



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2016

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 17 JUNE - AFTERNOON 2.00 - 4.30

SECTION B **(220 MARKS)**

INSTRUCTIONS TO CANDIDATES

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

SECTION B
220 MARKS

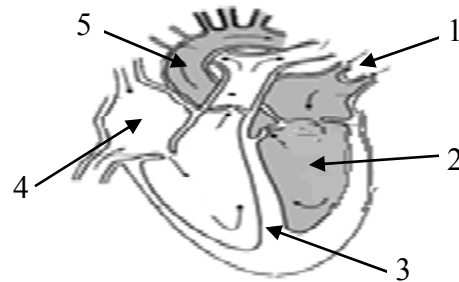
1. The following is the nutritional content of Cheddar cheese and Mozzarella cheese.

| Cheddar cheese | | Mozzarella cheese | |
|--------------------------|----------|--------------------------|----------|
| Typical values per 100 g | | Typical values per 100 g | |
| Energy | 416 kcal | Energy | 246 kcal |
| Fat | 34.2 g | Fat | 18.5 g |
| of which saturates | 21.3 g | of which saturates | 12.0 g |
| Carbohydrates | 2.1 g | Carbohydrates | 1.5 g |
| Fibre | .0 g | Fibre | 0.5 g |
| Protein | 24.9 g | Protein | 18.0 g |
| Salt | 1.7 g | Salt | 0.8 g |

- (a) Using the nutritional information above, compare and evaluate the nutritional value of cheddar cheese and the nutritional value of mozzarella cheese.
- (b) Classify cheese into **three** classes and give **two** examples of **each** class.
- (c) Outline the reasons why cheese should be included in a teenager's diet.
- (d) List **four** culinary uses of cheese and give a different example of **each** use.
- (e) What effect does heat have on cheese?
2. **'Obesity is the most common nutritional disorder in the world.'**
(Irish Heart Foundation)
- (a) List **three** possible causes of obesity.
- (b) What are the health problems associated with obesity?
- (c) List the guidelines to be followed when preparing healthy family meals.
- (d) (i) Design a day's menu to include three meals and snacks suitable for a family.
(ii) Give reasons for your choice of menu.
- (e) What is the advantage of displaying the *calorie count* on menus?

3. (a) Name **four** types of packaging used by manufacturers and suggest a different use for **each** type.
- (b) Give **four** reasons why packaging is necessary on products.
- (c) What information would you expect to find on the packaging of a mobile phone?
- (d) What form of redress is available to a consumer if a new mobile phone is faulty?
- (e) Write an informative note on the *Small Claims Court*.

4. (a) Name the parts of the heart numbered 1, 2, 3, 4 and 5.



- (b) List the functions of the blood.
- (c) Name **two** types of blood vessel and state the function of **each** one named.
- (d) (i) Explain what you understand by the term *coronary heart disease*.
- (ii) Suggest the guidelines that should be followed in order to promote a healthy heart.

5. **Clean water is an essential service to the home.**

- (a) Name **three** treatments carried out on water before it enters the mains supply to the home. Give the reason for each treatment named.
- (b) Suggest ways in which water can be conserved in the home.
- (c) Name **two** different causes of water pollution and state how **each** one affects the environment.
- (d) Describe the procedure to follow when water pipes burst in the home.

6. (a) Outline the factors that should be considered when choosing leisurewear.
- (b) Design a care label that could be attached to a synthetic tracksuit top.
- (c) Outline the stages involved in the production of silk.
- (d) Name **two** desirable and **two** undesirable properties of silk.
- (e) Explain the term *fabric finish* and give **one** example.

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