

**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 2005

### HOME ECONOMICS

### HIGHER LEVEL

*FRIDAY 17 JUNE – AFTERNOON 2.00 – 4.30*

**Total Marks 300**

CENTRE STAMP

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

### INSTRUCTIONS

1. Section A - 80 marks.  
Answer 20 (twenty) 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 4 (four) 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. List **four** healthy eating guidelines.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_

2. Outline **two** reasons why a teenager may become a vegetarian.

- (i) \_\_\_\_\_  
\_\_\_\_\_
- (ii) \_\_\_\_\_  
\_\_\_\_\_

3. Give **two** effects of cooking on fish.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_

4. Name **two** different classifications of cheese and give **one** example of **each** class.

CLASSIFICATION OF CHEESE	EXAMPLE
(i)	(i)
(ii)	(ii)

5. Explain **each** of the following:

(i) **rickets** \_\_\_\_\_

(ii) **hypervitaminosis** \_\_\_\_\_

6. Name **one** different type of flour that matches **each** of the following descriptions:

DESCRIPTION	TYPE OF FLOUR
(i) contains the outer husk and bran	(i)
(ii) contains extra gluten	(ii)
(iii) suitable for coeliacs	(iii)
(iv) raising agent has been added	(iv)

7. What is the function of the office of the Ombudsman?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Explain the difference between gross income and net income.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. Give **two** features of a good quality service.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

\_\_\_\_\_

10. Explain **each** of the following:

(i) **PAYE** \_\_\_\_\_

\_\_\_\_\_

(ii) **PRSI** \_\_\_\_\_

\_\_\_\_\_

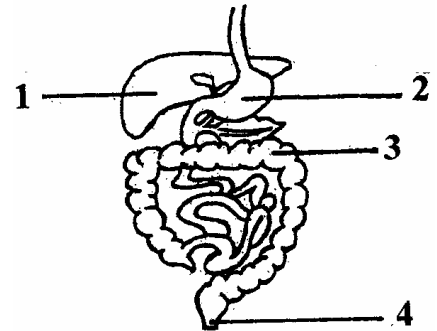
11. Name the parts of the digestive system labelled 1, 2, 3 and 4.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



12. Give **two** effects of alcohol abuse on society.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

13. Explain **each** of the following terms in relation to the female reproductive system:

(i) **ovulation** \_\_\_\_\_

\_\_\_\_\_

(ii) **menopause** \_\_\_\_\_

\_\_\_\_\_

14. Give **two** functions of the lungs.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

15. Outline **two** safety precautions which should be taken when using electricity in the home.

(i) \_\_\_\_\_  
\_\_\_\_\_

(ii) \_\_\_\_\_  
\_\_\_\_\_

16. Suggest **two** different types of accommodation suitable for a student living away from home.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

17. List **four** soft furnishings used in the home.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(iii) \_\_\_\_\_ (iv) \_\_\_\_\_

18. Explain the term *inorganic waste* \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Give **one** example of *inorganic waste* \_\_\_\_\_

19. Explain how **each** of the following stains may be removed from a cotton jersey:

(i) **grass** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

(ii) **blood** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

20. Give **two** reasons why the thread may break when using a sewing machine.

(i) \_\_\_\_\_  
\_\_\_\_\_

(ii) \_\_\_\_\_  
\_\_\_\_\_

21. Name **two** embroidery stitches and suggest a different use for **each** one.

**EMBROIDERY STITCH**

**USE**

(i) \_\_\_\_\_

(i) \_\_\_\_\_  
\_\_\_\_\_

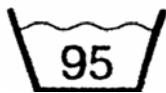
(ii) \_\_\_\_\_

(ii) \_\_\_\_\_  
\_\_\_\_\_

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



\_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_  
\_\_\_\_\_

23. Give **two** desirable properties of **each** of the following textile items:

winter jacket (i) \_\_\_\_\_

(ii) \_\_\_\_\_

bed sheets (i) \_\_\_\_\_

(ii) \_\_\_\_\_

24. Name **two** methods of transferring pattern markings to fabric.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_



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**JUNIOR CERTIFICATE EXAMINATION 2005**

**HOME ECONOMICS**

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**HIGHER LEVEL**

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**FRIDAY 17 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. Porridge is a healthy, wholesome breakfast cereal.  
The following information is displayed on a packet of porridge oatflakes.

<h2>Porridge Oatflakes</h2>																	
<p style="text-align: center;"><b>NUTRITIONAL INFORMATION</b></p> <p><b>Per 30g serving</b></p> <table style="width: 100%;"><tr><td>Energy</td><td style="text-align: right;">465kJ/110kcal</td></tr><tr><td>Protein</td><td style="text-align: right;">3.3g</td></tr><tr><td>Carbohydrate</td><td style="text-align: right;">19.8g</td></tr><tr><td>    (of which sugars)</td><td style="text-align: right;">0.3g</td></tr><tr><td>Fat</td><td style="text-align: right;">1.5g</td></tr><tr><td>    (of which saturates)</td><td style="text-align: right;">0.3g</td></tr><tr><td>Fibre</td><td style="text-align: right;">2.7g</td></tr><tr><td>Sodium</td><td style="text-align: right;">0.003g</td></tr></table>	Energy	465kJ/110kcal	Protein	3.3g	Carbohydrate	19.8g	(of which sugars)	0.3g	Fat	1.5g	(of which saturates)	0.3g	Fibre	2.7g	Sodium	0.003g	<p style="text-align: center;"><b>COOKING METHODS</b></p> <p><b>Method A:</b> Add one cup of oatflakes to three cups of milk. Boil and stir for 4-5 minutes.</p> <p style="text-align: center;"><b><u>OR</u></b></p> <p><b>Method B:</b> Add <math>\frac{1}{3}</math> cup of oatflakes to <math>\frac{2}{3}</math> cup of water. Stir and place in a bowl in a microwave oven. Cook for 2-3 minutes. Note - cooking times may vary according to microwave rating.</p>
Energy	465kJ/110kcal																
Protein	3.3g																
Carbohydrate	19.8g																
(of which sugars)	0.3g																
Fat	1.5g																
(of which saturates)	0.3g																
Fibre	2.7g																
Sodium	0.003g																

- (a) From the information given above:
- (i) evaluate the nutritive value of porridge oatflakes;
  - (ii) name **two** nutrients which are not present in porridge oatflakes and suggest **one** way of including **each** of the nutrients you have named in the diet;
  - (iii) state which cooking method, **A** or **B**, you would choose when making porridge and give **two** reasons for your choice.
- (b) Give **three** reasons why breakfast is an essential meal for school-going teenagers.
- (c) Design a balanced breakfast menu, to include porridge, suitable for a school-going teenager.
- (d) Explain what is meant by “*cooking times may vary according to microwave rating*”.
2. (a) Outline the conditions that favour the growth of microorganisms.
- (b) (i) Name **one** food poisoning bacteria.  
(ii) Give **two** possible sources of this bacteria.
- (c) List **three** symptoms of food poisoning.
- (d) Give **three** advantages of preserving food.
- (e) List **three** methods of food preservation and explain how **one** of the methods you have listed is carried out.



3. (a) List **four** sources of advertising.
- (b) Give **three** advantages and **three** disadvantages of advertising.
- (c) (i) Describe **three** marketing techniques used in supermarkets.
- (ii) Name the marketing technique you think is most effective **and** give a reason for your answer.
- (d) Outline the role of the Advertising Standards Authority of Ireland.
4. (a) Describe **two** different types of families.
- (b) List **three** physical needs and **three** emotional needs provided by the family.
- (c) Describe **three** different types of relationships that can exist within a family.
- (d) Outline the **rights** and **responsibilities** of children within the family.
- (e) Explain the term *norms*.
5. (a) List the safety guidelines which should be followed in order to prevent a fire in the home.
- (b) Name **three** pieces of fire safety equipment suitable for use in the home.
- (c) Outline the procedure that should be followed to ensure the safety of the occupants of the house in the event of a household fire.
- (d) Describe the first aid treatment for a major burn or scald.
- (e) Explain why water should **not** be used to extinguish a fire caused by an electrical fault.
6. Wool is a popular natural fibre.
- (a) Give **three** other examples of natural fibres.
- (b) Name **two** types of wool fabric.
- (c) Sketch a care label suitable for a wool jumper.
- (d) Describe a fabric test that could be carried out in order to identify wool.

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