



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CERTIFICATE 2009

MARKING SCHEME

HOME ECONOMICS

HIGHER LEVEL

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 2009

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 12 JUNE – AFTERNOON 2.00 – 4.30

Total Marks 300

**MARKING
SCHEME**

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.

80

1. List **four** factors that influence a persons energy requirements.

- (i) age, gender 4
- (ii) activity, size
- (iii) climate, occupation
- (iv) pregnancy

2. Suggest **four** ways to increase fibre in the diet.

- (i) eat wholemeal bread instead of white 4
- (ii) eat high fibre breakfast cereals eg. All bran, Weetabix
- (iii) eat more fruit and vegetables, eat wholewheat pasta
- (iv) add bran to breakfast cereals, eat brown rice

3. Explain **each** of the following terms -

- (i) **empty kilocalories** foods that are high in sugar but lack all other nutrients. 4
provides energy but little else
- (ii) **energy balance** when energy input equals output to maintain the correct
body weight.

4. Name **two** types of soups and give **one** example of **each** type:

4

| TYPE OF SOUP | EXAMPLE |
|------------------|-----------------------------|
| (i) <i>thick</i> | (i) <i>puree, thickened</i> |
| (ii) <i>thin</i> | (ii) <i>clear, broth</i> |

5. Give **four** uses of cheese in food preparation.

- (i) sandwiches, pizza, bread (ii) quiche, snacks, fondue
 (iii) salads, on crackers (iv) sauces, dips, cheesecake

4

6. Name **one** type of milk that matches **each** of the following descriptions.

| DESCRIPTION | TYPE OF MILK |
|---|-----------------------------------|
| (i) Contains 0.1 to 0.3 % fat | (i) <i>skimmed milk</i> |
| (ii) Has all water removed | (ii) <i>dried milk</i> |
| (iii) Extra vitamins and minerals removed | (iii) <i>super/fortified milk</i> |
| (iv) A dairy milk substitute | (iv) <i>soya milk</i> |

4

7. Suggest **four** modern day changes which have influenced shopping patterns.

- (i) large shopping centres
 (ii) 24 hour shopping, Sunday shopping
 (iii) internet shopping
 (iv) free parking spaces

4

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

Items of good quality
National Standards Authority of Ireland mark / NSAI



4

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

Irish made goods

1

3

9. List **four** examples of credit buying.

- (i) credit card, loan (ii) mortgage, bank overdraft
 (iii) hire purchase (iv) interest free credit

4

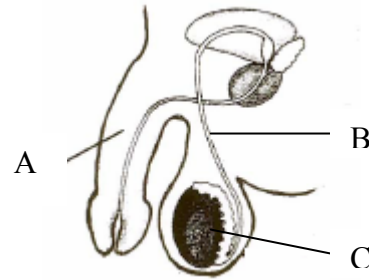
10. Suggest **four** ways in which consumers can make a positive difference to the environment

- (i) buy loose foods instead of packaging, choose biodegradable products
- (ii) buy packaging that is recyclable, buy ozone friendly products
- (iii) bring re-usable bags when shopping, look out for eco labels
- (iv) choose energy-efficient electrical appliances

4

11. Identify the parts of the male reproductive system labelled A, B and C.

- A penis
- B sperm duct
- C testicle



4

12. State **two** factors that promote educational development in children:

- (i) home environment
family
- (ii) peers
willingness to avail of opportunities

4

13. Suggest **four** guidelines to ensure healthy teeth and gums.

- (i) regular brushing, regular visits to dentist, regular flossing
- (ii) use toothpaste with fluoride, use good quality toothbrush
- (iii) change brush regularly
- (iv) eat crunchy foods, limit sweet foods, use disclosing tablets

4

14. What steps have been taken to reduce alcohol consumption in Ireland?

- (i) new Intoxicating Liquor Act 2008, illegal for under 18's
- (ii) reduction in off-licence hours, no children in pubs after 9p.m.

4

15. Give **two** reasons why good lighting is important in the home.

(i) prevents eye strain, allows for activities e.g. reading

(ii) creates atmosphere, can prevent accidents

4

16. Explain the term **biodegradable waste**:

biodegradable waste can be broken down and made harmless by bacteria,
organic waste

Give **one** example of biodegradable waste foodstuffs, paper

4

17. Name the methods of heat transfer that occur in (i) the grill **and** (ii) the oven:

| METHOD OF HEAT TRANSFER | |
|-------------------------|-----------------|
| (i) Grill | (i) radiation |
| (ii) Oven | (ii) convection |

4

18. Explain **each** of the following room planning terms:

(i) **proportion** the relationships between the sizes of different items

(ii) **balance** an equal spread of colour, pattern and texture

4

19. What influences fashion trends?

(i) the fashion industry – designers

(ii) technology – CAD

(iii) public figures – celebrities

(iv) world events – war, recession

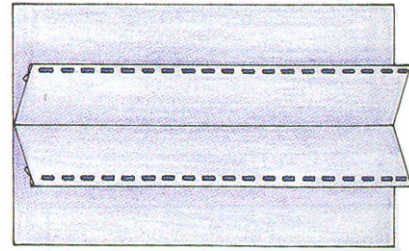
4

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

Stitch edge machining

Use to finish seams/to prevent

fraying



4

21. Outline the function of **each** of the following:

(i) **biological detergent** breaks down protein stains on clothes as they contain
enzymes

(ii) **fabric conditioner** soften clothes, reduce static electricity, makes ironing
easier, pleasant smell.

4

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

item contains 100% pure new wool



4

23. Explain **each** of the following textile terms.

(i) **nap** a raised surface, contains fibres which lie in one direction

(ii) **one way design** fabric with a definite pattern direction

4

24. List **four** guidelines which should be followed when caring for a sewing machine.

(i) follow manufacturers instructions, keep covered when not in use

(ii) keep dust free, do not run machine without fabric

(iii) oil moving parts

(iv) have it serviced regularly

4



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2009

Marking Scheme

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 12 JUNE - AFTERNOON 2.00 - 4.30

SECTION B (220 MARKS)

INSTRUCTIONS TO CANDIDATES

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

OVER →

SECTION B
220 MARKS

55

- | | | | |
|-----------|--|-------|-----------|
| 1. | <p>(a) Give the nutritional composition of red meat.</p> <p style="margin-left: 20px;"><i>Expect reference to 6 nutrients</i></p> <p style="margin-left: 20px;"><i>Protein: 12 – 20%, HBV</i></p> <p style="margin-left: 20px;"><i>Fat: 5 – 25%, saturated</i></p> <p style="margin-left: 20px;"><i>Carbohydrate: 0% served with CHO foods</i></p> <p style="margin-left: 20px;"><i>Vitamins: B water soluble</i></p> <p style="margin-left: 20px;"><i>Minerals: Iron, Phosphorous</i></p> <p style="margin-left: 20px;"><i>Water: 55 – 70%</i></p> <p style="margin-left: 20px;"><i>Nutrient only = 1 mark, Nutrient + comment = 3 marks</i></p> | 6 x 3 | <u>18</u> |
| | <p>(b) Outline the importance of including red meat in the diet of teenagers.</p> <p style="margin-left: 20px;"><i>Excellent source of HBV protein – needed for growth</i></p> <p style="margin-left: 20px;"><i>Source of saturated fat – needed for heat and energy</i></p> <p style="margin-left: 20px;"><i>Good source of iron – needed for blood count</i></p> <p style="margin-left: 20px;"><i>Source of B vitamins – needed for release of energy from food</i></p> | 2 x 3 | <u>6</u> |
| | <p>(c) What guidelines should be followed when (i) buying (ii) storing and (iii) cooking minced meat?</p> <p style="margin-left: 20px;">(i) <u>buying</u> - <i>from clean hygienic shop</i></p> <p style="margin-left: 40px;"><i>appearance – moist, good colour</i></p> <p style="margin-left: 40px;"><i>good quality – low fat</i></p> <p style="margin-left: 20px;">(ii) <u>storing</u> - <i>use within 2 days</i></p> <p style="margin-left: 40px;"><i>remove wrapping</i></p> <p style="margin-left: 40px;"><i>put in fridge/freezer</i></p> <p style="margin-left: 20px;">(iii) <u>cooking</u> - <i>defrost if frozen</i></p> <p style="margin-left: 40px;"><i>cook thoroughly</i></p> | 2 x 2 | <u>12</u> |
| | <p>(d) (i) Outline the causes of toughness in meat.</p> <p style="margin-left: 20px;"><i>age, activity, incorrect cooking, incorrect hanging.</i></p> <p>(ii) List and explain three methods of tenderising red meat.</p> <p style="margin-left: 20px;"><i>hang, mince, baton, marinate, slow moist cooking, chemical tenderisers.</i></p> | 2 x 3 | <u>12</u> |
| | <p>(e) (i) Name one meat substitute.</p> <p style="margin-left: 20px;"><i>Tofu, T.V. P.</i></p> <p>(ii) What are the advantages of using meat substitutes?</p> <p style="margin-left: 20px;">- <i>suitable for vegetarians</i></p> <p style="margin-left: 20px;">- <i>less expensive than meat</i></p> <p style="margin-left: 20px;">- <i>contains no saturated fat</i></p> | 3 | <u>7</u> |
| | | 2 x 2 | |

55

2. (a) Why is food processed? 3 x 5

*to kill micro-organisms, to prevent waste
to prevent enzyme activity, adds variety to the diet
to retain nutritive value*

15

(b) List the causes of food spoilage. 2 x 3

*enzymes
micro-organisms*

6

(c) Explain the conditions that cause foods to decay. 3 x 5

*food, warmth, oxygen, moisture
name = 2 marks explanation = 2 marks*

15

(d) (i) Name **two** methods of preserving food at home and suggest a different food suitable for **each** method. 2 x 2

2 x 1

6

*freezing – fish, bread, carrots
jam-making – strawberries*

(ii) Select **one** of the foods you have named and describe in detail how you can preserve and store it in the home.

*Name food = 1 mark
Method of preservation = } 2 x 4
Storage = to include labelling*

9

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

*Food has been irradiated (fruit & veg)
Energy waves have passed through the food
Many micro-organisms have been killed
Food keeps for longer
(name only = 2 marks)*



4

3. (a) List and explain **four** reasons why consumers need to be informed. 4 x 3

*to make wise decisions
to get value for money
to understand the laws
to be able to complain effectively
(Expect full sentence for full marks)*

55

12

(b) Outline **four** sources of consumer information. 4 x 2

*National Consumer Agency, Consumers Association of Ireland,
Consumer Choice Magazine, magazines/newspapers, internet
T.V./radio, Citizen Information Centres, advertising, sales assistants.*

8

(c) A mobile phone, still under guarantee, becomes faulty. 3 x 2
List **three** forms of redress available to the consumer in this situation.

refund, repair, replacement, credit note.

6

(d) Write the consumer's letter of complaint to the shop where the mobile phone was bought.

*To include all of the following:
address & date
Dear Sir/Madam – shop address
date purchased
problem explained
include receipt/guarantee
redress expected
signed*

7 x 3

21

(e) (i) What is a guarantee? 4

*A contract between the manufacturer and the consumer.
An understanding that the product will be satisfactory for a stated
length of time.*

8

(ii) When is a consumer not covered by the terms of a guarantee? (2 x 2)

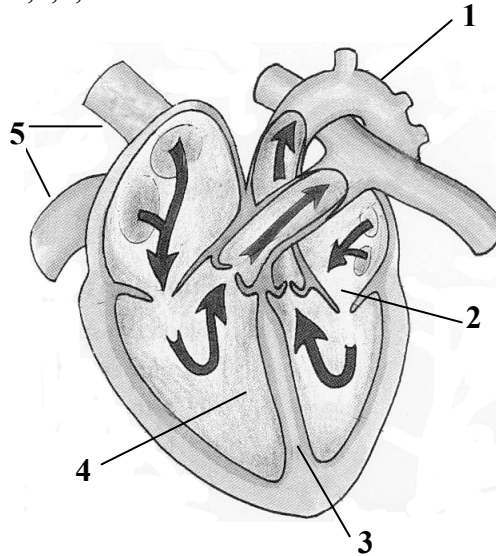
*If the fault is due to misuse/abuse
If a fault was pointed out at time of purchase.*

4. (a) What is the function of the circulatory system?

To transport substances all over the body.

- (b) Name the parts of the heart labelled 1,2,3,4 and 5.

1. Aorta
2. Left Atrium
3. Septum
4. Right Ventricle
5. Vena Cavae



5 x 3

15

- (c) Explain the differences between an artery and a vein.

4 x 4

| Artery | Vein |
|------------------------------|-------------------------------|
| <i>largest blood vessels</i> | <i>smaller blood vessels</i> |
| <i>blood from the heart</i> | <i>blood to the heart</i> |
| <i>rich in O₂</i> | <i>rich in Co₂</i> |
| <i>thick walls</i> | <i>thin walls</i> |
| <i>no valves</i> | <i>have valves</i> |

16

- (d) (i) What is meant by coronary heart disease?

Complete statement for full marks
cholesterol/saturated fat build up as deposits on the walls of arteries
arteries become narrower
results in high blood pressure, stroke, heart attack

5

- (ii) Suggest the guidelines that should be followed to reduce the risk of coronary heart disease.

5 x 3

reduce foods high in saturated fat/cholesterol
increase intake of polyunsaturated fat
avoid overeating
reduce alcohol consumption
do not smoke
exercise regularly
avoid stress/worry

15

5. Technology can influence many aspects of modern living.

(a) List **four** food preparation appliances used in the home. 4 x 3

kettle, toaster, blender, food processor, whisk

12

(b) Bearing in mind the need to protect the **environment**, write a note on refrigerators under **each** of the following headings:

(i) choice; *choose "A" rated appliances* 2 x 4
size depending on family size/requirements

8

(ii) use; *do not position beside cooker*
do not put warm food into fridge
do not open door for long periods of time
do not over pack the fridge
unplug when on holidays 2 x 4

8

(iii) care and cleaning;
Do not use aerosol cleaners 2 x 4
Wipe down with bread soda and warm water
Ensure temperature is correct

8

(iv) disposal. *Do not put into landfill* 2 x 4
Dispose of in special amenity sites

8

(c) Name and give the function of **three** modern refrigerator features.

automatic defrost
water dispenser
salad drawers
wine racks

Name = 3 x 1 mark
function = 3 x 1 mark

6

(d) Discuss the importance of temperature control in a refrigerator.

temperature set between 2 – 5°C
inhibits microbial growth
food is safer for longer

5

6. Household textiles have many uses in the home.

(a) Suggest **four** uses of household textiles. 4 x 2

*upholstered furniture, carpets/rugs, curtains,
bed linen, cushions, towels, lamp shades*

8

(b) Outline the properties that should be considered when choosing fabric for household textiles. 3 x 4

*stain resistant, waterproof, heavy/light, strong, crease resistant,
hard wearing, washable, resilient, hang well*

12

(c) Name a textile-based **household item** and describe in detail how this item should be cared for. 4 x 3

*Name the item = 3m
Care for = 3 x 3m wash, dry, iron.*

12

(d) What information would expect to find on a label attached to a textile-based household item?

flame resistant, flammable, washable

6

(e) (i) Explain the term **fabric finish**. (7)

*a chemical treatment applied to a fabric
to improve it's appearance or performance*

7

(ii) Name **two** fabric finishes and outline the purpose of **each** one named.

(2 x 5)

*Name of fabric finish = 2m, purpose = 3m
Crease resistant, shrink resistant, water proof, flame proof, stain repellent,
Permanent pleating, brushing.*

10



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 ngnóthaíonn thar 75% d'iomlán na marcanna. Ba chóir freisin an marc bónais sin a shlánú **síos**.

Tábla K

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

Home Economics – Higher Level

Iomlán: 300

Gnáthráta: 10%

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

| Bunmharc | Marc Bónais |
|-----------|-------------|
| 226 – 226 | 22 |
| 227 – 230 | 21 |
| 231 – 233 | 20 |
| 234 – 236 | 19 |
| 237 – 239 | 18 |
| 241 – 243 | 17 |
| 244 – 246 | 16 |
| 248 – 250 | 15 |
| 251 – 253 | 14 |
| 254 – 256 | 13 |
| 257 – 260 | 12 |
| 261 – 263 | 11 |

| Bunmharc | Marc Bónais |
|-----------|-------------|
| 264 – 266 | 10 |
| 267 – 270 | 9 |
| 271 – 273 | 8 |
| 274 – 276 | 7 |
| 277 – 280 | 6 |
| 281 – 283 | 5 |
| 284 – 286 | 4 |
| 287 – 290 | 3 |
| 291 – 293 | 2 |
| 294 – 296 | 1 |
| 297 – 300 | 0 |
| | |