



**Coimisiún na Scrúduithe Stáit**  
**State Examinations Commission**

**Junior Certificate 2012**

**Marking Scheme**

**Home Economics**

**Ordinary Level**



EXAM NUMBER

Total Mark



**Coimisiún na Scrúduithe Stáit  
State Examinations Commission**

**JUNIOR CERTIFICATE EXAMINATION 2012**

**HOME ECONOMICS**

**ORDINARY LEVEL**

***FRIDAY 15 JUNE – AFTERNOON 2.00 – 4.00***

**Total Marks 240**

**INSTRUCTIONS TO CANDIDATES**

- SECTION A - 80 marks.  
Answer 16 (sixteen) questions from Section A.  
All questions carry equal marks.
- SECTION B - 160 marks.  
Answer 4 (four) questions from Section B.  
All questions carry equal marks.
- Answer the questions in the space provided.*

<b>CENTRE STAMP</b>

**For examiners use only**

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

1. Total of end of page totals	
2. Aggregate total of disallowed Question(s)	
3. Total mark awarded (1 minus 2)	
4. Bonus mark for answering through Irish (if applicable)	
5. Total mark awarded if Irish Bonus (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.	

# Introduction

- The marking scheme is a guide to awarding marks to candidates' answers. It is a concise and summarised guide and is constructed in a way to minimise its word content.
- Examiners must conform to this scheme and may not allow marks for answering outside the scheme.
- The scheme contains key words or phrases for which candidates may be awarded marks. This does not preclude synonyms or phrases which convey the same meaning as the answer in the marking scheme.
- The scheme may include the words “any valid answer” and the Examiner will use his/her professional judgement to determine the validity of the answer. If in doubt, he/she should consult with his/her Advising Examiner before awarding marks.
- Where it comes to the attention of the Examiner that a candidate has presented a valid answer and there is no provision in the scheme for accepting this answer, then he/she must first consult with his/her Advising Examiner before awarding marks.
- The detail required in any answer is determined by the context and the manner in which the question is asked and by the number of marks assigned to the answer in the marking scheme. Requirements may therefore vary from year to year.

**SECTION A**  
**80 marks**

80

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

1. List **four** healthy eating guidelines.

5

(i) Reduce intake of fat

(ii) Reduce intake of sugar

(iii) Reduce intake of salt, food pyramid

(iv) Increase intake of fibre (fruit, vegetables)

2. Name **two** sources of iron in the diet.

5

(i) Red meat; liver; green vegetables

(ii) Fortified breakfast cereals; brown bread

3. Give **one** example of bread **or** cakes that can be made using **each** of the following methods of bread making.

5

METHOD	BREAD OR CAKES
(i) Rubbing-in	(i) <i>Wholemeal / brown / white/ bread; tea / sultana scones ,etc</i>
(ii) Whisking	(ii) <i>Sponge cake; flan; Swiss roll, etc.</i>

4. Name **three** types of milk available in shops.

5

(i) Whole milk; low-fat milk; skimmed milk

(ii) Fortified milk; buttermilk; evaporated milk

(iii) Condensed milk; dried milk; UHT milk; soya milk

5. Explain the following terms used in relation to food preparation.

5

(i) **batter** A mixture consisting of flour, eggs and milk / liquid that is thin enough to pour.

(ii) **accompaniment** It is a food that is served with another food.

6. List **three** pieces of information found on a receipt. 5

(i) Name of retailer / shop; date

(ii) Products and prices; total price; payment; change

(iii) Pleasant message

7. Tick [✓] the correct answer. 5

(i) Specialist shops usually sell only one type of product.

(ii) Customer loyalty cards gather information about likes and dislikes.

(iii) The national consumer agency provides on-line shopping.

8. Suggest **two** methods of advertising. 5

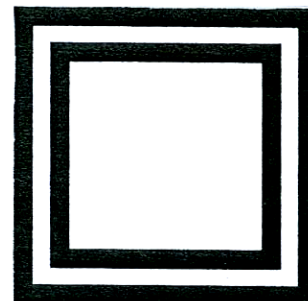
(i) TV and radio; the Internet; newspapers +magazines; text messaging; cinema;

(ii) Billboards; buses; trains and trams; bus shelters; video +DVD, carrier bags, etc.

9. What information does this symbol give to the consumer? 5

An earth wire is not used as it is doubly insulated;

It is a safety symbol found on electrical appliances



10. Select the correct term to complete the following sentences. 5

**own brands   unit pricing   loss leaders**

(i) loss leaders are goods sold off cheaply in order to attract customers into a shop.

(ii) own brands are used on products that are sold under the particular name of a supermarket.

11. Give the function of **each** of the following hygiene products.

5

- (i) antiperspirant It helps to prevent perspiration
- (ii) dental floss It helps to remove food from between teeth; helps to prevent plaque / tartar

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

5

	TRUE	FALSE
(i) The skin is an excretory organ.	✓	
(ii) Avoiding high-sugar snacks and drinks can help prevent teeth and gum disease.	✓	
(iii) Peer pressure means having a high self-esteem.		✓

13. Give **two** possible reasons for stress in a teenager's life.

5

- (i) Accept any correct reason that can cause emotional or physical strain  
in a teenager's life caused by anxiety.
- (ii) \_\_\_\_\_  
\_\_\_\_\_

14. Suggest **two** ways of saving energy in the home.

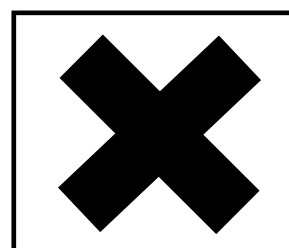
5

- (i) Lagging jacket on hot water cylinder; turn down thermostat on heating system
- (ii) Switch off lights; take showers instead of baths; choose energy efficient appliances, etc.

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

5

The substance is harmful and irritant  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



16. Explain what is meant by water pollution.

5

*It is caused by non-toxic organic matter, sewage, slurry, oil spills being discharged into the environment causing illness, bad smells and dead fish*

17. What factors influence people's choice of clothes?

5

*Function; fit; cost; care; style; durability, etc.*

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

5

	TRUE	FALSE
(i) Wool is a natural fibre.	✓	
(ii) The selvedge is the edge of fabric that does not fray.	✓	
(iii) An anti-static finish makes fabric flame resistant.		✓

19. Describe **two** ways in which an old denim jacket could be modernised.

5

(i) *Use of embroidery / appliqué / textile craft; attaching / removing a pocket; changing collar / cuffs;*

(ii) *Dyeing / tie dyeing / bleaching the jacket or part of it, etc.*

20. Suggest **one** way of preventing the colour of a garment fading when it is being washed.

5

*Turn garment wrong side out when washing; use special colour detergent*



**SECTION B**  
**160 marks**

40

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

1. Fruit is a nutritious and delicious food.

(a) Suggest **three** reasons why fruit is important in the diet. (3x4)

12

(i) Provides vitamins, especially Vit A and Vit C

(ii) Provides minerals, especially iron and calcium

(iii) Provides fibre, CHO and water

(b) Suggest a different use for **each** of the fruits listed below: (6x2)

12

FRUIT	USES	
Oranges	<u>Segments</u>	<u>drink</u>
Lemons	<u>As a garnish</u>	<u>dressings</u>
Apples	<u>Hot and cold desserts</u>	<u>saucers</u>
Strawberries	<u>On breakfast cereal</u>	<u>milk shakes</u>
Raisins	<u>Baking</u>	<u>snack, curries</u>
Bananas	<u>Sandwiches</u>	<u>smoothies</u>

(c) Give **three** guidelines to be followed when buying fruit. (3x4)

12

(i) Buy in season – more nutritious, better flavour, better price

(ii) Choose fruit free from bruises / blemishes

(iii) Check the quality / grade of fruit

(d) What effect does cooking have on fruit? (1x4)

4

Vit C is reduced / destroyed; minerals dissolve into the cooking liquid

Texture is changed, becomes soft

Bacteria / micro-organisms are destroyed

2. (a) List **three** reasons why some foods require cooking. (3x3)

- (i) It makes some foods easier to digest; safer to eat
- (ii) Flavours / colour / appearance develop by cooking
- (iii) Cooking preserves food and makes it last longer

9

(b) Name **two** different foods that can be cooked using **each** of the following cooking methods. (8x2)

16

COOKING METHOD	FOOD
(i) Roasting	(i) <u>Meat – all types</u> (ii) <u>Poultry – all types</u>
(ii) Stewing	(i) <u>Vegetables</u> (ii) <u>Fruit</u>
(iii) Boiling	(i) <u>Potatoes; eggs</u> (ii) <u>Pasta; rice</u>
(iv) Grilling	(i) <u>Bacon; steaks; cutlets</u> (ii) <u>Fish; burgers; fruit;</u>

(c) Give **two** disadvantages of frying as a method of cooking. (2x3)

6

- (i) It increases the fat level in food
- (ii) Needs constant attention; food must be served and eaten immediately

(d) Why is steaming considered to be a healthy method of cooking vegetables? (1x3)

3

- There is no fat added during cooking
- There is less loss of vitamins and minerals as food is not immersed in water

(e) Give **three** guidelines to be followed when using a microwave oven. (3x2)

6

- (i) Follow the manufacturer’s instructions / microwave operation guidelines
- (ii) Pierce any food which has a skin to prevent it bursting
- (iii) Use correct cookware; allow standing time; cover food

3. A consumer is anyone who buys or uses goods and services.

(a) List **four** points that should be considered when shopping for goods and services. (4x4)

- (i) Shop around, compare prices and value for money
- (ii) Look for quality and freshness; read labels; check date stamping
- (iii) Avoid impulse buying
- (iv) Look for a guarantee; keep receipts, etc.

16

(b) List **each** of the following under the correct headings: (8x1)

**Rent**                                      **Cinema**                                      **Food**                                      **Jewellery**  
**Electricity**                                      **Magazines**                                      **Health insurance**                                      **Designer fashion**

NEEDS	WANTS
Rent	Cinema
Electricity	Magazines
Food	Jewellery
Health insurance	Designer fashion

8

(c) Give **two** reasons why packaging is used on goods. (2x3)

- (i) Protects goods from damage; keeps goods hygienic and fresh; attractive
- (ii) Provides information; easier to store and sell goods; advertises the product

6

(d) List the disadvantages of over packaging. (2x3)

- Can use up valuable natural resources; adds to the price of the product
- May be difficult to open and reseal
- May cause litter and pollution

6

(e) Explain the term **recycle**. (1x4)

A process where old materials can be re-manufactured into new products

4

(a) List the organs of the female reproductive system. (4x3)

- 1. Ovaries
- 2. Fallopian tube
- 3. Womb (uterus)
- 4. Vagina

12

(b) Explain **each** of the following terms: (2x3)

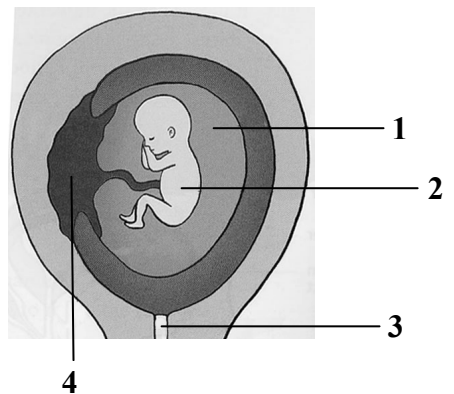
(i) **ovulation** This occurs once a month when an egg is released from  
one of the ovaries

6

(ii) **menstruation** This occurs when the unwanted lining of the womb and the  
unfertilised egg flow out of the body

(c) Name the parts labelled 1, 2, 3 and 4 in the diagram.

- 1. Amniotic fluid (4x2)
- 2. Foetus
- 3. Cervix
- 4. Placenta



8

(d) List some of the guidelines that should be followed to promote good health during pregnancy. (2x4)

- Eat a healthy balanced diet, rich in protein, calcium and folic acid
- Avoid smoking; avoid alcohol
- Avoid all drugs except medicines prescribed by a doctor
- (Accept 2 correct relevant points)

8

(e) Why is responsible sexual behavior important? (1x6)

- Can prevent unwanted pregnancy
- Can cause low self-esteem and sexually transmitted infections / diseases

6

5. (a) List **four** of the main causes of accidents in the home. (4x3)

- (i) People - carelessness and untidiness
- (ii) Buildings - poor lighting; poor design; poor maintenance
- (iii) Objects – sharp knives; matches / candles
- (iv) Dangerous substances, etc.

12

(b) List the safety guidelines that family members should follow in order to prevent **each** of the accidents you have named. (4x2)

8

ACCIDENT	SAFETY GUIDELINES
	_____
	_____
	_____
	_____

(c) Name **three** items of safety equipment suitable for use in the home. (3x2)

6

- (i) Fire blanket; escape ladder
- (ii) Fire extinguisher
- (iii) Smoke alarm; fire alarm

(d) List **four** items that should be included in a first aid kit. (4x2)

8

- (i) Plasters; bandages; dressings
- (ii) Spray / cream for burns
- (iii) Thermometer
- (iv) Scissors; antibacterial wipes

(e) Why is it important to carry out a regular fire drill? (1x6)

- Everyone will learn what to do and how to behave in an emergency
- Assembly point / station will be known by everyone

6

6. (a) Bearing the cost in mind, design / sketch and describe an outfit you would suggest for a friend's birthday party.

<b>Design / Sketch</b>	<b>Description</b> <span style="float: right;"><b>(8)</b></span>
(6)	

14

(b) Give **two** reasons why the colour scheme is important when designing the outfit. **(2x4)**

- (i) Can reflect personality; makes a fashion statement;
- (ii) Creates an image; impacts on the shape / weight / figure, etc.

8

(c) Name a suitable fabric/s for the outfit and give reasons for your choice.

**Name of fabric/s** expect an appropriate fabric **(4)**

**Reasons** reasons must refer to named fabrics **(2x3)**

10

(d) Suggest suitable accessories to make the outfit you have designed more attractive. **(2x2)**

Accept all correct and relevant accessories – scarves; belts; hair fashion

Designer jewellery, etc.

4

(e) Suggest ways of keeping the cost of the complete outfit to a minimum. **(2x2)**

Accept 2 correct and relevant answers

4

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