

EXAM NUMBER

Total
Mark



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2009

HOME ECONOMICS

ORDINARY LEVEL

FRIDAY 12 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

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.

1. Suggest **three** ways of reducing the intake of sugar in the diet.

(i) _____

(ii) _____

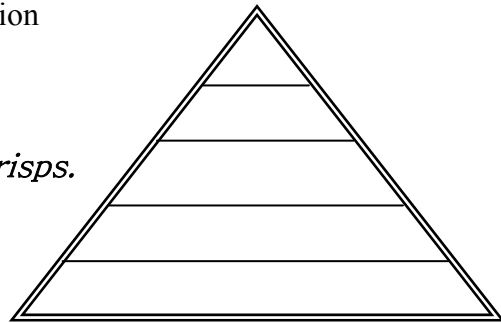
(iii) _____

2. Name **one** water soluble vitamin and **one** fat soluble vitamin.

WATER SOLUBLE	FAT SOLUBLE
(i)	(i)

3. Insert **each** of the following foods in the correct position on the food pyramid:

chicken, apples, bread, cheese, crisps.



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

(i) **seasoning** _____

(ii) **roux** _____

5. Match the sauce usually served with **each** of the following roasted meats:

orange, parsley, apple, mint, cranberry.

HAM	TURKEY	PORK	DUCK	LAMB

6. Give **one** advantage and **one** disadvantage of using credit to pay for goods.

Advantage _____

Disadvantage _____

7. Tick [✓] whether **each** of the following statements is true **or** false.

	TRUE	FALSE
(i) Impulse buying means buying on the spur of the moment.		
(ii) A consumer is a person who sells goods and services.		
(iii) A barcode is a series of lines and spaces which are read by a scanner.		

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



9. Tick [✓] which of the following outlets provide goods **or** services.

OUTLETS	GOODS	SERVICES
Book shop		
ESB		
Travel shop		
Butcher		
Credit Union		

10. Give **two** advantages of using a bank account.

(i) _____

(ii) _____

11. Why is it important to have regular exercise?

12. Give **three** reasons why some teenagers smoke cigarettes.

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

13. Choose the correct word from the following list, to complete **each** of the sentences.

epidermis *nerves* *oil glands* *sweat glands*

- (i) The _____ allow us to feel sensations, for example cold.
- (ii) The _____ remove waste from the body through the pores.
- (iii) The _____ produce a substance which keeps the skin soft.

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



15. Tick [✓] whether **each** of the following statements is true **or** false.

	TRUE	FALSE
(i) It is more energy efficient to take a bath instead of a shower.		
(ii) Microwave ovens should not be switched on when empty.		
(iii) A good insulation system removes stale air and allows fresh air in.		

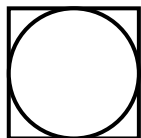
16. Name the items you would expect to find in a first aid kit.

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



17. What do **each** of the following symbols mean?





18. Give **two** reasons why curtains are used in the home.

- (i) _____
- (ii) _____

19. Tick [✓] the correct answer.

The selvage is:

- (i) a pointed fold of fabric used to shape a garment.
- (ii) the finished edge of fabric which does not fray.
- (iii) a double fold used to finish off a garment.

20. List **three** rules which should be followed when using a sewing machine.

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

SECTION B
160 marks

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

1. (a) Suggest **three** different ways of using eggs in cooking.

(i) _____

(ii) _____

(iii) _____

(b) Name **three** nutrients found in eggs. 1. _____

2. _____ 3. _____

Name **one** nutrient **not** found in eggs. _____

(c) Name the parts of the egg labelled 1, 2, 3, 4 and 5.

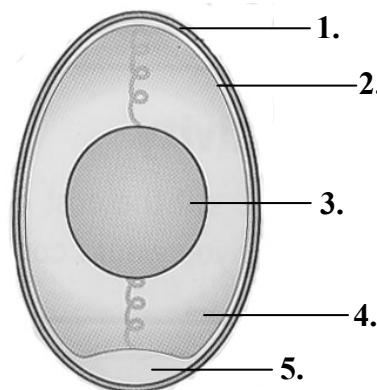
1. _____

2. _____

3. _____

4. _____

5. _____



Structure of an egg

(d) List **four** items of information you would expect to see on an egg box.

(i) _____ (ii) _____

(iii) _____ (iv) _____

(e) How should eggs be stored? _____

(f) Explain the term *free-range* eggs _____

2. It is recommended that we eat five portions of fruit or vegetables each day.

(a) Give **three** reasons why fruit and vegetables are important in the diet.

(i) _____

(ii) _____

(iii) _____

(b) Suggest **three** ways to include vegetables in the diet.

(i) _____

(ii) _____

(iii) _____

(c) Vegetables are divided into four groups. Name **one** vegetable in **each** group.

ROOTS	GREENS	PULSES	FRUITS

(d) Give **three** methods of cooking vegetables, other than boiling them.

(i) _____

(ii) _____

(iii) _____

(e) What is meant by *organic* vegetables? _____

3. The amount and the type of packaging on goods has increased in recent years.

(a) Give **three** reasons why goods are packaged.

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

(b) Name **four** types of packaging used on household goods.

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

(c) Give the **disadvantages** of over-packaging on goods.

(d) Suggest a **different** method of disposing of **each** of the following items in an environmentally friendly way.

ITEMS	METHOD OF DISPOSAL
(i) Food / drink cans	
(ii) Mobile phones	
(iii) Glass bottles	
(iv) Old clothes	
(v) Grass cuttings	

(e) What information does this symbol give to the consumer?



4. (a) Tick [✓] the correct answer.

Puberty is:

(i) an acceptable way of behaving in society.

(ii) a group of people of the same age with similar interests.

(iii) changing from a child into an adult.

(b) Name **three** physical changes that occur in girls during puberty and **three** physical changes that occur in boys during puberty.

Girls (i) _____

(ii) _____

(iii) _____

Boys (i) _____

(ii) _____

(iii) _____

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

emotional intellectual social moral

(i) _____ development means learning how to deal with people.

(ii) Learning how to deal with feelings is _____ development.

(iii) _____ development means being aware of right and wrong.

(d) Give **two** examples of **positive** peer pressure and **two** examples of **negative** peer pressure.

Positive peer pressure

(i) _____

(ii) _____

Negative peer pressure

(i) _____

(ii) _____

OVER →

5. (a) List **four** points which should be considered when selecting and buying a cooker.

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

(b) Name **three** types of fuel used for cooking. Give a **different** advantage of using **each** type of fuel you have named.

TYPE OF FUEL	ADVANTAGE
(i)	_____ _____
(ii)	_____ _____
(iii)	_____ _____

(c) Suggest some ways to save energy when cooking.

(d) List the guidelines that should be followed when caring for and cleaning a cooker.

6. (a) List **three** reasons why we wear clothes.

(i) _____

(ii) _____

(iii) _____

(b) Name, sketch and describe the item of clothing you have made in school as part of Textile Studies.

Name _____

Description _____

Sketch

(c) Name the fabric you selected for the item of clothing and give **three** reasons for selecting this fabric.

Name of fabric _____

REASONS FOR SELECTING FABRIC
(i)
(ii)
(iii)

(d) List **four** pieces of equipment you used in order to make up **and** finish the item of clothing.

(i) _____

(ii) _____

(iii) _____

(iv) _____

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