

WARNING

You must return this paper with your answerbook, otherwise marks will be lost.

EXAM NUMBER

FOR EXAMINER

 Section A
 Total Mark



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2007

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 15 JUNE – AFTERNOON 2.00 – 4.30

Total Marks 300

CENTRE STAMP

INSTRUCTIONS TO CANDIDATES

1. SECTION A - 80 marks.
Answer 20 (twenty) questions from Section A. All questions carry equal marks.
2. *Answer the questions in the space provided.*
3. The completed answer sheets for Section A must be returned to the examination superintendent.
4. SECTION B - 220 marks.
Answer 4 (four) questions from Section B. All questions carry equal marks.

SECTION A
80 marks

Answer 20 (twenty) of the following questions. All questions carry equal marks.

1. Suggest **four** factors that influence a person's food choices.

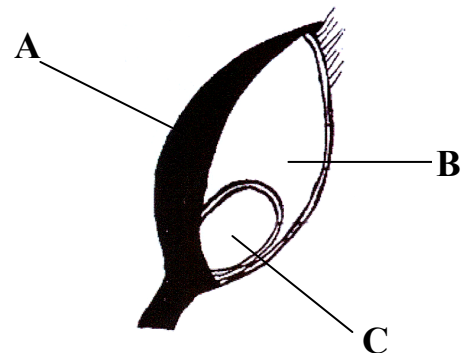
- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

2. Identify a **different** deficiency caused by a low intake of **each** of the following nutrients:

NUTRIENT	DEFICIENCY
(i) Calcium	(i)
(ii) Vitamin C	(ii)
(iii) Iron	(iii)
(iv) Vitamin K	(iv)

3. Name the parts of the cereal grain labelled A, B and C.

- A _____
- B _____
- C _____



4. Name **two** classifications of fish and give **one** example of **each** class:

CLASSIFICATION OF FISH	EXAMPLE
(i)	(i)
(ii)	(ii)

5. Explain the term *cross contamination* _____

6. Give **two** reasons why food is processed.
(i) _____
(ii) _____

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



Name **one** item on which it is found _____

8. Name **two** voluntary deductions that can be taken from an employee's gross income.
(i) _____
(ii) _____

9. Give **two** functions of the Consumers' Association of Ireland.
(i) _____

(ii) _____

10. List **four** state services paid for by taxation.

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

11. Explain **each** of the following consumer terms:

- (i) **priority** _____

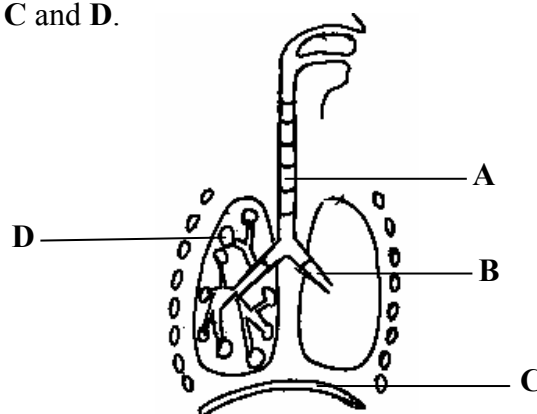
(ii) **monopoly** _____

12. Suggest **four** ways to reduce a person's risk of coronary heart disease.

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

13. Name the parts of the respiratory system labelled A, B, C and D.

- A _____
B _____
C _____
D _____



14. Explain **each** of the following:

- (i) **controlled drugs** _____

(ii) **passive smoking** _____

15. Give **two** different examples of *positive* peer pressure among teenagers.

(i) _____

(ii) _____

16. What actions should be taken in the event of a gas leak in the home? _____

17. Give **two** reasons why houses should be insulated.

(i) _____

(ii) _____

18. Name **two** warm colours and **two** cool colours.

WARM COLOURS	COOL COLOURS
(i)	(i)
(ii)	(ii)

19. Suggest **four** ways that consumers can reduce the pollution of the environment.

(i) _____

(ii) _____

(iii) _____

(iv) _____

20. Explain **each** of the following fashion terms:

(i) **accessories** _____

(ii) **prêt-à-porter** _____

21. State **one** desirable property and **one** undesirable property of linen as a clothing fabric.

(i) **desirable property** _____

(ii) **undesirable property** _____

22. Name **two** suitable finishes that can be applied to fabric for a school jacket.

(i) _____ (ii) _____

23. List **four** guidelines to be followed when washing a delicate item of clothing.

(i) _____

(ii) _____

(iii) _____

(iv) _____

24. Name **two** methods of neatening a flat seam.

(i) _____ (ii) _____



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SECTION B (220 MARKS)

INSTRUCTIONS TO CANDIDATES


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

SECTION B
220 MARKS

1.

**FARM-FRESH
STEAM VEGETABLES**

A delicious variety of fresh vegetables frozen.
Gently steam to perfection...and enjoy!



NUTRITION INFORMATION

Typical Values per Serving


Energy	45 kcal
Protein	4.6 g
Carbohydrate	5.4 g
Fat	0.6 g
Fibre	3.4 g
Sodium	Trace
Vitamin C	34 mg
Folic Acid	99 µg

INGREDIENTS

Carrots, green beans,
baby sweetcorn, peas.

A serving of 'Farm-Fresh Steam Vegetables' provides 1 of your recommended 5 daily portions of fruit and vegetables.

For best results STEAM for 5 minutes.

- (a) Using the information given on the product label above, evaluate the nutritive value of 'Farm-Fresh Steam Vegetables'.
- (b) Design a **three** course dinner menu, to include this product, suitable for a family meal.
- (c) (i) Give **two** reasons why steaming is the recommended method of cooking for these vegetables.
- (ii) Name **two** other cooking methods suitable for vegetables.
- (d) How can teenagers include more vegetables in their daily diet?
- (e) What does the symbol  mean?

2. (a) (i) Outline the reasons why eggs should be included in the diet.
- (ii) Name **two** important nutrients that are not found in eggs.
- (b) What guidelines should be followed when (i) buying eggs **and** (ii) storing eggs?
- (c) List **five** culinary uses of eggs and name a **different** dish to illustrate **each** use.
- (d) Name **two** groups of people who should avoid eating raw eggs **and** state why.
- (e) What are '*free range*' eggs?

3. (a) What is a consumer?
- (b) (i) Explain the difference between needs and wants. Give examples in your answer.
- (ii) Name **two** factors that influence a consumer's needs and wants.
- (c) Outline (i) **four** consumer rights and (ii) **four** consumer responsibilities.
- (d) Name **two** consumer laws and explain how **each** protects the consumer.
4. (a) Explain **each** of the following in relation to human development:
(i) emotional development (ii) social development **and** (iii) moral development.
- (b) List **three** physical changes that occur in boys during puberty and **three** physical changes that occur in girls during puberty.
- (c) Outline the function of **each** of the following:
(i) testes (ii) ovaries (iii) uterus **and** (iv) sperm duct.
- (d) Briefly describe the menstrual cycle.
5. (a) List the guidelines to be considered when choosing a microwave cooker for a modern kitchen.
- (b) Give **three** advantages of using a microwave cooker.
- (c) Suggest **three** different uses of a microwave cooker.
- (d) List the rules that should be followed when (i) using **and** (ii) cleaning a microwave cooker.
- (e) Explain the term *standing time*.
6. You have been asked to make a sports top suitable for your Physical Education class.
- (a) Name the fabric you would choose for the sports top **and** give **three** reasons for your choice.
- (b) List the guidelines to be considered when buying the fabric.
- (c) Sketch **and** describe the sports top that you would make.
- (d) Suggest **two** methods of personalising your sports top.
- (e) Sketch **and** describe a suitable care label for the sports top you have made.

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