



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CERTIFICATE 2009

MARKING SCHEME

HOME ECONOMICS

ORDINARY LEVEL

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

80

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.

5

- (i) avoid sweet snacks, cakes and fizzy drinks
- (ii) reduce amount of sugar added to food during preparation and cooking
- (iii) replace sweet snacks with fresh fruit, nuts. Use sugar substitutes

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

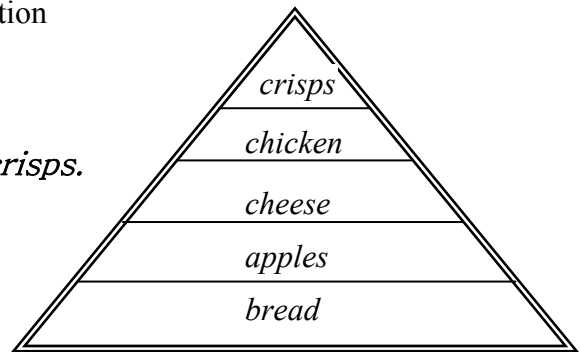
5

WATER SOLUBLE	FAT SOLUBLE
(i) <i>B, C</i>	(i) <i>A, D, E, K</i>

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

5

chicken, apples, bread, cheese, crisps.



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

5

- (i) **seasoning** using herbs, salt, pepper or spice to add flavour

- (ii) **roux** a mixture of flour and fat used as the basis for sauces

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

5

orange, parsley, apple, mint, cranberry.

HAM	TURKEY	PORK	DUCK	LAMB
<i>parsley</i>	<i>cranberry</i>	<i>apple</i>	<i>orange</i>	<i>mint</i>

5

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

Advantage consumer has use of item before it is fully paid for,
can buy large items

Disadvantage credit costs more as interest is charged, encourages people to
buy more than they can afford/leads to debt.

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?

Guaranteed Irish



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) security, ease of withdrawal

(ii) earn interest

OVER→

11. Why is it important to have regular exercise?

5

helps to maintain a healthy weight, can reduce stress,

creates a 'feel-good' factor, can aid sleep,

may reduce the risk of heart disease.

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

5

(i) *curiosity*

(ii) *peer pressure*

(iii) *advertising, image*

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

5

epidermis

nerves

oil glands

sweat glands

(i) The *nerves* allow us to feel sensations, for example cold.

(ii) The *sweat glands* remove waste from the body through the pores.

(iii) The *oil glands* produce a substance which keeps the skin soft.

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

5

flammable



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

5

	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.

5

- (i) bandages, band aids
- (ii) burn treatments, eye wash
- (iii) antiseptic wipes, cotton wool
- (iv) gloves, scissors
- (v) safety pins, thermometer

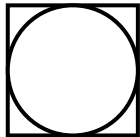


17. What do **each** of the following symbols mean?

5



hot iron



tumble dry

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

5

- (i) privacy, insulation
- (ii) decorative, to keep out light

19. Tick [✓] the correct answer.

5

- 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.

5

- (i) thread machine properly, guide fabric towards machine
- (ii) adjust stitch length and tension to suit the fabric
- (iii) press lightly on the foot pedal

OVER →

SECTION B
160 marks

40

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

1. (a) Suggest **three** different ways of using eggs in cooking. (3 x 2) 6

- (i) eating on their own, in dishes – sweet and savoury
- (ii) thickening, holding air, binding,
- (iii) coating, glazing, garnishing

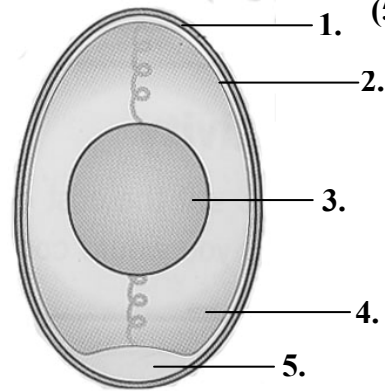
(b) Name **three** nutrients found in eggs. 1. protein, water (4 x 2) 8

2. fat, minerals (iron and calcium) 3. vitamins (A, B, D)

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

(c) Name the parts of the egg labelled 1, 2, 3, 4 and 5. (5 x 2) 10

- 1. shell
- 2. membrane
- 3. yolk
- 4. egg white
- 5. air space



Structure of an egg

(d) List **four** items of information you would expect to see on an egg box. (4 x 2) 8

- (i) number of eggs (ii) size, price
- (iii) free range, class (iv) name of producer/packer

(e) How should eggs be stored? in a cool place refrigerator,
with the pointed end down, keep away from strong-smelling foods 4

(f) Explain the term *free-range* eggs hens run free in a natural environment,
feed does not contain animal by-products 4

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. (3 x 3)

9

- (i) good source of fibre, low fat
- (ii) good source of vitamins
- (iii) high level of water, adds variety

(b) Suggest **three** ways to include vegetables in the diet. (3 x 3)

9

- (i) on their own, add to stews/curries/casseroles
- (ii) in soups, in salads
- (iii) snacks, pizza toppings

(c) Vegetables are divided into four groups. Name **one** vegetable in **each** group. (4 x 2)

8

ROOTS	GREENS	PULSES	FRUITS
<i>Carrots, onions potatoes</i>	<i>Cabbage, spinach, broccoli</i>	<i>Peas, lentils, beans</i>	<i>Tomatoes, cucumber, peppers</i>

(d) Give **three** methods of cooking vegetables, other than boiling them. (3 x 3)

9

- (i) accept any method of cooking vegetables
- (ii) _____
- (iii) _____

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

5

*grown without the use of chemicals – artificial fertilizers,
pesticides or herbicides*

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

(a) Give **three** reasons why goods are packaged. (3 x 3)

- (i) protects products, keeps product hygienic and fresh, advertises the product
- (ii) makes products easier to store/transport
- (iii) carries information and instructions

9

(b) Name **four** types of packaging used on household goods. (4 x 2)

- (i) paper/cardboard (ii) glass
- (iii) metal (iv) plastic/polystyrene etc

8

(c) Give the **disadvantages** of over-packaging on goods. (3 x 3)

- adds to cost, bad for environment – litter and pollution,
- may be difficult to open and reseal,
- can be deceptive – large packet – small item

9

(d) Suggest a **different** method of disposing of **each** of the following items in an environmentally friendly way. (5 x 2)

10

ITEMS	METHOD OF DISPOSAL
(i) Food / drink cans	<i>recycling centre</i>
(ii) Mobile phones	<i>charity / phone shops</i>
(iii) Glass bottles	<i>bottle bank</i>
(iv) Old clothes	<i>charity / swap shops / clothes bank</i>
(v) Grass cuttings	<i>compost heap / bin</i>

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

item can be recycled



4

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.

4

(b) Name **three** physical changes that occur in girls during puberty and **three** physical changes that occur in boys during puberty. (6 x 3)

18

- Girls**
- (i) increase in height and weight, body hair
 - (ii) breasts begin to grow, periods
 - (iii) hips become wider
- Boys**
- (i) increase in height and weight, facial hair
 - (ii) testicles produce sperm
 - (iii) voice becomes deeper

(c) Choose the correct word from the following list, to complete **each** of the sentences below. (3 x 2)

6

emotional intellectual social moral

- (i) social development means learning how to deal with people.
- (ii) Learning how to deal with feelings is emotional development.
- (iii) moral development means being aware of right and wrong.

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

Accept any appropriate answer.

Positive peer pressure (4 x 3)

12

- (i) encourage friends to take up sport, stay in school
- (ii) encourage friends to form study groups

Negative peer pressure

- (i) to act in an anti social manner
- (ii) bullying, smoking, alcohol

5. (a) List **four** points which should be considered when selecting and buying a cooker. (4 x 3)

- (i) choice of fuel, cost, brand name
- (ii) freestanding cooker or separate oven and hob
- (iii) preferred type of hob, guarantee
- (iv) features

12

(b) Name **three** types of fuel used for cooking. Give a **different** advantage of using **each** type of fuel you have named. (3 x 4)

12

TYPE OF FUEL	ADVANTAGE
(i) Gas/oil	<u>clean to use / efficient</u>
(ii) Electricity	<u>convenient / quick</u>
(iii) Solid fuel	<u>comfort</u>

(c) Suggest some ways to save energy when cooking. (2 x 4)

8

- use dual rings, preheat oven for correct length of time,
- maximize the use of the cooker

(d) List the guidelines that should be followed when caring for and cleaning a cooker. (4 x 2)

8

- wipe up spills immediately,
- wipe out grill pan after use,
- never drag heavy saucepans across the hob,
- avoid using harsh abrasive cleaning agents,
- protect self,
- follow manufacturer's instructions

6. (a) List **three** reasons why we wear clothes. (3 x 3)

- (i) protection from weather, identification
- (ii) safety, expression, protection from harmful substances,
- (iii) modesty, to flatter, status

9

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

14

Name item of clothing (3)

Description expect reference to (6)

colour and design,

any decorative features

stitches used

Sketch (5)

Must be labelled

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

Name of fabric expect an appropriate fabric (3)

9

REASONS FOR SELECTING FABRIC (3 x 2)	
(i)	<i>reasons must refer to named fabric</i>
(ii)	
(iii)	

(d) List **four** pieces of equipment you used in order to make up **and** finish the item of clothing. (4 x 2)

8

(i) scissors, thread, pins (ii) sewing machine

(iii) measuring tape (iv) iron, ironing board



Coimisiún na Scrúduithe Stáit

Marcanna Breise as ucht freagairt trí Ghaeilge

Léiríonn an tábla thíos an méid marcanna breise ar chóir a bhronnadh ar iarrthóirí a ghnóthaíonn thar 75% d'iomlán na marcanna.

N.B. Ba chóir marcanna de réir an ghnáthráta a bhronnadh ar iarrthóirí nach ghnóthaíonn thar 75% d'iomlán na marcanna. Ba chóir freisin an marc bónais sin a shlánú **síos**.

Tábla G

Bain úsáid as an tábla seo i gcás na hábhair a leanas:

Home Economics – Ordinary Level

Iomlán: 240

Gnáthráta: 10%

Bain úsáid as an ngnáthráta i gcás marcanna suas go 180. Thar an marc sin, féach an tábla thíos.

Bunmharc	Marc Bónais
181 – 183	17
184 – 186	16
187 – 190	15
191 – 193	14
194 – 196	13
197 – 200	12
201 – 203	11
204 – 206	10
207 – 210	9

Bunmharc	Marc Bónais
211 – 213	8
214 – 216	7
217 – 220	6
221 – 223	5
224 – 226	4
227 – 230	3
231 – 233	2
234 – 236	1
237 – 240	0