

EXAM NUMBER

Total  
Mark


# Coimisiún na Scrúduithe Stáit State Examinations Commission

## JUNIOR CERTIFICATE EXAMINATION 2016

### HOME ECONOMICS

#### ORDINARY LEVEL

*FRIDAY 17 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.*

**CENTRE STAMP**

#### For examiner's 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 plus 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 **two** sources of starch in the diet.

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

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

2. Give **two** functions of water.

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

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

3. State **three** points to consider when choosing foods.

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

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

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

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

**cheddar      cheese triangles      cream cheese      parmesan      cottage cheese**

<b>HARD</b>	<b>SOFT</b>	<b>PROCESSED</b>

5. Indicate with a tick [✓] whether **each** statement is true **or** false.

	<b>True</b>	<b>False</b>
(i) Obesity means being overweight.		
(ii) A high sugar diet causes anaemia.		
(iii) Some vegetarians eat dairy products.		

6. Choose the correct word from below to complete **each** of the following sentences.

**good**                      **service**

(i) A dentist is an example of a consumer \_\_\_\_\_

(ii) A book is an example of a consumer \_\_\_\_\_

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

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



8. Name **four** expenses that should be included in a household budget.

*Expenses*

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

9. Give **two** functions of packaging.

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

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

10. Indicate with a tick [✓] whether **each** statement is true **or** false.

	<b>True</b>	<b>False</b>
(i) Gross income is take home pay after deductions.		
(ii) Impulse buying is buying on the spur of the moment.		
(iii) Buying on credit means 'buy now, pay later'.		

OVER→

11. Suggest **three** guidelines to help a teenager treat acne.

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

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

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

12. Tick [✓] the correct answer below.

Moral development is:

(i) learning how to manage and deal with feelings.

(ii) knowing what is right or wrong.

(iii) the growth in weight and height of children.

13. Give **three** advantages of regular exercise.

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

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

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

14. Choose the correct word from the list below to complete **each** of the following sentences.

**chlorine**

**filtration**

**fluoride**

(i) \_\_\_\_\_ can be added to water to strengthen teeth.

(ii) Water has \_\_\_\_\_ added to kill bacteria.

(iii) \_\_\_\_\_ helps to remove dust and impurities.

15. State **three** points to consider when choosing a family home.

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

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

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

16. Indicate with a tick [✓] whether **each** statement is true **or** false.

	True	False
(i) A burn is caused by wet heat.		
(ii) The aim of first aid is to preserve life.		
(iii) The emergency phone number in Ireland is 555.		

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

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

18. Suggest **two** different uses of cotton.

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

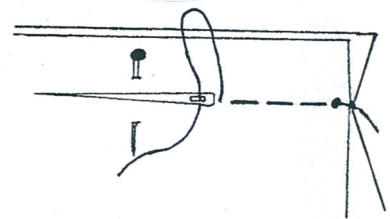
19. Name the stitch shown in the diagram and suggest **one** use for it.

Stitch \_\_\_\_\_

Use \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



20. Indicate with a tick [✓] whether **each** statement is true **or** false.

	True	False
(i) Silk is a man-made fibre.		
(ii) Embroidery is used to decorate fabric.		
(iii) Loose tension on a sewing machine can cause looped stitches.		

OVER→

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

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

1. (a) State the function of the following nutrients found in milk.

NUTRIENT	FUNCTION
Calcium	
Protein	
Fat	

- (b) Milk is a good source of calcium. Name **two** other sources of calcium.

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

- (c) Match **each** type of milk with the most suitable special diet.

**full-fat milk      soya milk      low-fat milk      fortified milk**

SPECIAL DIET	MILK
Obesity	
Osteoporosis-bone disease	
Vegetarian- strict vegan	
Young children	

- (d) Give **two** effects of heat on milk.

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

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

- (e) Suggest **four** ways to include more dairy products in a teenager's diet.

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

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

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

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

2. **Healthy Eating Guidelines suggest we eat five or more servings of fruit and vegetables a day.**

(a) Suggest a different vegetable for **each** of the following groups.

<b>GROUPS</b>	<b>VEGETABLE</b>
Roots/tubers	
Greens	
Pulses	
Fruits	

(b) List **three** points to follow when buying vegetables.

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

(c) Name **two** different methods of cooking vegetables.

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

(d) Explain the following terms:

**In season vegetables** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Organic vegetables** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(e) Name **two** ways to garnish vegetable soup.

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

3. Advertising encourages consumers to buy products and services.

(a) State **two** reasons for advertising.

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

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

(b) Suggest a **different** method of advertising for **each** of the following products and services.

PRODUCTS/SERVICES	METHOD OF ADVERTISING
Concert ticket	
Sports bag	
Mobile phone	
Hair products	

(c) Name **one** advertisement that you consider to be effective and give **two** reasons for your choice.

**Name of advertisement** \_\_\_\_\_

**Reasons for choice**

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

\_\_\_\_\_

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

\_\_\_\_\_

(d) Choose the correct word listed below to complete **each** of the following sentences.

**Market research      Barcodes      Information**

(i) \_\_\_\_\_ are scanned when paying for goods.

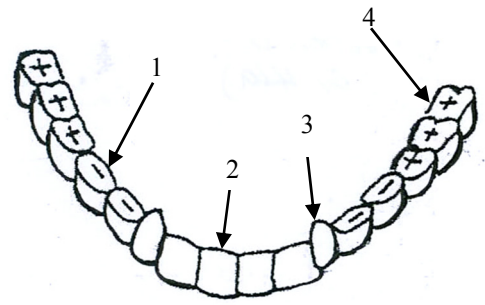
(ii) Advertising is controlled by the Consumer \_\_\_\_\_ Act 1978.

(iii) \_\_\_\_\_ is the gathering of information about consumer likes and dislikes.



4. (a) Name the types of teeth labelled 1, 2, 3 and 4.

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



(b) Indicate with a tick [✓] which of the following foods can help build strong teeth?

FOODS	BUILD STRONG TEETH
Yogurt	
Fizzy drinks	
Doughnuts	
Tuna	

(c) State **two** reasons why it is important to have healthy teeth.

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

(d) Choose the correct word listed below to complete **each** of the following sentences.

**6 months      avoid      teeth**

- (i) Never use \_\_\_\_\_ to open products.
- (ii) It is best to \_\_\_\_\_ sugary foods and drinks.
- (iii) Visit the dentist every \_\_\_\_\_.

(e) Name **four** oral hygiene products.

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

**OVER→**

5. (a) Give **three** guidelines to follow when buying a refrigerator.

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

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

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

(b) State **three** points to follow when using **and** cleaning a refrigerator.

<b>USING</b>	(i) _____ (ii) _____ (iii) _____
<b>CLEANING</b>	(i) _____ (ii) _____ (iii) _____

(c) Name **two** modern features of a refrigerator.

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

(d) Tick [✓] which of the following foods are **unsuitable** for freezing.

<b>FOODS</b>	<b>UNSUITABLE FOR FREEZING</b>
Banana	
Whole egg	
Meat	
Lettuce	

(e) How would you safely dispose of an old refrigerator?

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



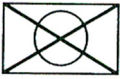

6. (a) Name, sketch and describe an item of clothing you have made in school as part of Textile Studies.

<p><b>Name</b> _____</p> <p><b>Description</b> _____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p><b>Sketch</b></p> <div style="border: 1px solid black; width: 300px; height: 200px; margin: 0 auto;"></div>
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- (b) Give **three** points to consider when washing clothes.
- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

- (c) Choose the correct word from the list below to match **each** care label symbol.

do not bleach      warm iron      do not tumble dry      hand wash only

CARE LABEL SYMBOL	INSTRUCTION
	
	
	
	

- (d) Explain the purpose of **each** of the following when washing clothes.
- (i) **Detergent** \_\_\_\_\_
- (ii) **Fabric Conditioner** \_\_\_\_\_

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