

FOR EXAMINER

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.*

MARKING SCHEME

CENTRE STAMP

For examiners use only

QUESTION	MARK
Section A (Total)	
Section B 1	
2	
3	
4	
5	
6	
TOTAL →	
GRADE →	

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 Total Mark box above.	

SECTION A

80 marks

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

5

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

- (i) Meat, Pulses, Cereals (ii) Fish, yogurt
(iii) Eggs, nuts, soya beans (iv) Milk/Cheese

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

5

	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 Freezer
(ii) fresh milk Fridge
(iii) bananas Fruit bowl

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

- (i) Keep everything cold/Avoid overhandling Mix with a table knife
(ii) Measure accurately/Allow pastry time to relax, use finger tips
(iii) Add water drop by drop/Bake in hot oven/Don't stretch

5

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

5

FOOD	GARNISH
(i) Soup	(i) Chopped parsley/croutons, cream, gr. Cheese.
(ii) Fish cakes	(ii) Slice of lemon, tomato slices/grated cheese, cucumber twists

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

5

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

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

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

5

- (i) Financial security/Allows for major bills
- (ii) Less overspending/Good example to children

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

5

- (i) Bank overdraft/interest-free credit /credit union??
- (ii) Hire purchase
- (iii) Credit card, In store card.

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

5

Smoking Kills	Name of product	<u>Cigarettes</u>
	Reason for use	<u>Health warning/To encourage people to stop smoking Can cause cancer, Kills.</u>

10. Tick [✓] the correct answer.

5

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.

5

- (i) Wash hands after toilet/Use antiperspirant
- (ii) Shower or bath regularly/Change underwear every day, socks
- (iii) Use soap& friction when washing/Wash hair at least every week

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

5

	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. Doing well in school/

5

Home-work clubs etc. Not studying/drinking/drugs.

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

5

Don't waste fuel/Use smokeless fuel/Insulate the home

Use reusable shopping bags/Use recycling facilities/

Use compost heap/Use energy-efficient appliances

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

5

Can be easily used and moved around

Safety

Name **one** cordless appliance used in the kitchen. Kettle/iron/Carving knife

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

5

(i) Open door/window

(ii) Use fan

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

5

(i) Cost comfort lifestyle

(ii) Quality peer pressure fit/size

(iii) Style/fashion flattering suitability

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

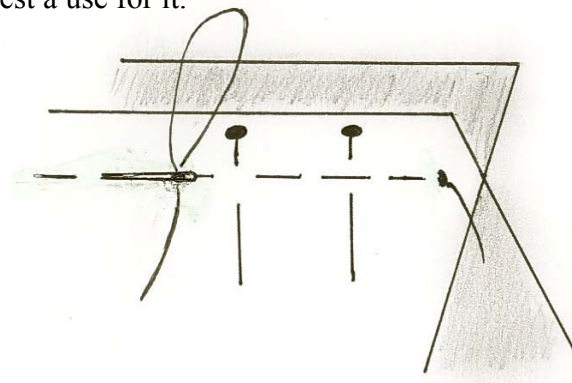
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Stitch Tacking

Use To hold the two pieces of

material together

temporarily



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

5

Gets rid of creases in clothes quicker

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

5

(i) to hold a hem in position Hemming/Slip-hemming/tacking

(ii) to embroider a design on a garment Satin stitch/chain stitch/Stem stitch
Any embroidery stitch

SECTION B

160 marks

40

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: 4 @ 2 **8**

(i) What is the main ingredient in the recipe? minced beef

(ii) What ingredient is used to bind the burgers? egg

(iii) Suggest a seasoning for the burgers. Salt/peppar/garlic/herbs

(iv) Name another ingredient which could be added to improve the flavour of the burgers. expect another seasoning/slice of cheese etc /tomato, cheese, cucumber

(b) Give **two** reasons why meat is important in the diet. 2 @ 6 **12**

(i) Important source of protein/Good source of B vits

(ii) Good source of iron

(c) Plan a **two-course** lunch menu for a teenager which includes a homemade beef burger. 2 @ 6 **12**

Lunch Menu

Starter
Main course or
Expect a balanced diet to
Contain – meat, carbohydrate,
Vitamins/minerals
Main Course
Dessert

(d) Name **two** other dishes which are made using minced meat. 2 @ 4 **8**

(i) Shepherd's Pie/Lasagne
Stew/curry

(ii) Spaghetti Bolognese
Chilli con carne

2. (a) Give **three** reasons why vegetables should be included in the diet. 40
3 @ 3 9
- (i) Valuable source of minerals – calcium, iron, potassium
No fat content
- (ii) Very good source of Vitamin C
High water content
- (iii) High in roughage/fibre
Good for you

- (b) Name **one** vegetable in **each** of the following groups: 4 @ 2 8

GREENS	ROOTS	PULSES	FRUITS
(i) Cabbage Broccoli, Kale Brussel sprouts Cauliflower, Spinach,	(i) Carrots/Turnips Turnips/Potatoes Onions	(i) Peas/Beans Lentils	(i) Tomato/Cucumber Peppar/Courgette Marrow, Pumpkin Aubergine

- (c) List **three** guidelines which should be followed when buying fresh vegetables. 3 @ 3 9
- (i) Check colour, Freshness
- (ii) Check for bruising, buy in season
- (iii) Buy in usable quantities, avoid plastic packaging
Check date, Buy young and medium sized

- (d) Give **two** rules which should be followed when (i) preparing **and** (ii) cooking vegetables in order to reduce the loss of nutrients. 12

Preparing 2 @ 3 6

- (i) Only peel the very outer layer of skin
- (ii) Don't prepare too far in advance? Don't steep

Cooking 2 @ 3 6

- (i) Don't overcook/Don't use bread soda
- (ii) Use a small amount of boiling water, use lid

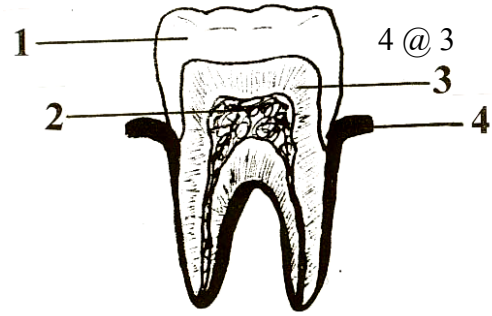
- (e) Name **one** way in which vegetables are processed. 1 @ 2 2

- (i) Frozen/Tinned/Dried , bottled

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

40

1. Enamel
2. Pulp cavity
3. Dentine
4. Gum



12

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

5 @ 2

10

wisdom incisors canines molars temporary

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

(c) Explain how diet affects the teeth.

6

too many sugary foods → tooth decay

fresh fruit helps to strengthen gums

lots of calcium rich foods → strengthen teeth

fluoride in water → strengthen teeth

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

3 @ 2

6

- (i) Toothpaste Mouthwash
- (ii) Toothbrush Disclosing Tablets
- (iii) Dental Floss interdental

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

2 @ 3

6

- (i) Tooth decay Abscess
- (ii) Bad breath, dental caries/cavities, receding gums

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

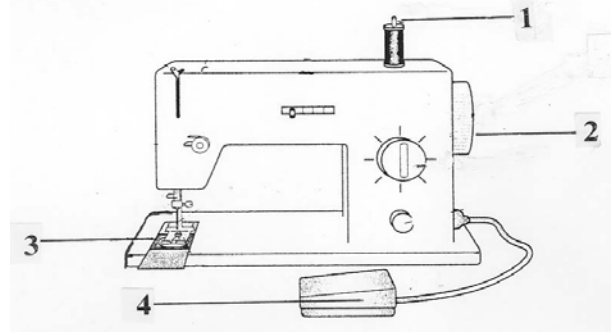
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|-------|------------------------|-----------------------|-----------|
| | | | 40 |
| (i) | Good lighting | Disinfect bathrooms | |
| (ii) | Good ventilation | Good heating system | 4 @ 3 |
| (iii) | Easy-to-clean surfaces | Good drainage systems | 12 |
| (iv) | Dispose of waste | Clean water supply | |
-
- (b) Give **two** results of poor hygiene in the kitchen. 2 @ 3 **6**
- (i) Food poisoning/Attracts mice and rats
- (ii) Bad smells
-
- (c) List **three** rules which should be followed when using a kitchen bin. 3 @ 2 **6**
- (i) Empty regularly – every day
- (ii) Wash out and disinfect when empty
- (iii) Recycle glass/paper/plastic
-
- (d) Name **two** pieces of cleaning equipment you would suggest for use in the home. 2 @ 2 **4**
- | | |
|-------------------------------|----------------------------|
| (i) <u>Vacuum Cleaner/Mop</u> | (ii) <u>Brush/Dust-pan</u> |
| Washing Machine | Duster |
| Dish Washer | |
-
- (e) (i) Name **one** cleaning agent you would use in the kitchen **and** list the instructions you would follow when using it. Name=2
Inst =4 **6**
- Name of cleaning agent Detergent/Abrasive/Bleach, Mr Muscle, Brillo Pad
- Instructions Anything that cleans.
- _____
- _____
-
- (ii) Suggest **two** rules which should be followed when storing cleaning agents. 2 @ 3 **6**
- (i) Keep all cleaning agents together
- (ii) Store in original containers/Away from children

5. (a) A supermarket is a type of shopping outlet. 40
 Name **two** other types of shopping outlet. 2 @ 4 8
- (i) Independent shops/Department stores/Chain stores
- (ii) Specialist stores/Discount stores/Voluntary chain stores
Chemist, Vending Machine, specialist shops, door to door, Mail order.
- (b) List **three** guidelines which should be followed when shopping. 3 @ 3 9
- (i) Shop around Remember the environment
- (ii) Make a list Avoid impulse buying
- (iii) Avail of sales Stick to budget
- (c) Suggest **three** ways that shopping in supermarkets has changed in recent years. 3 @ 3 9
- (i) Late night shopping/wide range of products
- (ii) Free parking/No credit facility
- (iii) Use bar-codes and scanners, self service checking out
- (d) Why are essential items, such as bread and milk, often placed towards the back of supermarkets? 6
- To encourage consumers to walk through the
store to get these products – therefore seeing
other goods and buying them too.
- To encourage more spending.
- (e) Explain **each** of the following shopping terms: 2 @ 4 8
- (i) **bulk buying** Buying lots of the one product
- (ii) **own brand** Products made especially for large
Supermarkets. Usually cheaper eg. St.Bernard/Tesco/Supervalue

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

40

1. Spool pin/Thread
2. Hand wheel
3. Bobbin case/bobbin/feed dog
4. Foot pedal



4 @ 3 12


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

4 @ 2 8

- (i) Thread properly/Leave needle in on corners
- (ii) Test stitching/Adjust stitch length as required
- (iii) Guide fabric through/Lift presser foot when finished
- (iv) Secure stitches by reversing over them

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

2 @ 2 4

(i)  (i) Zig-zag

(ii)  (ii) Straight

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

4

To check the tension and stitch length, to make
Sure the stitch is suitable for the fabric

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

6 @ 2

12

- | | |
|----------------------------------|--------------------------------------|
| (i) <u>Scissors</u> | (ii) <u>Ripper/stitch unpicker</u> |
| (iii) <u>Pins/Measuring tape</u> | (iv) <u>Thread/embroidery thread</u> |
| (v) <u>Needles</u> | (vi) <u>Pinking shears</u> |

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