

FOR EXAMINER

EXAM NUMBER 

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Total
No. of
Marks

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AN ROINN OIDEACHAIS AGUS EOLAÍOCHTA

JUNIOR CERTIFICATE EXAMINATION 2001

HOME ECONOMICS

ORDINARY LEVEL

FRIDAY 15 JUNE - AFTERNOON 2.00 – 4.00

Total Marks 240

CENTRE STAMP

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For examiners use only	
QUESTION	MARK
Section A (Total)	
Section B 1	
2	
3	
4	
5	
6	
TOTAL ➔	
GRADE ➔	

INSTRUCTIONS

1. Section A - 80 marks
Answer 16 (sixteen) questions from Section A;
all questions carry equal marks.
2. Section B - 160 marks.
Answer 4 (four) questions from Section B,
all questions carry equal marks
3. *Answer the questions in the space provided.*
4. The completed answer book must be returned to
the examination supervisor

SECTION A

80

80 marks

Answer 16 (sixteen) of the following questions. All questions carry equal marks.

1. What is meant by a *balanced diet*? A balanced diet consists of a variety of foods to supply all the nutrients in the correct amounts to meet the needs of the body 5

2. Tick [✓] **four** foods listed below which are good sources of calcium. 5

rice	<input type="checkbox"/>	cabbage	<input checked="" type="checkbox"/>
sardines	<input checked="" type="checkbox"/>	beef	<input type="checkbox"/>
yogurt	<input checked="" type="checkbox"/>	oranges	<input type="checkbox"/>
potatoes	<input type="checkbox"/>	milk	<input checked="" type="checkbox"/>

3. Name a different garnish suitable for **each** of the following foods: 5

FOOD	GARNISH
(i) Grilled fish	(i) lemon-wedges etc., tomato rose, chopped parsley etc.
(ii) Shepherd's pie	(ii) chopped parsley, tomato wedges etc.

4. List **four** rules which should be followed when storing food. 5

- (i) perishables should be covered and stored in the refrigerator, note expiry dates.
- (ii) store non-perishables in cool dry place, use food in rotation, follow storage instructions
- (iii) check fridge daily – use leftovers quickly, keep storage areas clean, check fridge temp.,
- (iv) store opened dry foods in airtight containers, store foods away from cleaning agents etc

5. Give **two** reasons why sauces are served with food. 5

- (i) to add flavour, colour, variety, to improve appearance, to moisten food,
- (ii) to improve food value, to make food more digestible, to complement a dish etc.

6. Suggest a method of cooking suitable for **each** of the following foods:

5

FOOD	COOKING METHOD
(i) a pork chop	(i) fry, grill, bake, barbeque
(ii) pasta	(ii) boil, bake
(iii) whole chicken	(iii) roast, boil, poach, casserole
(iv) brown bread	(iv) bake
(v) apples	(v) stew, poach, bake

7. Give **one** advantage and **one** disadvantage of advertising.

5

Advantage provides information on new products/services/events etc., creates jobs, increases sales, keeps down cost of newspapers/magazines etc., provides info on rights/entitlements etc.

Disadvantage increases prices of goods/services, persuades us to buy unnecessarily, can be misleading, causes dissatisfaction – unrealistic lifestyles, reinforces stereotypes, etc.

8. Indicate with a tick [✓] whether **each** of the following statements are true **or** false.

5

	TRUE	FALSE
(i) Buying on credit means 'buy now, pay later'.	✓	
(ii) A budget is a plan for spending and saving money.	✓	
(iii) Gross income is take-home pay after deductions		✓

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

5

Harmful, irritant



10. Name **one** physical change that occurs in boys and **one** physical change that occurs in girls during puberty

5

Boys growth spurt, pubic & facial hair grows, penis & testes enlarge, voice deepens, etc.

Girls growth spurt, pubic & facial hair grows, breasts develop, hips rounded, menstruation, etc.

11. List **three** ways that a person can reduce the risk of heart disease. 5

- (i) choose a low fat, low cholesterol diet.
- (ii) avoid smoking, stress, take regular exercise.
- (iii) avoid being overweight, avoid excessive alcohol intake, etc

12. Tick [✓] the correct answer. 5

Fertilisation is

- (i) the release of an egg from an ovary.
- (ii) when a sperm joins with an egg.
- (iii) the breakdown of the lining of the uterus.

13. Why is chlorine added to the public water supply? To kill harmful bacteria 5

14. Give **two** examples of fire safety equipment that you would recommend for the home. 5

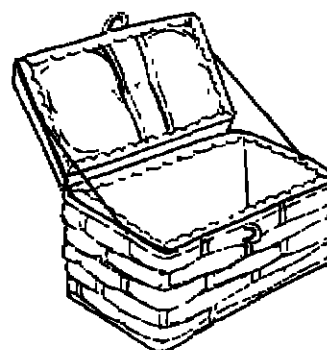
- (i) fire blanket, smoke alarm.
- (ii) fire extinguisher, fire guard, etc.

15. Describe the first aid treatment for a minor cut 5

wash the cut with antiseptic and warm water, dry gently, apply a clean dressing

16. List **five** items that you would find in a sewing box. 5

- (i) needles, pins.
- (ii) thread, measuring tape.
- (iii) scissors, tailor's chalk.
- (iv) buttons, thimble.
- (v) pin cushion, etc.



17. Tick [✓] whether **each** of the following fabrics are natural **or** man-made.

5

FABRICS	NATURAL	MAN-MADE
Cotton	✓	
Polyester		✓
Wool	✓	
Lycra		✓
Silk	✓	

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

5

Indicates an item of 100% pure new wool



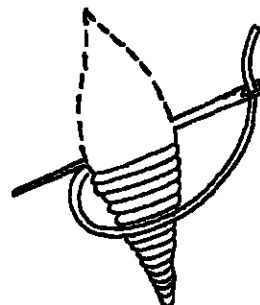
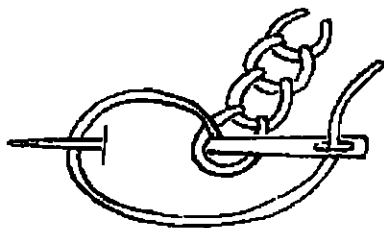
19. Indicate with a tick [✓] whether **each** of the following statements are true **or** false.

5

	TRUE	FALSE
(i) Tweed is an example of a woven fabric.	✓	
(ii) A colour fast fabric will fade when washed.		✓
(iii) Towelling is not an absorbent fabric.		✓

20. Name the **two** embroidery stitches shown below

5



(i) Chain stitch

(ii) Satin stitch

SECTION B

160 marks

Answer **four** questions from this section.

1. Current dietary guidelines suggest that we should include more fruit in our daily diet

(a) Give **three** reasons why fruit is important in the diet.

3 @ 4

(i) fruit is a good source of Vitamins A and C, it is low in fat and kilocalories.

(ii) fruit is high in water, high in fibre, it supplies calcium and iron.

(iii) it is a refreshing food, adds colour, flavour and variety to the diet, etc.

(b) Suggest **four** ways of including fruit in the diet.

4 @ 2

(i) eaten raw as a snack, chopped & added to cereals or yogurt, in salads – waldorf

(ii) in a starter – fruit segments, melon etc., in savoury dishes – curries, pizzas etc.,

(iii) in sauces – apple/orange sauce, in desserts – fruit salad, apple tart etc.,

(iv) in preserves – jams and chutneys, in drinks as juices, milkshakes etc., etc.

(c) Give **one** advantage of buying fruit '*in season*'

Advantage it is plentiful, good value – cheaper, best quality, flavour, food value, etc.

(d) Describe how you would prepare **each** of the following fruits.

(i) apples for an apple tart wash, peel, cut in quarters, remove core and slice .

use at once or toss in lemon juice or cold water to prevent discolouration

(ii) a lemon for grating scrub in warm water to remove wax, dirt etc., dry well .

(iii) grapes for a fresh fruit salad wash under running water, dry gently, cut in .

half, carefully remove seeds if necessary

(iv) a peach for eating wash carefully under running water, dry gently in kitchen

paper

Q. 1

12

8

4

4

4

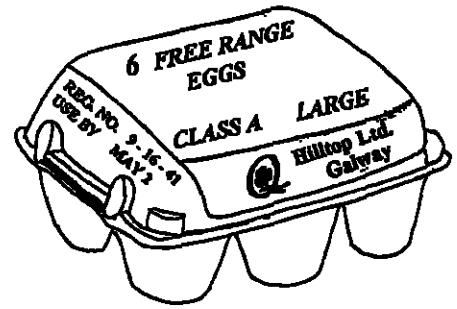
4

4

40

2. (a) List **four** items of information shown on this egg box.

- (i) name, registration number of producer
- (ii) number, size, type of eggs,
- (iii) class, country of origin, use-by date,
- (iv) Quality Assured Symbol (An Bord Bia)



4 @ 2

(b) What is meant by *free-range eggs* ?

Eggs from poultry, which are able to run and feed freely

(c) Give **three** reasons why eggs are useful in the diet.

3 @ 4

- (i) a good source of protein for growth and repair etc., eggs supply easily digested
- (ii) fat for heat and energy etc, provide minerals – calcium & phosphorus for bones
- (iii) & teeth, iron for healthy blood, supply Vitamins A & D, cheap & versatile, etc.

(d) Plan a balanced breakfast menu for a schoolgoing child to include an egg dish.

BREAKFAST MENU

A balanced menu which may include courses e.g.

fruit starter, cereal, main course, bread, beverage

Menu must include an egg dish

(e) Name the food items in the **menu** that you have planned that come from **each** of the following food groups:

4 @ 1

FOOD GROUP	FOOD ITEMS
Protein Group	
Fruit / Vegetable Group	
Milk Group	
Cereal / Bread Group	

Q. 2

8

4

12

12

4

40

3. (a) What is a consumer?

A consumer is a person who buys or uses goods and services

4

(b) List **three** guidelines that consumers should follow when shopping. 3 @ 4

12

(i) make a list – stick to it, choose reliable shops which offer a good service,

(ii) compare prices to get the best value, read labels carefully, check quality,

(iii) keep receipts, avoid impulse buying, avail of value in sales, etc.

(c) This is an example of a barcode that can be found on many products



Why are barcodes used?

To enable products to be scanned at the checkout quickly to produce a more detailed receipt for the consumer and to allow retailers to keep accurate records of stocks/sales.

6

(d) List **three** items of information that you would expect to find on a receipt. 3 @ 4

12

(i) retailer's name, date/time of purchase, details of purchases – products & prices,

(ii) total cost of purchases, method of payment, details of change,

(iii) name of cashier, message – thank you etc., etc.

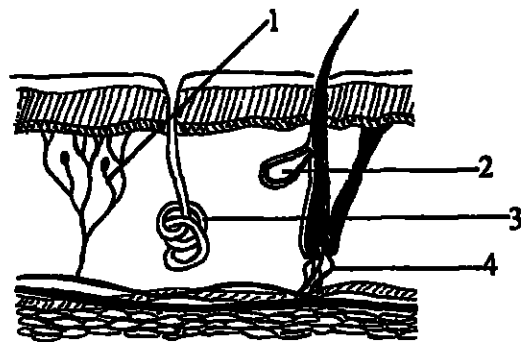
(e) Explain the term '*bulk buying*'.

buying products in large amounts, usually to save money as it is cheaper e.g. four for the price of three

6

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4. (a) Name the parts of the skin labelled 1, 2, 3 and 4



1. Nerves
2. Oil gland
3. Sweat gland
4. Blood vessels

4 @ 2

- (b) Give **three** functions of the skin.

3 @ 4

- (i) protects the body from micro-organisms in the air and from the sun's UV rays.
- (ii) prevents loss of body fluids, removes waste as sweat, creates Vitamin D.
- (iii) controls body temperature, organ of touch – nerve endings allow us to feel etc.

- (c) What causes body odour?

When bacteria on the skin act on dried sweat, oil and dead skin cells to form a sticky layer which, if not washed off, will smell causing body odour

- (d) List **five** guidelines that you would follow to ensure good personal hygiene.

5 @ 3

- (i) keep skin clean – wash body daily, paying careful attention to underarms/groin
- (ii) wear clean clothes – change underwear, socks daily, wash hair regularly.
- (iii) shower after strenuous activity, use anti-perspirant deodorant to reduce BO etc.
- (iv) wash hand frequently particularly after using the toilet.
- (v) brush teeth after eating, etc.

Q.4

8

12

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15

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5. Your family has moved house and needs to buy a new cooker.

(a) What type of cooker would you recommend?

(b) List the points that should guide you when choosing the cooker.

5 @ 2

choice of fuel – gas, electricity etc., cost – best value, method of payment.

reliable dealer, after-sales service, reliable brand, guarantee, modern features.

safety, easy to use, easy to clean, energy efficient, size – needs/dimensions, etc.

(c) Suggest some ways to save energy when using the cooker.

3 @ 4

switch off the current/pilot light when not in use, use dual control grill/rings for small

amounts– allow half grill/ring to be heated, use small top oven when cooking one item

make full use of main oven when on – batch cooking, turn rings to simmer once s/pans

have reached boiling point, switch off oven for final 10 mins. food continues to cook.

(d) Describe how you would clean the cooker

5 @ 2

Collect requirements, switch off current/pilot light, protect yourself and surroundings.

Remove loose fittings and soak in warm sudsy water, rub on oven cleaner.

Wash loose fittings in hot sudsy water, rinse well and dry.

Clean hob and grill compartment, wash out oven, rinse and dry.

Wipe down the outside of cooker, rinse, dry and polish

Replace loose fittings etc.

(e) Why is good ventilation necessary when cooking?

To remove stale air, cooking odours and steam

Q. 5

3

10

12

10

5

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Q. 6
6
9
16
3
6
40

6. (a) Suggest **three** uses of textiles in the home

- (i) curtains, cushions, upholstery. 3 @ 2
- (ii) sheets, duvet/duvet covers, bed linen, blankets, pillows.
- (iii) towels, kitchen cloths, table cloths/napkins, carpets/rugs, etc.

(b) List **three** points that should be considered when choosing fabrics for a household item.

- (i) cost, quality, durability. 3 @ 3
- (ii) ease of cleaning, suitability for purpose.
- (iii) colour, pattern, texture, etc.

(c) Sketch and describe a household item that you have made as part of Textile Studies.

Description _____ = 8marks **Sketch = 8 marks**

(d) Name the fabric/s that you used to make this item.

(e) Sketch a care label suitable
For the item you have made.
*Accept any appropriate items
of information/fabric care symbols.*

Care Label