

EXAM NUMBER

Total
Mark



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2010

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

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. List **two** sources of fibre in the diet.

(i) _____ (ii) _____

2. Suggest **three** ways of reducing the intake of fat in the diet.

(i) _____

(ii) _____

(iii) _____

3. Give **two** reasons why it is important to eat a healthy breakfast.

(i) _____

(ii) _____

4. Place **each** of the fish listed below under the correct headings:

salmon cod mackerel prawns plaice

WHITE FISH	OILY FISH	SHELL FISH

5. Give **three** uses of eggs in cooking.

(i) _____

(ii) _____

(iii) _____

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



7. List **three** sources of consumer information.

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

8. Give **two** advantages of saving money.

- (i) _____

- (ii) _____

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

	TRUE	FALSE
(i) Net income is take home pay after deductions.		
(ii) A budget is a plan for spending and saving money.		
(iii) Consumer rights are not protected by law.		

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

- (i) **Boys** _____
- (ii) **Girls** _____

11. Tick [✓] the correct answer.

Ovulation is

(i) when a sperm joins with an egg.

(ii) the breakdown of the lining of the uterus.

(iii) the release of an egg from the ovary.

12. Explain **each** of the following.

(i) **the nuclear family** _____

(ii) **the extended family** _____

13. List **three** benefits of taking regular exercise.

(i) _____

(ii) _____

(iii) _____

14. Name **one** warm colour and **one** cool colour.

(i) **warm colour** _____

(ii) **cool colour** _____

15. Name a different type of insulation suitable for **each** of the following.

(i) **a hot water cylinder** _____

(ii) **an attic** _____

16. Suggest **three** ways in which a consumer can protect the environment.

(i) _____

(ii) _____

(iii) _____

17. Give **two** functions of clothing.

(i) _____

(ii) _____

18. Suggest a different fabric suitable for **each** of the following items of clothing.

ITEM	SUITABLE FABRIC
(i) T-shirt	(i)
(ii) school jumper	(ii)
(iii) sports shorts	(iii)

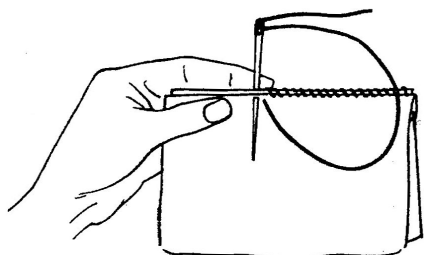
19. List **three** rules that should be followed when using a steam iron.

(i) _____

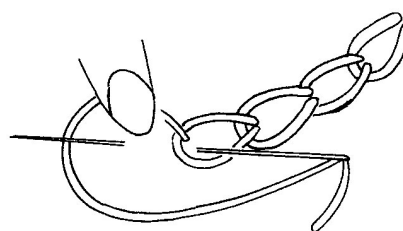
(ii) _____

(iii) _____

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



(i) _____



(ii) _____

2. Milk is a very important food in the diet.

(a) Name **three** nutrients present in milk and give a reason why **each** nutrient you have named is important in the diet of children.

NUTRIENT	REASON
(i)	(i) _____ _____
(ii)	(ii) _____ _____
(iii)	(iii) _____ _____

(b) List **three** types of milk available in supermarkets.

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

(c) Suggest **three** uses of milk in food preparation.

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

(d) Name **four** milk products.

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

(e) How should milk be stored?

- (i) _____
- (ii) _____

3. (a) List **four** methods of advertising.

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

(b) Give **three** reasons for advertising.

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

(c) Describe **two** advertisements that you consider to be effective.

- (i) _____

- (ii) _____

(d) Explain why you consider the advertisements you have described to be effective.

- (i) _____

- (ii) _____

4. (a) Give **three** functions of the skin.

(i) _____

(ii) _____

(iii) _____

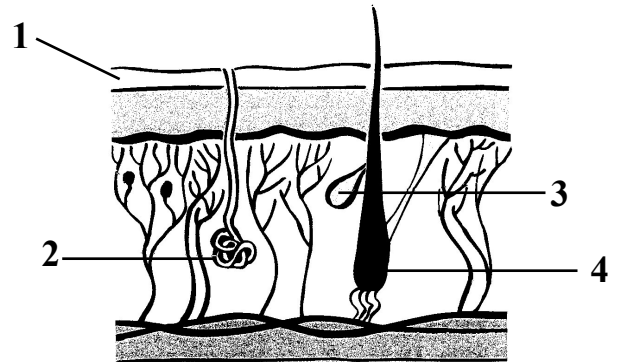
(b) Name the parts of the skin labelled 1, 2, 3 and 4.

1. _____

2. _____

3. _____

4. _____



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

deodorant acne sweat glands vitamin D skin cancer

(i) The use of _____ helps prevent body odour.

(ii) _____ is created by the action of the sun's ultraviolet light on the skin.

(iii) Too much exposure to the sun may cause _____.

(iv) _____ is a skin condition that is fairly common during adolescence.

(v) _____ remove water, salt and other impurities from the blood.

(d) List **four** guidelines that should be followed when caring for the skin.

(i) _____

(ii) _____

(iii) _____

(iv) _____

5. (a) List **four** points that should be considered when choosing a refrigerator for use in the home.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(b) Give **three** advantages of using a refrigerator.

(i) _____

(ii) _____

(iii) _____

(c) List the guidelines that should be followed when:

(i) **storing food in a refrigerator** _____

(ii) **cleaning a refrigerator** _____

(d) Name **three** different foods that are stored in a refrigerator and suggest a **different** type of packaging suitable for **each** food you have named.

FOOD	TYPE OF PACKAGING
(i)	(i)
(ii)	(ii)
(iii)	(iii)

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

(i) _____

(ii) _____

(iii) _____

(b) List **three** points that should be considered when choosing textiles for soft furnishings.

(i) _____

(ii) _____

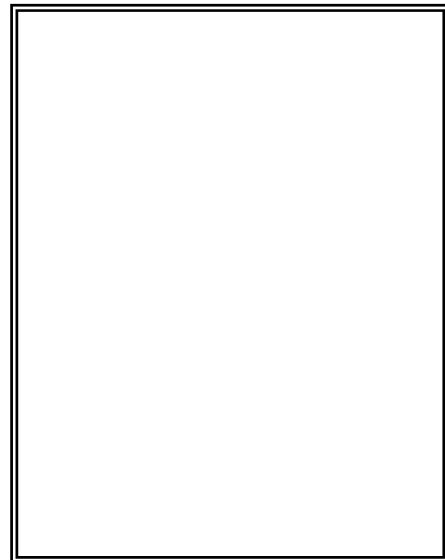
(iii) _____

(c) Why are soft furnishings used in the home? _____

(d) Name, sketch **and** describe a household item you have made as part of Textile Studies

Name _____

Description _____



(e) Name the fabric / fabrics you used to make the household item.

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