

**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 2006

### HOME ECONOMICS – HIGHER LEVEL

### MARKING SCHEME AND SAMPLE ANSWERS

*FRIDAY 16 JUNE – AFTERNOON 2.00 – 4.30*

**Total Marks 300**

**CENTRE STAMP**

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

### INSTRUCTIONS

- Section A - 80 marks.  
Answer 20 (twenty) 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 4 (four) 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. Give **one** important source of **each** of the following:

4

SOURCE	
(i) Vitamin C	(i) oranges, blackcurrants, cranberries
(ii) Dietary fibre	(ii) bran, brown bread, fruit, vegetables

2. Name **two** types of additives used in convenience foods.

4

(i) colourings, preservatives                      (ii) flavourings, sweeteners

3. Suggest **four** ways of reducing the intake of fat in the diet.

4

- (i) use low fat spread instead of butter
- (ii) remove visible fat from meat
- (iii) grill instead of frying food
- (iv) cut out fatty foods e.g. cakes, doughnuts, chocolate

4. List **four** raising agents used in home baking.

4

(i) baking powder                      (ii) bread soda

(iii) air                                      (iv) yeast

5. Give an example of a different vegetable under **each** of the following classifications:

4

CLASSIFICATION OF VEGETABLES			
GREENS	ROOTS	FRUIT	PULSES
cabbage broccoli lettuce	carrots turnips potatoes	tomatoes cucumber pepper	peas beans lentils

6. Explain **each** of the following cookery terms: \_\_\_\_\_ 4

(i) **roux** \_\_\_\_\_ a mixture of flour and fat which when combined is used  
\_\_\_\_\_ to thicken soups and sauces

(ii) **sauté** \_\_\_\_\_ to toss food lightly in hot oil  
\_\_\_\_\_

7. List **four** sources of consumer information. \_\_\_\_\_ 4

(i) \_\_\_\_\_ TV/radio, citizen's advice (ii) \_\_\_\_\_ newspapers/magazines

(iii) \_\_\_\_\_ billboards, consumers' associations (iv) \_\_\_\_\_ office of consumer affairs

8. Give **one** advantage and **one** disadvantage of buying on credit. \_\_\_\_\_ 4

**Advantage** \_\_\_\_\_ get the goods sooner, good for large items e.g. car  
\_\_\_\_\_ avoids carrying large amounts of cash, prevents price rise

**Disadvantage** \_\_\_\_\_ high interest rates charged  
\_\_\_\_\_ encourages over-spending, difficult to make payments

9. What information does this symbol convey to the consumer? \_\_\_\_\_ 4

\_\_\_\_\_ **Guaranteed Irish** \_\_\_\_\_  
\_\_\_\_\_ Goods of a high quality/standard \_\_\_\_\_  
\_\_\_\_\_ that are made in Ireland \_\_\_\_\_



10. Give **two** advantages of the Small Claims procedure. \_\_\_\_\_ 4

(i) \_\_\_\_\_ quick – claims are processed over weeks  
\_\_\_\_\_ cheap – small fee charged

(ii) \_\_\_\_\_ no need for a solicitor  
\_\_\_\_\_ informal procedure

11. Give the function of **each** of the following: \_\_\_\_\_ 4

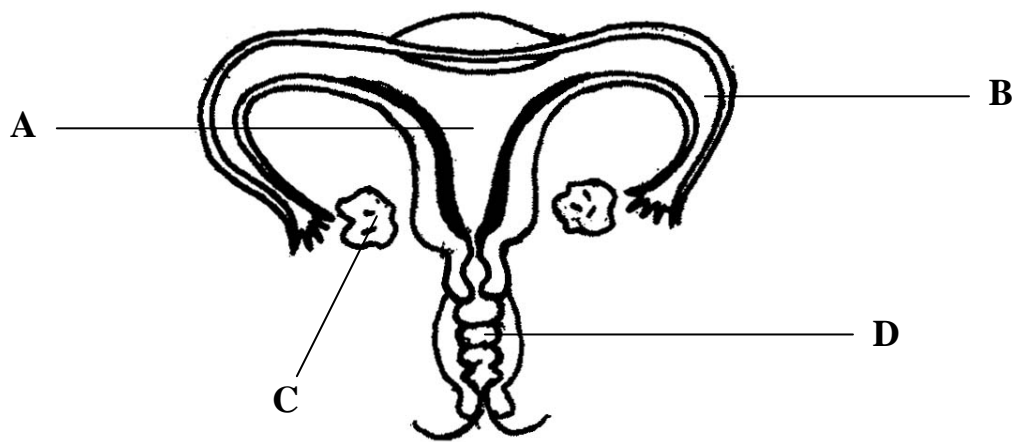
(i) **arteries** \_\_\_\_\_ carry blood away from the heart \_\_\_\_\_

\_\_\_\_\_ carry oxygen rich blood around the body \_\_\_\_\_

(ii) **haemoglobin** \_\_\_\_\_ carries oxygen around the body in the blood, prevents anaemia \_\_\_\_\_

\_\_\_\_\_

12. Name the parts of the female reproductive system labelled A, B, C and D. \_\_\_\_\_ 4



A. \_\_\_\_\_ Uterus/Womb \_\_\_\_\_ B. \_\_\_\_\_ Fallopian tube \_\_\_\_\_

C. \_\_\_\_\_ Ovary \_\_\_\_\_ D. \_\_\_\_\_ Vagina \_\_\_\_\_

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

(i) **gender** \_\_\_\_\_ means being male or female \_\_\_\_\_

\_\_\_\_\_

(ii) **peer group** \_\_\_\_\_ a group of people of a similar age and with similar interests \_\_\_\_\_

\_\_\_\_\_

14. State **two** rights of the child. \_\_\_\_\_ 4

(i) \_\_\_\_\_ love, understanding, grow up with their family \_\_\_\_\_

(ii) \_\_\_\_\_ receive education, protection, food, clothing, shelter \_\_\_\_\_

15. What is the purpose of a fuse in an electrical circuit? \_\_\_\_\_ 4  
\_\_\_\_\_ a fuse is a deliberate weak link in an electrical circuit, safety device,  
\_\_\_\_\_ if a fault occurs the fuse blows to prevent further damage

16. Suggest **two** ways in which the ozone layer can be protected. \_\_\_\_\_ 4  
(i) \_\_\_\_\_ choose ozone-friendly aerosols, choose CFC free packaging  
(ii) \_\_\_\_\_ dispose of fridges carefully

17. Explain the importance of the *work triangle* in kitchen design \_\_\_\_\_ 4  
\_\_\_\_\_ the position of the fridge, cooker and sink in an imaginary triangle to allow  
\_\_\_\_\_ for efficient work in the kitchen, ergonomics

18. Give **two** factors which should be considered when choosing a family home. \_\_\_\_\_ 4  
(i) \_\_\_\_\_ cost, location, local amenities  
(ii) \_\_\_\_\_ family stage, personal preference (e.g. style)

19. State **one** desirable property and **one** undesirable property of wood flooring. \_\_\_\_\_ 4  
(i) **desirable property** \_\_\_\_\_ easy to clean, durable  
(ii) **undesirable property** \_\_\_\_\_ hard under foot, dusty

20. Give **two** examples of synthetic fibres and suggest a different use for **each** one. \_\_\_\_\_ 4

	SYNTHETIC FIBRE		USE
(i)	Nylon, Polyester	(i)	underwear, clothing
(ii)	Acrylic, PVC	(ii)	carpets

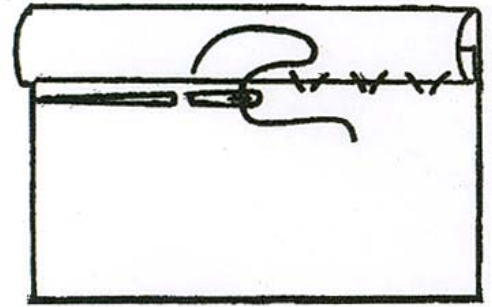
21. Name the stitch shown in the diagram and state **one** use for it.

4

Name slip-hemming

Use turning up a hem

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



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

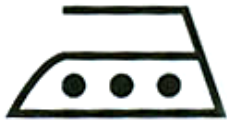
4

(i) **nap** \_\_\_\_\_ a raised surface in fabric, has fibres which lie in \_\_\_\_\_  
\_\_\_\_\_ one direction only

(ii) **straight grain** \_\_\_\_\_ threads running parallel with the selvage \_\_\_\_\_  
\_\_\_\_\_

23. Explain what **each** of the following symbols indicate.

4



\_\_\_\_\_ hot iron \_\_\_\_\_  
\_\_\_\_\_



\_\_\_\_\_ do not dry clean \_\_\_\_\_  
\_\_\_\_\_

24. Give **two** body measurements that are required when buying jeans.

4

(i) \_\_\_\_\_ waist, hips \_\_\_\_\_

(ii) \_\_\_\_\_ leg length \_\_\_\_\_



# Coimisiún na Scrúduithe Stáit State Examinations Commission

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**JUNIOR CERTIFICATE EXAMINATION 2006**

**HOME ECONOMICS**

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**HIGHER LEVEL**

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**FRIDAY 16 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 information is displayed on the label of a carton of fortified milk.

<i>Fortified Milk</i>		
NUTRITIONAL INFORMATION	FORTIFIED MILK	WHOLE MILK
Typical Values per 100ml		
Energy	205kJ/49kcal	269kJ/64kcal
Protein	3.4g	3.3g
Fat	1.5g	3.5g
Carbohydrate	5.2g	4.9g
Calcium	166mg	118mg
Vitamin A	120µg	52µg
Vitamin B	0.24mg	0.17mg
Folic Acid	70µg	6µg
Vitamin D	1µg	0.03µg
Vitamin E	1.5mg	0.09mg

- (a) Using the information given on the label above, evaluate the nutritive value of fortified milk. (5x4)
- 20
- Expect ref. to five nutrients/energy*  
*Name each nutrient and state the quantity of each*  
*Make a comment on each nutrient e.g. function in body, type etc.*
- (b) (i) State which type of milk would be most suitable for (i) an energetic child **and** (ii) a pregnant woman. (1x2)x2
- 10
- (i) energetic child: *whole milk*  
(ii) pregnant woman: *fortified milk*
- (ii) Give **one** reason for your choice in **each** case. (2x3)
- (i) *more energy for active children, more fat, children should drink full fat milk*  
(ii) *higher in calcium for growing bones higher in folic acid to prevent neural tube defects lower in fat as pregnant women not as active*
- (c) Explain why milk is pasteurised. (5)
- 5
- kills bacteria, prolongs shelf life*
- (d) (i) List **three** dairy products, other than milk, available in supermarkets. (3x2)
- 15
- cream, cheese, butter, yogurt, ice-cream*
- (ii) Suggest three ways to include more dairy products in the diet. (3x3)
- grate cheese over baked potato, make home-made pizza*  
*have yogurt as snack food, add butter/milk to mashed potato*  
*top desserts with cream/ice cream, etc.*
- (e) Explain **one** of the following: **fortified** or **homogenised**. (5)
- 5
- fortified: extra nutrients added during processing*  
*homogenised: dispersing fat throughout milk*



2. Vegetarian diets are becoming more popular in Ireland today.

- (a) Give **three** reasons why people may choose a vegetarian diet. (3x3)  
*disagree with killing animals, peer pressure, healthy option*  
*religious reasons, cheaper diet, fashionable, etc.* 9
- (b) Explain **each** of the following types of vegetarian diets: (2x5)  
10
- (i) *vegan diet: lives on plant and cereal foods, does not eat meat, meat products, poultry, fish, dairy products or eggs*
- (ii) *lacto-vegetarian diet: does not eat meat, meat products, poultry but does eat dairy products and eggs*
- (c) List the guidelines that should be followed when planning meals for a vegetarian. (3x4)  
12  
*use only vegetable stock and vegetable fats, balanced menu, variety, use whole cereals, use TVP, use soya milk, include nuts and pulse vegetables, etc.*
- (d) Design a balanced **three** course dinner menu suitable for a lacto-vegetarian. 12  
*Must have three courses:*
- |                                                    |          |
|----------------------------------------------------|----------|
| <i>Starter/Soup</i>                                | <b>2</b> |
| <i>Main course</i>                                 | <b>4</b> |
| <i>(0/4 for main course if meat/fish included)</i> |          |
| <i>Dessert</i>                                     | <b>2</b> |
| <i>Menu format &amp; sequence</i>                  | <b>2</b> |
| <i>Balanced menu</i>                               | <b>2</b> |
- (e) (i) What is TVP? (4)  
*a meat substitute made from soya beans, textured vegetable protein* 12
- (ii) Suggest **two** dishes in which TVP can be used. (2x4)  
*spaghetti bolognese, chilli con carne, lasagne burgers, shepherd's pie, etc.*

- 3. (a)** Describe **each** of the following types of shopping outlets: **(4x4)**
- 16
- Expect explanation and example for full marks*
- (i) supermarkets: *large grocery shop, self service, long opening hours, e.g. Dunnes, Tesco, Londis, Centra, Supervalu.*
- (ii) department stores: *large store with several different departments under the one roof e.g. shoes, electrical, clothing, household etc. e.g. Roches Stores, Arnotts, Brown Thomas*
- (iii) specialist shops: *a shop that usually sells one product e.g. shoe shop, bakery, electrical shop etc.*
- (iv) independent shops: *family owned shops, not affiliated to larger company e.g. local small shop*
- (b)** List the guidelines that should be followed when shopping for goods and services. **(4x3)**
- 12
- make a list and stick to it, shop around to compare prices, avoid impulse buying, cut down on the number of shopping trips, be environmentally friendly, keep receipts, avail of special offers, check expiry dates, check out guarantees, etc.*
- (c)** (i) Name **three** methods of payment that can be used when shopping. **(3x2)**
- 18
- cash, credit card, laser, cheque*
- (ii) Give **one** advantage and **one** disadvantage of **each** method listed. **(3x2)**
- Advantages: *Cash: easier to budget, quick*
- Credit card: don't need to carry cash, buy now pay later*
- Laser: don't need to carry cash, money taken out of account*
- Cheque: don't need to carry cash, money taken out of account*
- Disadvantages: *Cash: can be easily stolen* **(3x2)**
- Credit card: takes time, need PIN no., high interest rates charged*
- Laser: must have money in account, takes time, need PIN no.,*
- Cheque: need banker's card, must have money in account*
- (d)** Explain the benefit to the consumer of **each** of the following: **(3x3)**
- 9
- (i) unit pricing: *is good for comparing prices of similar products e.g. price per gram/kg*
- (ii) keeping a receipt: *easier to return goods for refund/exchange, serves as proof of purchase*
- (iii) own-brand goods: *often cheaper foods, good quality produce made by large supermarkets e.g. Tesco, Dunnes*

4. (a) Name the **four** types of permanent teeth. (4x3) \_\_\_\_\_  
*Incisors, Canines, Pre-molars, Molars* 12
- (b) Outline the function of **each** of the following parts of the tooth: (3x4) \_\_\_\_\_  
12
- (i) enamel: *covers the tooth and protects the tooth*
- (ii) pulp cavity: *contains the nerves and blood vessels that keep the tooth alive*
- (iii) cementum: *holds the root of the tooth firmly in the jaw*
- (c) List the guidelines that should be followed to maintain healthy teeth. (4x3) \_\_\_\_\_  
*Expect 1 point related to diet and 1 point related to dental hygiene* 12
- Visit the dentist every six months, brush teeth at least twice a day, use dental floss, change toothbrush every three months, use toothpaste with fluoride, use disclosing tablets to highlight plaque, reduce amount of sugary foods and fizzy drinks, eat crunchy fruit, eat foods rich in calcium and Vitamin D, etc.*
- (d) (i) What is plaque? (5) \_\_\_\_\_  
*a mixture of saliva, food particles and bacteria which form a sticky coating on the teeth.* 14
- (ii) Explain how plaque affects teeth. (3x3) \_\_\_\_\_  
*If not removed from the teeth plaque causes dental decay and gum disease. Bacteria react with food which forms acid. The acid attacks the enamel of the tooth. This decay can result in a hole in the tooth which eventually reaches the pulp cavity. At this stage pain is felt as nerves are exposed.*
- (e) Name the mineral that is added to the public water supply to strengthen teeth. (5) \_\_\_\_\_  
*Fluoride* 5

5. (a) Explain **two** methods of heat transfer. (2x5)
- Conduction: heat passes from molecule to molecule along a solid object. Metals are good conductors of heat. Example is poker heating up in a fire.*
- Convection: when gases or liquids are heated they become lighter and rise. They are replaced by cooler gases/liquids. Convection currents is the movement of the molecules of gas/liquid. Example is water boiling (liquid) and oven heating up (gas).*
- Radiation: Heat travels in straight rays from the heat source to the first solid object it hits, but does not heat the air in-between. Often glows red. Example is grilling.*
- 10
- 
- (b) (i) Name **three** fuels used for home heating. (3x2)
- oil, gas, electricity, solid fuel*
- 18
- (ii) Give **two** advantages and **two** disadvantages of **one** of the fuels named.
- Advantages: quick, clean, efficient, no storage needed, heats water, easy to use, no fumes or ashes, easy to regulate, regular bills, etc.* (2x3)
- Disadvantages: dries the air, does not heat the water, involves work, ashes and smoke, dirty, not easy to control, causes pollution, storage needed, irregular bills, etc.* (2x3)
- 
- (c) Outline the benefits of using a central heating system in the home. (2x4)
- the whole house is heated to a comfortable temperature, often heats the water, rooms can be individually heated, can be operated with a timer switch, boiler can be outside*
- 8
- 
- (d) List **four** ways of saving energy when using a central heating system. (4x3)
- turn down the thermostat, insulate the house well, switch off heat in vacant rooms, keep doors closed, buy fuel in bulk, use a timer, line curtains, get boiler serviced once a year, etc.*
- 12
- 
- (e) What is the function of a thermostat? (7)
- to regulate the temperature. Uses a bimetallic strip.*
- 7

6. (a) Name the parts of the sewing machine labelled 1, 2, 3 and 4. (4x3) \_\_\_\_\_  
*1= spool pin*  
*2= hand wheel*  
*3= stitch length regulator*  
*4= foot pedal* 12

(b) List the guidelines that should be followed when (i) choosing a sewing machine (2x4) \_\_\_\_\_  
*cost of the machine, reliable brand name, guarantee, special features, attachments, ease of use, after sales service, etc.* 24

(ii) using a sewing machine (2x4)  
*read instructions, thread carefully, adjust stitch length, test on a spare piece of fabric, use foot pedal gently, guide fabric, leave needle in when turning corner etc.,*

(iii) caring for a sewing machine (2x4)  
*keep dust free, cover when not in use, get serviced regularly, oil moving parts, never use without fabric, etc.*

(c) Give **one** reason for **each** of the following sewing machine faults: (3x3) \_\_\_\_\_  
9

(i) needle breaking  
*top tension too tight, needle too fine, needle bent, needle incorrectly inserted, loose presser foot, pulling out fabric before raising needle,*

(ii) looped stitches  
*incorrect threading, tension too loose,*

(iii) thread breaking  
*needle incorrectly inserted, poor quality thread, top tension too tight, incorrect threading,*

(d) Suggest a different machine stitch suitable for **each** of the following (2x5) \_\_\_\_\_  
(i) appliqué *zig-zag, machine embroidery*  
(ii) turning up a hem *zig-zag, straight stitch* 10