

EXAM NUMBER ➡

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Total  
Mark

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# 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

1. Section A - 80 marks  
Answer 16 (sixteen) questions from Section A.  
All questions carry equal marks.
2. Section B - 160 marks.  
Answer 4 (four) questions from Section B.  
All questions carry equal marks.
3. *Answer the questions in the space provided.*

**CENTRE STAMP**

<b>CENTRE STAMP</b>
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#### For examiners use only

QUESTION	MARK
Section A (Total)	
Section B <b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	
<b>6</b>	
<b>TOTAL ➡</b>	
<b>GRADE ➡</b>	

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 <b>Total Mark</b> 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.

5

	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.

5

(i) Liver, red meat (ii) Green leafy veg.

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

5

(i) as a snack, in sandwiches  
(ii) in salads, as ingredient in main dish, e.g. lasagne  
(iii) in sauces, garnishing, cheese board

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


5

(i) no sugar added to tea, reduce the intake of soft drinks, reduce the use convenience foods  
(ii) reduce intake of cakes, sweets and chocolate

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

5

Used to make cakes and breads rise / increase in volume  
Produces a gas within the mixture  
In the oven the gas expands and rises

6. What is meant by **impulse buying**? buy now, think later 5  
buying something on the spur of the moment
7. Describe **two** methods used to encourage consumers to spend more money. 5
- (i) Free samples, special offers, loss leaders  
background music, attractive displays
- (ii) sweets at checkouts, luxuries at eye level  
essentials placed to the rear of the store
8. List **four** factors to consider when buying an electrical appliance. 5
- (i) Cost, modern / special features
- (ii) After sales service
- (iii) Guarantee
- (iv) Amount of use the appliance will get
9. What information does this symbol convey to the consumer? 5  
Safety symbol often found on toys  
Goods comply with European safety standards
- 
10. List **three** basic human needs. 5
- (i) Food
- (ii) Clothing
- (iii) Shelter, protection

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

5

- (i) Visit the dentist every six months, use toothpaste with fluoride
- (ii) Brush teeth twice a day, change toothbrush every three months, floss
- (iii) Cut down on sugary foods in the diet, increase fruit and veg.,

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

5

	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.

5

- (i) Love, security, protection
- (ii) Food, clothing, shelter

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

5

- (i) Prevents eyestrain, reduces accidents
- (ii) Creates atmosphere, ensures good hygiene

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

5

- (i) Glass
- (ii) Paper
- (iii) Plastic bags
- (iv) Clothes
- (v) Tins / cans

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

5

(i) Double glazed windows, fibreglass / felt / polystyrene in attic

(ii) Heavy lined curtains, draught excluders, lagging jacket

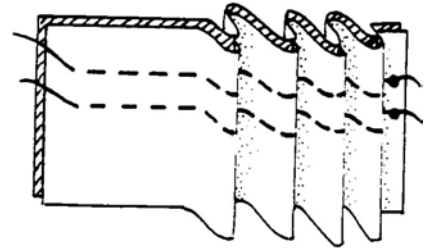
17. Identify the stitch shown in the diagram and state its function.

5

Stitch Gathering

Function To gather a wide piece of fabric to fit into

a narrower piece e.g. a waistband



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

5

(i) Combat trousers, long belts

(ii) Flared trousers, faded / dirty denim

19. Tick [✓] the correct answer.

5

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.

5

(i) Thread the machine properly

(ii) Test the stitch on a sample piece of fabric

(iii) Guide fabric through, do not push or pull

**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.

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

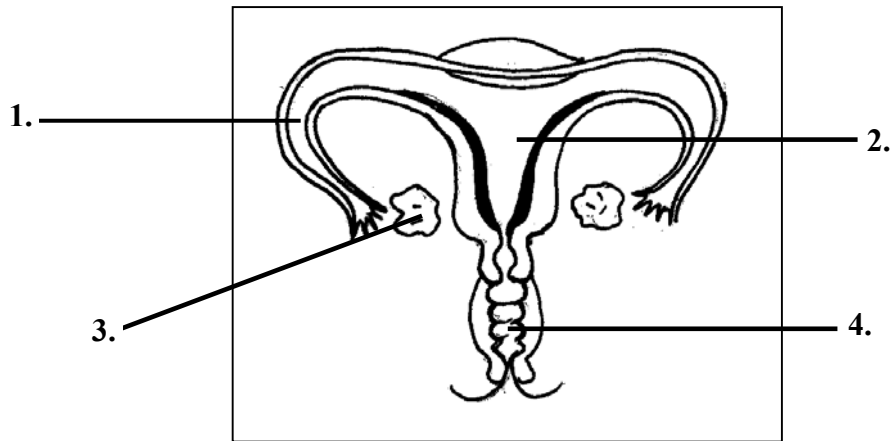
- (a) Using the information provided on the label, answer **each** of the following questions: 3 @ 3 9
- (i) What is the main ingredient in spaghetti? Durum wheat
- (ii) How many kilocalories are there per 100g of spaghetti? 338 kcal
- (iii) How long does it take to cook spaghetti? 12 to 15 mins.
- (b) (i) Name **one** nutrient which is not present in spaghetti Vitamins/minerals 3m
- (ii) Give the function of the nutrient you have named Essential for healthy body, e.g. Calcium needed for bones, Iron needed for red blood cells 7  
4m
- (c) Spaghetti is a good source of carbohydrate. Name **two** other foods which are good sources of carbohydrate. 2 @ 3 6
- (i) Bread, rice (ii) Potatoes, cakes
- (d) Give **two** reasons why carbohydrate foods are important in the diet of active teenagers. 2 @ 5 10
- (i) Supplies the body with heat and energy
- (ii) Fibre helps the process of digestion
- (e) Name **two** pasta dishes. 2 @ 4 8
- (i) Spaghetti Bolognese (ii) Macaroni cheese, lasagne 40

2.	(a)	List <b>four</b> guidelines which should be followed to ensure safe food preparation.	4 @ 3	12
	(i)	<u>Wash hands before handling food</u>		
	(ii)	<u>Ensure all utensils are clean</u>		
	(iii)	<u>Check sell by dates</u>		
	(iv)	<u>Store food in fridge</u>		
	(b)	Give <b>three</b> reasons why food is cooked.	3 @ 3	9
	(i)	<u>To kill bacteria, preserve food</u>		
	(ii)	<u>Improve flavour, improve appearance</u>		
	(iii)	<u>Makes food easier to digest, add variety</u>		
	(c)	Name <b>one</b> cooking method which involves <b>each</b> of the following:	3 @ 2	6
	(i)	Moist cooking <u>Stewing, boiling</u>		
	(ii)	Dry cooking <u>Baking, grilling</u>		
	(iii)	Cooking using oil or fat <u>Frying, roasting</u>		
	(d)	Give <b>three</b> effects of cooking on food.	3 @ 3	9
	(i)	<u>Colour changes, fat melts, water evaporates</u>		
	(ii)	<u>Flavours develop, foods are softened, protein hardens</u>		
	(iii)	<u>Bacteria killed, food shrinks, loss of some vitamins</u>		
	(e)	Explain why some foods are coated before cooking.		4
		<u>To protect them from burning and falling apart</u>		
		<u>To improve appearance, prevent food from absorbing fat</u>		

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40

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



4 @ 3

12

1. Fallopian tube                      2. Uterus / womb  
 3. Ovary                                  4. Vagina

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

4 @ 2

8

*womb            testosterone            ovulation            pregnancy            foetus*

- (i) The release of an egg from an ovary is called ovulation  
 (ii) The womb protects the developing baby.  
 (iii) A foetus is another name for a developing baby.  
 (iv) A human pregnancy usually lasts forty weeks.

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

2 @ 7

14

- (i) umbilical cord connects the mother and baby, exchange of gases  
gives nutrients to the baby  
 (ii) placenta removes harmful substances

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

3 @ 2

6

- (i) Eat a balanced diet  
 (ii) Do not smoke  
 (iii) Do not drink alcohol

40



4.	(a)	Suggest <b>three</b> reasons why a company would choose to advertise a product or service.	3 @ 4	12
	(i)	<u>To introduce a new product</u>		
	(ii)	<u>To increase sales</u>		
	(iii)	<u>To provide information</u>		
	(b)	List <b>four</b> different methods of advertising.	4 @ 2	8
	(i)	<u>Newspapers, / magazines</u>	(ii)	<u>TV, radio, cinema</u>
	(iii)	<u>Billboards, T-Shirts, labels</u>	(iv)	<u>Carrier bags, leaflets, classifieds</u>
	(c)	Give <b>two</b> advantages and <b>two</b> disadvantages of advertising.		12
		<b>Advantages</b>	2 @ 3	
	(i)	<u>Provides info, provides employment</u>		
	(ii)	<u>Keeps down the cost of newspapers / magazines</u>		
		<b>Disadvantages</b>	2 @ 3	
	(i)	<u>May mislead consumers, increases prices of goods</u>		
	(ii)	<u>Causes dissatisfaction, increases impulse buying</u>		
	(d)	(i) Describe an advertisement on television which you consider to be effective.	2 @ 4	8
		<u>_____</u>		
		<u>_____</u>		
	(ii)	Why do you think this advertisement is effective?		
		<u>_____</u>		
		<u>_____</u>		
		<u>_____</u>		
		<u>_____</u>		

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

3 @ 4

12

(i) kitchen Sharp objects, hot surfaces (2 @ 2)

\_\_\_\_\_

(ii) living room Fireplace, lamps / trailing flexes (2 @ 2)

\_\_\_\_\_

(iii) bathroom Slippery floor, medicines (2 @ 2)

\_\_\_\_\_

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

4 @ 2

8

(i) Fire guard in front of fire

(ii) Lock on medicine cabinet

(iii) Fire extinguisher

(iv) Smoke alarm, fire blanket

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

8

Raise the alarm, evacuate all occupants

Close all the doors and windows

Call the fire brigade

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

2 @ 4

8

Prevents an injury from getting worse

Reassures the victim

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

Toxic / poisonous



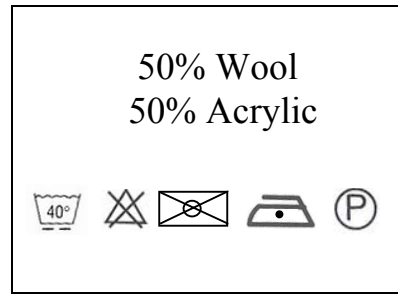
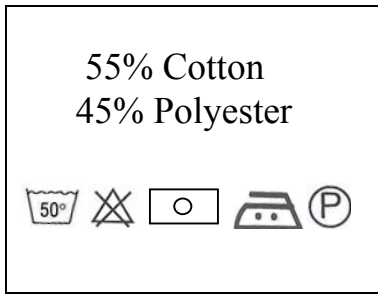
4

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6.

Care Label A

Care Label B



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

8

(i) Polyester (ii) Acrylic 2 @ 2

**and** name **two** natural fabrics

(i) Cotton (ii) Wool 2 @ 2

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

2

8

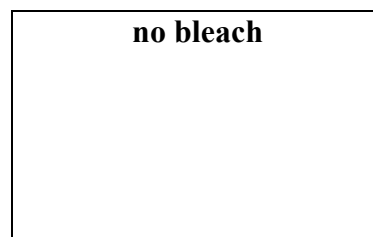
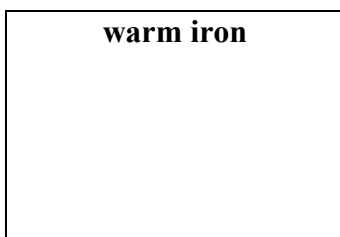
Give **one** reason for your answer Expect good reason

6

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

2 @ 6

12



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

2 @ 6

12

(i) detergent Removes dirt and grease, softens the water  
reduces surface tension

(ii) fabric conditioner Softens clothes, reduces static electricity  
makes ironing easier

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