

EXAM NUMBER

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Total  
Mark

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# Coimisiún na Scrúduithe Stáit State Examinations Commission

## JUNIOR CERTIFICATE EXAMINATION 2004

### HOME ECONOMICS

### ORDINARY LEVEL

*FRIDAY 18 JUNE - AFTERNOON 2.00 – 4.00*

**Total Marks 240**

#### INSTRUCTIONS TO CANDIDATES

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.*

**CENTRE STAMP**

<p><b>CENTRE STAMP</b></p>
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#### For examiners use only

QUESTION	MARK
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>	

1. Total of end of page totals	
2. Aggregate total of all disallowed question(s)	
3. Total mark awarded (1 minus 2)	
4. Bonus mark for answering through Irish	
5. Total mark awarded through Irish (3+4)	
Note: The mark in row 3 (or row 5 if an Irish Bonus is awarded) must equal the mark in the <b>Total Mark</b> box above.	

## SECTION A

**80 marks**

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

1. List **four** sources of protein in the diet.

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

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

	TRUE	FALSE
(i) High-fibre foods are necessary to aid digestion.		
(ii) Roasting is cooking food in dry heat in an oven.		
(iii) Adults who are not very active should reduce their calorie intake.		

3. Suggest the most suitable place for storing **each** of the following foods:

- (i) frozen peas \_\_\_\_\_  
(ii) fresh milk \_\_\_\_\_  
(iii) bananas \_\_\_\_\_

4. List **three** rules which should be followed when making pastry.

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

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

FOOD	GARNISH
(i) Soup	(i) _____
(ii) Fish cakes	(ii) _____

6. Choose the correct word from the following list to complete (i) and (ii) below.

**redress**                      **wants**                      **quality control**

- (i) Goods are tested during manufacturing. This is called \_\_\_\_\_.
- (ii) A consumer has the right to \_\_\_\_\_ when an item is faulty.

7. Give **two** advantages of budgeting.

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

8. List **three** types of credit available when buying goods.

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

9. Name a product that carries this symbol **and** give a reason why this symbol is used.

<b>Smoking Kills</b>	Name of product _____
	Reason for use _____

10. Tick [✓] the correct answer.

The nuclear family is made up of

- (i) parents, children and grandparents.
- (ii) parents and children.
- (iii) parents, children, aunts, uncles and cousins.

11. List **three** guidelines which should be followed in order to have good personal hygiene.

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

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

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

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

	TRUE	FALSE
(i) Teenagers can become addicted to drugs.		
(ii) Acne can be prevented by a high-fat diet.		
(iii) Love is an emotion that brings feelings of happiness and security.		

13. Give **one** example of *positive* peer pressure. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

14. Suggest **one** way in which the environment can be protected.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

15. Give **one** advantage of using cordless appliances in the home.

\_\_\_\_\_

\_\_\_\_\_

Name **one** cordless appliance used in the kitchen. \_\_\_\_\_

16. Give **two** ways in which a bathroom can be ventilated.

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

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

17. List **three** factors that would influence you when buying clothes.

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

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

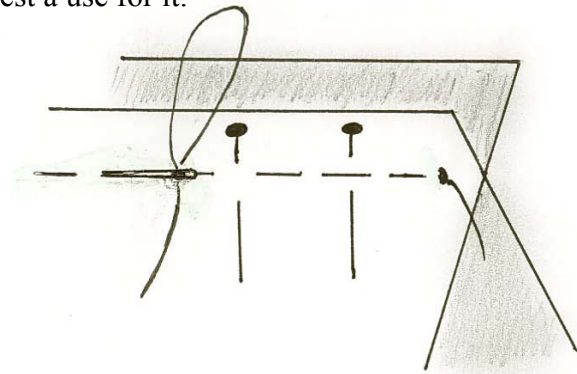
(iii) \_\_\_\_\_

18. Name the stitch shown in the diagram **and** suggest a use for it.

Stitch \_\_\_\_\_

Use \_\_\_\_\_

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



19. Give **one** advantage of using a steam iron when ironing clothes.

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

20. Name the stitch you would use for **each** of the following:

(i) to hold a hem in position \_\_\_\_\_

(ii) to embroider a design on a garment \_\_\_\_\_

**SECTION B**

**160 marks**

**Answer 4 (four) questions from this section.**

1. The following is a list of ingredients for homemade beef burgers.

<i>Ingredients</i>	
400g minced beef	25g diced onion
15g breadcrumbs	1 egg
	seasoning

- (a) Using the information given above, answer **each** of the following:

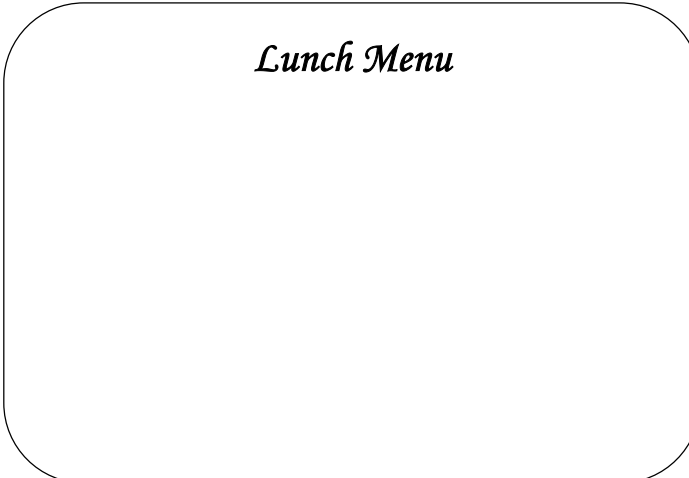
- (i) What is the main ingredient in the recipe? \_\_\_\_\_
- (ii) What ingredient is used to bind the burgers? \_\_\_\_\_
- (iii) Suggest a seasoning for the burgers. \_\_\_\_\_
- (iv) Name another ingredient which could be added to improve the flavour of the burgers. \_\_\_\_\_

- (b) Give **two** reasons why meat is important in the diet.

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

- (c) Plan a **two-course** lunch menu for a teenager which includes a homemade beef burger.

*Lunch Menu*



- (d) Name **two** other dishes which are made using minced meat.

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

2. (a) Give **three** reasons why vegetables should be included in the diet.

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

(b) Name **one** vegetable in **each** of the following groups:

GREENS	ROOTS	PULSES	FRUITS
(i) _____	(i) _____	(i) _____	(i) _____

(c) List **three** guidelines which should be followed when buying fresh vegetables.

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

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

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

(d) Give **two** rules which should be followed when (i) preparing **and** (ii) cooking vegetables in order to reduce the loss of nutrients.

**Preparing**

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

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

**Cooking**

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

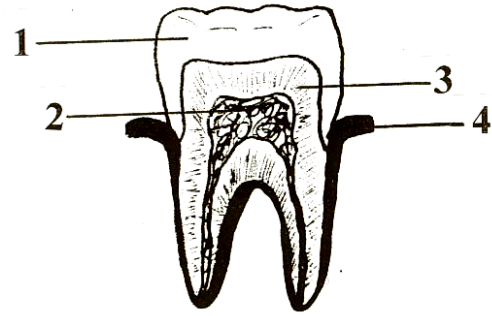
(ii) \_\_\_\_\_

(e) Name **one** way in which vegetables are processed.

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

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

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_



(b) Choose the correct word from the following list to complete **each** of the sentences.

**wisdom    incisors    canines    molars    temporary**

- (i) The \_\_\_\_\_ help to chew and grind food.
- (ii) The \_\_\_\_\_ cut and bite food.
- (iii) The first set of teeth are called \_\_\_\_\_ teeth.
- (iv) The \_\_\_\_\_ help to tear food.
- (v) The \_\_\_\_\_ teeth grow at the very back of each row of teeth.

(c) Explain how diet effects the teeth. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(d) List **three** dental health products which can be used to maintain healthy teeth and gums.

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

(e) Name **two** problems which are the result of poor dental hygiene.

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



4. (a) List **four** ways of keeping a home clean and hygienic.

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

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

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

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

(b) Give **two** results of poor hygiene in the kitchen.

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

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

(c) List **three** rules which should be followed when using a kitchen bin.

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

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

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

(d) Name **two** pieces of cleaning equipment you would suggest for use in the home.

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

(e) (i) Name **one** cleaning agent you would use in the kitchen **and** list the instructions you would follow when using it.

Name of cleaning agent \_\_\_\_\_

Instructions \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(ii) Suggest **two** rules which should be followed when storing cleaning agents.

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

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

OVER →

5. (a) A supermarket is a type of shopping outlet.  
Name **two** other types of shopping outlet.

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

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

(b) List **three** guidelines which should be followed when shopping.

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

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

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

(c) Suggest **three** ways that shopping in supermarkets has changed in recent years.

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

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

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

(d) Why are essential items, such as bread and milk, often placed towards the back of supermarkets?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(e) Explain **each** of the following shopping terms:

(i) **bulk buying** \_\_\_\_\_

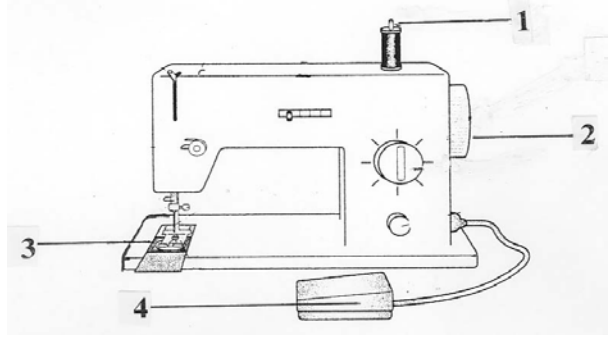
\_\_\_\_\_

(ii) **own brand** \_\_\_\_\_

\_\_\_\_\_

6. (a) Name the parts of the sewing machine labelled 1, 2, 3 and 4.


- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_




(b) List **four** guidelines which should be followed when using a sewing machine.

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

(c) Name **each** of these machine stitches.

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

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

(d) Why is it important to test a machine stitch on a sample of fabric?

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

(e) List **six** items you would expect to find in a sewing box.

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

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