

EXAM NUMBER ➡

Total
Mark


Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2003

HOME ECONOMICS

ORDINARY LEVEL

FRIDAY 13 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 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. Indicate with a tick [✓] whether **each** of the following statements is true **or** false.

	TRUE	FALSE
(i) Meat is a good source of fibre.		
(ii) A lack of calcium in the diet can cause osteoporosis.		
(iii) The introduction of solid foods into a baby's diet is called weaning.		

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

(i) _____ (ii) _____

3. Suggest **three** uses of cheese in cooking.

(i) _____

(ii) _____

(iii) _____

4. Give **two** ways of **reducing** the intake of **sugar** in the diet.

(i) _____

(ii) _____

5. What is the function of the raising agent in bread making?

6. What is meant by *impulse buying*? _____

7. Describe **two** methods used to encourage consumers to spend more money.

(i) _____

(ii) _____

8. List **four** factors to consider when buying an electrical appliance.

(i) _____

(ii) _____

(iii) _____

(iv) _____

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



10. List **three** basic human needs.

(i) _____

(ii) _____

(iii) _____

11. Give **three** rules which should be followed in order to maintain healthy teeth.

(i) _____

(ii) _____

(iii) _____

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

	TRUE	FALSE
(i) Alcohol is a drug.		
(ii) Tar is an addictive substance found in cigarettes.		
(iii) Adults need an average of eight hours sleep per night.		

13. Give **two** functions of the family.

(i) _____

(ii) _____

14. State **two** benefits of good lighting in the home.

(i) _____

(ii) _____

15. List **five** household items which can be recycled.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(v) _____

16. Give **two** methods of insulating a home in order to prevent heat loss.

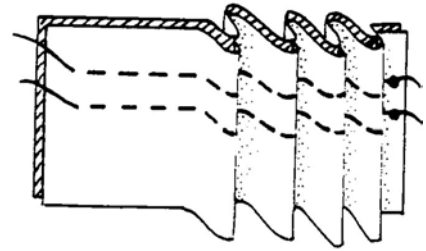
(i) _____

(ii) _____

17. Identify the stitch shown in the diagram and state its function.

Stitch _____

Function _____



18. Give **two** examples of current fashion trends.

(i) _____

(ii) _____

19. Tick [✓] the correct answer.

Tacking is

(i) a secure straight stitch used instead of machining.

(ii) a temporary stitch used to hold two pieces of fabric together.

(iii) a permanent stitch used on the hem of clothes.

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

(i) _____

(ii) _____

(iii) _____

SECTION B
160 marks

Answer **four** questions from this section.

1. Pasta has become a popular food in Ireland.
The following is a label from a packet of spaghetti.

<i>Spaghetti</i>		
<u>Nutritive Value</u>		<u>Cooking Instructions</u>
Per 100g		Boil 2 litres of water
Energy	338kcal	Add one tsp of cooking oil
Protein	12g	Add 250g spaghetti
Carbohydrate	72g	Bring water back to boil
Fat	2g	Simmer for 12-15 mins
Fibre	5g	Drain and serve
	<u>Ingredients</u>	
	Durum wheat	
	Water	

- (a) Using the information provided on the label, answer **each** of the following questions:
- (i) What is the main ingredient in spaghetti? _____
 - (ii) How many kilocalories are there per 100g of spaghetti? _____
 - (iii) How long does it take to cook spaghetti? _____
- (b) (i) Name **one** nutrient which is not present in spaghetti _____
- (ii) Give the function of the nutrient you have named _____
- _____
- (c) Spaghetti is a good source of carbohydrate. Name **two** other foods which are good sources of carbohydrate.
- (i) _____ (ii) _____
- (d) Give **two** reasons why carbohydrate foods are important in the diet of active teenagers.
- (i) _____
- (ii) _____
- (e) Name **two** pasta dishes.
- (i) _____ (ii) _____

2. (a) List **four** guidelines which should be followed to ensure safe food preparation.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(b) Give **three** reasons why food is cooked.

(i) _____

(ii) _____

(iii) _____

(c) Name **one** cooking method which involves **each** of the following:

(i) Moist cooking _____

(ii) Dry cooking _____

(iii) Cooking using oil or fat _____

(d) Give **three** effects of cooking on food.

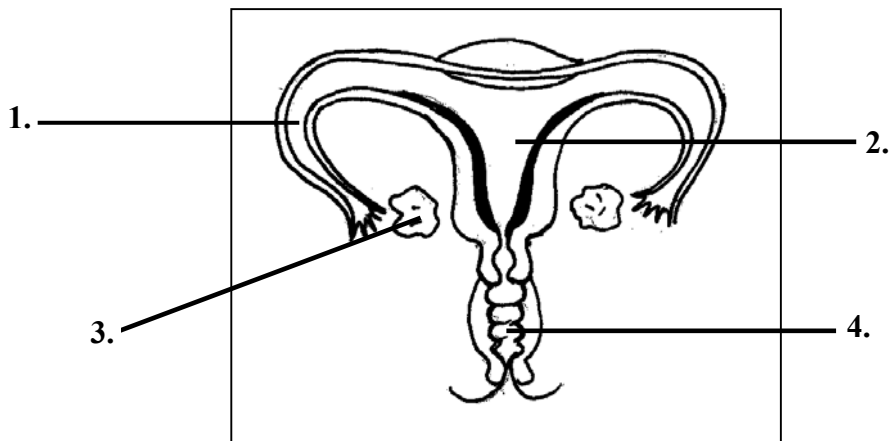
(i) _____

(ii) _____

(iii) _____

(e) Explain why some foods are coated before cooking.

3. (a) Name the parts of the female reproductive system labelled 1, 2, 3 and 4.



1. _____ 2. _____

3. _____ 4. _____

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

womb testosterone ovulation pregnancy foetus

(i) The release of an egg from an ovary is called _____.

(ii) The _____ protects the developing baby.

(iii) A _____ is another name for a developing baby.

(iv) A human _____ usually lasts forty weeks.

(c) Explain the function of **each** of the following:

(i) umbilical cord _____

(ii) placenta _____

(d) Give **three** guidelines which should be followed in order to promote good health during pregnancy.

(i) _____

(ii) _____

(iii) _____

4. (a) Suggest **three** reasons why a company would choose to advertise a product or service.

(i) _____

(ii) _____

(iii) _____

(b) List **four** different methods of advertising.

(i) _____ (ii) _____

(iii) _____ (iv) _____

(c) Give **two** advantages and **two** disadvantages of advertising.

Advantages

(i) _____

(ii) _____

Disadvantages

(i) _____

(ii) _____

(d) (i) Describe an advertisement on television which you consider to be effective.

(ii) Why do you think this advertisement is effective? _____

5. (a) Give examples of possible safety hazards in **each** of the following rooms in the home.

(i) kitchen _____

(ii) living room _____

(iii) bathroom _____

(b) List **four** examples of safety equipment which you would recommend for use in the home.

(i) _____

(ii) _____

(iii) _____

(iv) _____

(c) Outline the procedure which you would follow if you discovered a fire in your home.

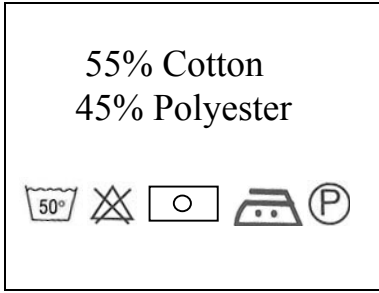
(d) What are the benefits of using First Aid to treat injuries in the home?

(e) This symbol may be found on the label of some household cleaning agents. What does it mean?

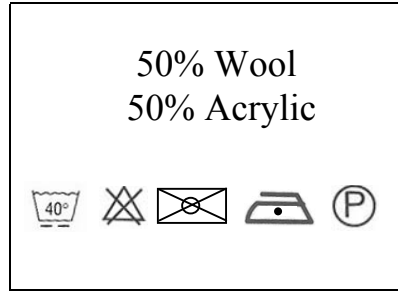


6.

Care Label A



Care Label B



(a) Using the information on the care labels above, name **two** man-made fabrics

(i) _____ (ii) _____

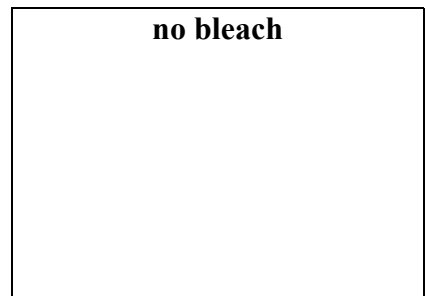
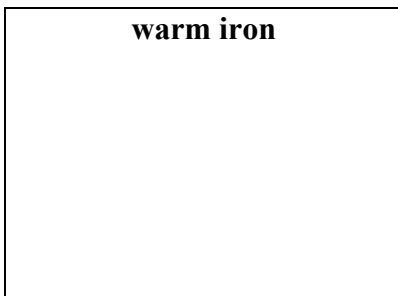
and name **two** natural fabrics

(i) _____ (ii) _____

(b) Which care label would you expect to find on a school uniform jumper? _____

Give **one** reason for your answer _____

(c) Sketch the symbols for (i) warm iron **and** (ii) no bleach.



(d) Explain the purpose of **each** of the following in fabric care.

(i) detergent _____

(ii) fabric conditioner _____
