not cleared at end of month
Laser card – must have money in bank account, bank charges apply

4. (a) State the functions of **each** of the following parts of the digestive system. 3 @ 5 15
- (i) **the mouth:**
food is physically broken down by the teeth
food is mixed with digestive juices
enzymes (amylase) in saliva break down starch
- (ii) **the stomach:**
churns the food and mixes with gastric juice
fat melts due to heat
gastric juice breaks down proteins
- (iii) **the small intestine:**
bile breaks down fats
pancreatic juice changes protein into amino acids
pancreatic juice changes starch into sugar
- (b) Describe **two** physical changes and **two** chemical changes which occur during digestion.
- Physical Changes** 2 @ 5 10
Teeth break food into smaller pieces
Food is churned in the stomach
Fat melts due to heat in the stomach
- Chemical Changes** 2 @ 5 10
Saliva breaks down starch in the mouth
Pepsin breaks down protein into peptide chains
Proteins converted into amino acids
Fat converted into fatty acids and glycerol
Carbohydrates converted into glucose
- (c) Explain what is meant by **peristalsis**. 5
- The continuous contraction and relaxing of muscles moving the food along the oesophagus.*
- (d) What is the role of fibre in digestion? 3 @ 5 15
- Cannot be digested by the body but helps digestion of other nutrients*
Can absorb large amounts of water, creating bulk
Bulky waste helps to push food through the large intestine
Prevents constipation
Prevents diverticulitis
Picks up chemicals in the intestine and carries them out of the body before they become harmful

5. (a) List **four** features of modern cookers and suggest **one** advantage of **each** feature.
- | | | |
|---|------------------|---------------|
| Features | 4 @ 3 | 12 |
| <i>Automatic timer;</i> | | |
| <i>Dual grill;</i> | | |
| <i>Double oven;</i> | | |
| <i>Fan oven;</i> | | |
| <i>Ceramic hob;</i> | | |
| <i>Self-cleaning oven</i> | | |
| <i>Glass oven door</i> | | |
| <i>Split level cooker</i> | | |
| <i>Ignition button in gas cooker</i> | | |
|
Advantages |
4 @ 3 |
12 |
| <i>Automatic timer – can be pre-set to cook while you are out</i> | | |
| <i>Dual grill – allows half of grill / ring to be heated</i> | | |
| <i>Double oven – top oven often doubles as a grill</i> | | |
| <i>Fan oven – even temperature on all shelves in oven</i> | | |
| <i>Ceramic hob – easy to clean</i> | | |
| <i>Self-cleaning oven – food particles are burned off</i> | | |
| <i>Glass oven door – can see food as it cooks</i> | | |
| <i>Split level cooker – oven is at eye level</i> | | |
| <i>Ignition button – no need for matches</i> | | |
|
(b) Give three guidelines which should be followed when positioning a cooker in a kitchen. |
3 @ 3 |
9 |
| <i>Place near gas or electric connection</i> | | |
| <i>Keep gas cookers away from draughts</i> | | |
| <i>Do not place cookers at the end of a line of units</i> | | |
| <i>Do not place beside the fridge</i> | | |
|
(c) List the methods of heat transfer. |
3 @ 3 |
9 |
| <i>Conduction</i> | | |
| <i>Convection</i> | | |
| <i>Radiation</i> | | |
|
(d) Suggest three ways to save energy when using a cooker. |
3 @ 3 |
9 |
| <i>Do not turn on oven for small amount of food</i> | | |
| <i>Use dual rings for small saucepans</i> | | |
| <i>Use dual grill for small amounts of food</i> | | |
| <i>Turn off oven for last 10 mins of cooking time and use residual heat</i> | | |
| <i>Keep oven door closed</i> | | |
| <i>Use lids on saucepans</i> | | |
|
(e) Explain the function of a thermostat. | |
4 |
| <i>Maintains a constant temperature</i> | | |
| <i>Prevents over production of heat</i> | | |
| <i>Energy saving mechanism</i> | | |

6. (a) Discuss the factors which should be considered when choosing soft furnishings for the home. **4 @ 3** **12**
- Factors** (expect an explanation of each factor listed)
Cost; Amount of use
Function; Ease of cleaning
Style and décor of the room;
- (b) Give **four** functions of curtains. **4 @ 3** **12**
- Provides privacy*
Keeps in the heat / prevents draughts
Can be used to create pattern in the room
To frame a nice view / bay window
Creates a feeling of warmth
Adds to overall décor of the room
- (c) List **three** desirable properties of textiles suitable for curtains. **3 @ 4** **12**
- Drapes / hangs well*
Easy to clean / washable
Pre-shrunk
Fire / flame resistant
Resistant to fading
Durable
Tightly woven to keep heat in / light out
- (d) Name **two** soft furnishings, other than curtains, which you consider suitable for a living room. **2 @ 3** **6**
- Carpets; Rug*
Cushions; Throw over the sofa
Lampshade;
- (e) (i) Explain what is meant by a **fabric finish**. **7**
- A chemical process applied to a fabric to give it certain properties*
Fabrics look and perform better
- (ii) Suggest **two** fabric finishes which could be applied to textiles for use in soft furnishings. **2 @ 3** **6**
- Stain repellent*
Waterproof
Flame retardant
Moth proof