



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2012

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 15 JUNE - AFTERNOON 2.00 - 4.30


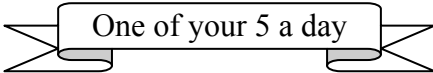
SECTION B **(220 MARKS)**

INSTRUCTIONS TO CANDIDATES

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

SECTION B
220 MARKS

1. The following information is displayed on the label of Fruit Smoothie Drink.

<i>Fruit Smoothie Drink</i> <i>Apples and Berries</i>		
NUTRITIONAL INFORMATION		
GDA for a typical adult		
Typical value per 100ml serving		
Energy	56 kcal	2000kcal
Protein	0.4g	
Carbohydrate	14.0g	90g
Fat	3.0g	70g
Fibre	0.6g	35g
Vitamin C	40.0mg	
INGREDIENTS Pasteurised whole milk, apples, raspberries, strawberries, blueberries.		
<i>Use within 2 days of opening</i>		

- (a) Evaluate the nutritive value of the Fruit Smoothie Drink.
- (b) (i) What is meant by the term *whole milk*?
- (ii) Why is milk pasteurised?
- (c) Explain the term *GDA*.
- (d) This drink contains '*one of your 5 a day*'.
Suggest ways in which an adult can make up the recommended five-a-day.
- (e) Name **two** milk products, other than smoothies, that are available in supermarkets.
- (f) Give **two** uses of milk and **two** uses of fruit in food preparation.
2. (a) Give **three** reasons why breakfast is important.
- (b) List the guidelines that should be followed when planning a breakfast menu.
- (c) (i) Design **three** different breakfast menus suitable for a school going teenager.
- (ii) Give reasons for your choice of menus.
- (d) Suggest **four** healthy eating guidelines that should be followed to reduce the risk of obesity.

3. (a) (i) What is a consumer?
- (ii) Give **three** examples of services available to consumers.
- (b) Outline **four** consumer rights and **four** consumer responsibilities.
- (c) (i) Name **three** methods of payment that can be used when shopping.
- (ii) Give **one** advantage and **one** disadvantage of **each** of the **three** methods of payment you have named.
- (d) Name **one** consumer law **and** state how it protects consumers.
4. (a) (i) Give the definition of a family.
- (ii) Name and describe **three** different types of family.
- (b) State the functions of the family.
- (c) Suggest some ways in which family life can be affected either in a positive or in a negative way.
- (d) Give examples of (i) rights and (ii) responsibilities of family members.
- (e) Explain the terms (i) *stereotype* and (ii) *norm*.
5. (a) List the factors that should be considered when planning a sitting room.
- (b) Draw the floor plan of a sitting room, indicating the position of:
(i) the window(s), (ii) the door(s), (iii) the heat source, (iv) lighting and (v) furniture.
- (c) Outline the benefits of using a central heating system in the home.
- (d) (i) List **three** fuels used for home heating.
- (ii) Give **one** advantage of using **each** type of fuel listed.
- (e) Suggest **four** ways of saving energy when heating the sitting room.
6. (a) List the guidelines that should be considered when buying casual summer clothing.
- (b) Name a fabric you would choose for making a casual summer top and give **three** reasons for your choice.
- (c) Sketch **and** describe the casual summer top you would make.
- (d) Suggest a seam finish that you could use when making this garment.
- (e) What information should be included on a care label that could be attached to the casual summer top you have made?

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