

WARNING

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

EXAM NUMBER

FOR EXAMINER

 Section A
 Total Mark



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2009
HOME ECONOMICS
HIGHER LEVEL
FRIDAY 12 JUNE – AFTERNOON 2.00 – 4.30
Total Marks 300
CENTRE STAMP

INSTRUCTIONS TO CANDIDATES

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 superintendent.
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** factors that influence a persons energy requirements.

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

2. Suggest **four** ways to increase fibre in the diet.

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

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

(i) **empty kilocalories** _____

(ii) **energy balance** _____

4. Name **two** types of soup and give **one** example of **each** type:

TYPE OF SOUP	EXAMPLE
(i)	(i)
(ii)	(ii)

5. Give **four** uses of cheese in food preparation.

(i) _____ (ii) _____

(iii) _____ (iv) _____

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

DESCRIPTION	TYPE OF MILK
(i) contains 0.1 to 0.3 % fat	(i)
(ii) has all water removed	(ii)
(iii) extra vitamins and minerals added	(iii)
(iv) a dairy milk substitute	(iv)

7. Suggest **four** modern day changes which have influenced shopping patterns.

(i) _____

(ii) _____

(iii) _____

(iv) _____

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



Name **one** item on which it is found _____

9. List **four** examples of credit buying.

(i) _____ (ii) _____

(iii) _____ (iv) _____

10. Suggest **four** ways in which consumers can make a positive difference to the environment.

(i) _____

(ii) _____

(iii) _____

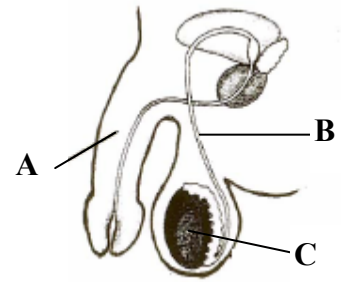
(iv) _____

11. Identify the parts of the male reproductive system labelled **A**, **B** and **C**.

A _____

B _____

C _____



12. State **two** factors that promote educational development in children.

(i) _____

(ii) _____

13. Suggest **four** guidelines to ensure healthy teeth **and** gums.

(i) _____

(ii) _____

(iii) _____

(iv) _____

14. What steps have been taken to reduce alcohol consumption in Ireland?

(i) _____

(ii) _____

15. Give **two** reasons why good lighting is important in the home.

(i) _____

(ii) _____

16. Explain the term **biodegradable waste** _____

Give **one** example of biodegradable waste _____

17. Name the methods of heat transfer that occur in (i) the grill **and** (ii) the oven:

METHOD OF HEAT TRANSFER	
(i) grill	(i) _____
(ii) oven	(ii) _____

18. Explain **each** of the following room planning terms:

(i) **proportion** _____

(ii) **balance** _____

19. What influences fashion trends?

(i) _____

(ii) _____

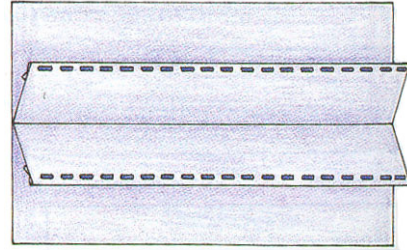
(iii) _____

(iv) _____

20. Name the stitch shown in the diagram and suggest **one** use for it.

Stitch _____

Use _____



21. Outline the function of **each** of the following:

(i) **biological detergent** _____

(ii) **fabric conditioner** _____

22. What information does this symbol give to the consumer?



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

(i) **nap** _____

(ii) **one way design** _____

24. List **four** guidelines which should be followed when caring for a sewing machine.

(i) _____

(ii) _____

(iii) _____

(iv) _____



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2009

HOME ECONOMICS

HIGHER LEVEL


FRIDAY 12 JUNE - AFTERNOON 2.00 - 4.30

SECTION B (220 MARKS)

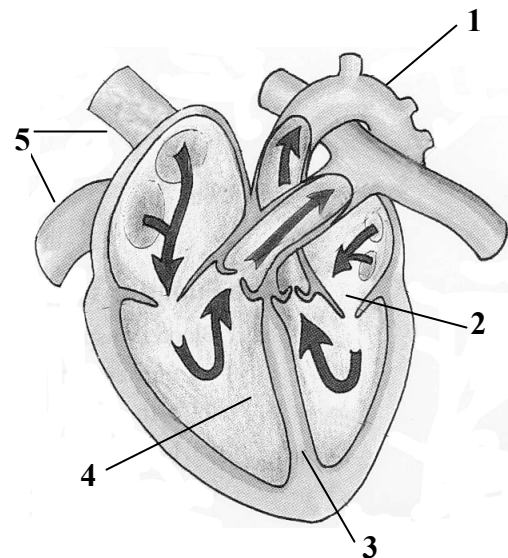
INSTRUCTIONS TO CANDIDATES

Answer 4 (**FOUR**) questions from this section.
All questions carry equal marks.

SECTION B
220 MARKS

1. (a) Give the nutritional composition of red meat.
- (b) Outline the importance of including red meat in the diet of teenagers.
- (c) What guidelines should be followed when (i) buying (ii) storing **and** (iii) cooking minced meat?
- (d) (i) Outline the causes of toughness in meat.
- (ii) List and explain **three** methods of tenderising red meat.
- (e) (i) Name **one** meat substitute.
- (ii) What are the advantages of using meat substitutes?
2. (a) Why is food processed?
- (b) List the causes of food spoilage.
- (c) Explain the conditions that cause foods to decay.
- (d) (i) Name **two** methods of preserving food at home and suggest a different food suitable for **each** method.
- (ii) Select **one** of the foods you have named and describe in detail how you can preserve and store it in the home.
- (e) What information does this symbol give to the consumer? 
3. (a) List and explain **four** reasons why consumers need to be informed.
- (b) Outline **four** sources of consumer information.
- (c) A mobile phone, still under guarantee, becomes faulty.
List **three** forms of redress available to the consumer in this situation.
- (d) Write the consumer's letter of complaint to the shop where the mobile phone was bought.
- (e) (i) What is a guarantee?
- (ii) When is a consumer not covered by the terms of a guarantee?

4. (a) What is the function of the circulatory system?
- (b) Name the parts of the heart labelled 1,2,3,4 and 5.
- (c) Explain the differences between an artery and a vein.
- (d) (i) What is meant by coronary heart disease?
- (ii) Suggest the guidelines that should be followed to reduce the risk of coronary heart disease.



5. Technology can influence many aspects of modern living.
- (a) List **four** food preparation appliances used in the home.
- (b) Bearing in mind the need to protect the environment, write a note on refrigerators under **each** of the following headings:
- (i) choice;
- (ii) use;
- (iii) care and cleaning;
- (iv) disposal.
- (c) Name and give the function of **three** modern refrigerator features.
- (d) Discuss the importance of temperature control in a refrigerator.
6. Household textiles have many uses in the home.
- (a) Suggest **four** uses of household textiles.
- (b) Outline the properties that should be considered when choosing fabric for household textiles.
- (c) Name a textile-based household item and describe in detail how this item should be cared for.
- (d) What information would expect to find on a label attached to a textile-based household item?
- (e) (i) Explain the term *fabric finish*.
- (ii) Name **two** fabric finishes and outline the purpose of **each** one named.

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