

EXAM NUMBER

Total  
Mark



# Coimisiún na Scrúduithe Stáit State Examinations Commission

## JUNIOR CERTIFICATE EXAMINATION 2014

### HOME ECONOMICS

#### ORDINARY LEVEL

*FRIDAY 13 JUNE – AFTERNOON 2.00 – 4.00*

**Total Marks 240**

#### INSTRUCTIONS TO CANDIDATES

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

**CENTRE STAMP**

#### For examiner's use only

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

1. Total of end of page totals	
2. Aggregate total of disallowed question(s)	
3. Total mark awarded (1 minus 2)	
4. Bonus mark for answering through Irish (if applicable)	
5. Total mark awarded if Irish bonus (3 plus 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. List **two** sources of fat in the diet.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_

2. Suggest **three** ways of reducing the intake of sugar in the diet.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

3. Give **two** reasons why a teenager may choose to become a vegetarian.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_

4. Place **each** of the following cooking methods under the correct heading

**baking   boiling   stewing   grilling   steaming**

<b>COOKING METHODS</b>	
<b>DRY</b>	<b>MOIST</b>

5. Name **three** different types of yoghurt.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

6. Name **three** places in which money can be saved.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

7. Suggest **three** methods used by supermarkets to encourage consumers to spend more money.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

8. List **three** types of shopping outlets.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

9. Give **two** advantages of using a bank account.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

10. Choose the **correct** word from the list below to complete **each** of the following sentences.

**enamel      cementum      root      pulp cavity**

(i) The \_\_\_\_\_ holds the tooth in place in the jaw.

(ii) The space at the centre of the tooth is called the \_\_\_\_\_.

(iii) Most of the tooth is protected by a hard substance called the \_\_\_\_\_.

(iv) The \_\_\_\_\_ of the tooth is embedded in the jaw.

11. Suggest **two** guidelines that should be followed when sunbathing.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

12. What is meant by *passive smoking*?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

13. List **three** points that should be considered when caring for feet.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



15. Name **two** types of pollution and state how **each** one is caused.

TYPE OF POLLUTION	CAUSE
(i) _____	(i) _____ _____
(ii) _____	(ii) _____ _____

16. Why is good lighting necessary in the home?

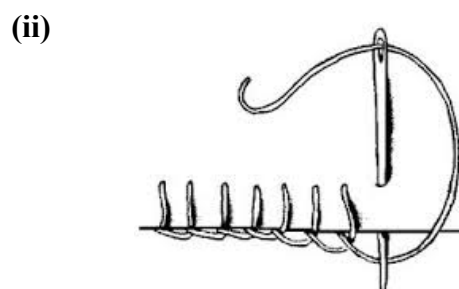
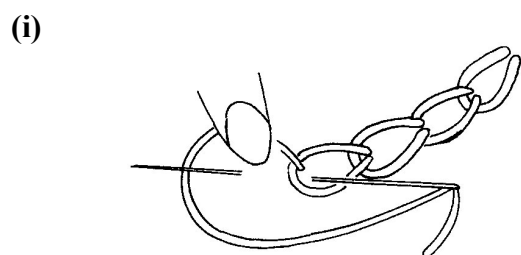
(i) \_\_\_\_\_

(ii) \_\_\_\_\_

17. Tick (✓) whether **each** of the following fibres is a natural **or** a man-made fibre.

FIBRE	NATURAL	MAN-MADE
Wool		
Polyester		
Linen		
Cotton		
Nylon		

18. Name the **two** embroidery stitches shown below.



(i) \_\_\_\_\_

(ii) \_\_\_\_\_

19. List **four** necessary pieces of sewing equipment.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

20. Give **two** important guidelines that should be followed when using stain removers.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

**SECTION B**  
**160 marks**

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

**1. (a)** Give **three** reasons why eggs are important in the diet.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

**(b)** Name **three** different ways in which eggs are used in cooking.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

**(c)** List **four** items of information found on an egg box.

- (i) \_\_\_\_\_ (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_ (iv) \_\_\_\_\_

**(d)** Suggest the guidelines to follow when buying and storing eggs.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_

**(e)** Explain what is meant by *free-range* eggs.

\_\_\_\_\_

\_\_\_\_\_

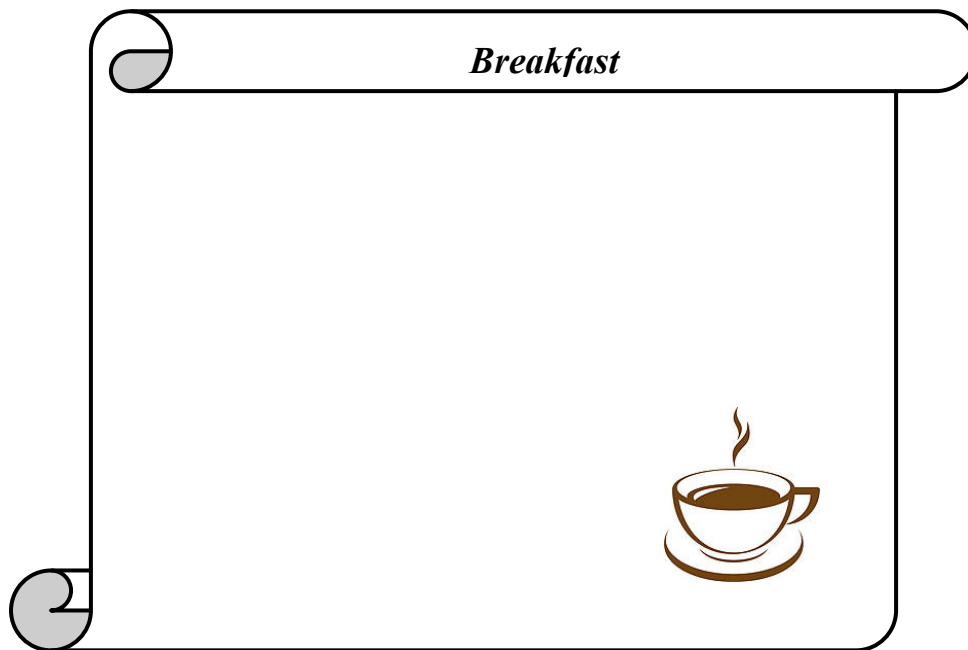
2. (a) Give **three** reasons why it is important to eat a nourishing breakfast each day.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

(b) List **four** guidelines to follow when planning a breakfast for teenagers.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_

(c) Design a **three-course** breakfast menu for active teenagers.



(d) Name **three** of the main foods from the menu you have designed and state the food groups from which **each** one comes.

Main Foods	Food Groups
(i) _____	(i) _____
(ii) _____	(ii) _____
(iii) _____	(iii) _____

3. (a) List **four** consumer rights and **four** consumer responsibilities.

**Consumer rights**

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_

**Consumer responsibilities**

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_

(b) Name **four** sources of consumer information.

- (i) \_\_\_\_\_ (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_ (iv) \_\_\_\_\_

(c) Name **one** consumer agency which can give advice to consumers.

\_\_\_\_\_

(d) List the advantages and disadvantages of shopping online

**Advantages**

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_

**Disadvantages**

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_



4. (a) State the function of the skin and name any **four** parts.

**Function**

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**Parts of the skin**

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(iii) \_\_\_\_\_ (iv) \_\_\_\_\_

(b) List **four** guidelines that could be followed in order to maintain healthy skin.

(i) \_\_\_\_\_

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(ii) \_\_\_\_\_

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(iii) \_\_\_\_\_

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(iv) \_\_\_\_\_

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(c) Name **four** skincare products that should be included in a teenager's toilet bag.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(iii) \_\_\_\_\_ (iv) \_\_\_\_\_

(d) Suggest **one** way of preventing dandruff.

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5. (a) Give **four** guidelines to follow when choosing and buying an electrical household appliance.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

(b) Name **two** electrical appliances with a heating element and **two** electrical appliances with a motor.

HEATING ELEMENT	MOTOR
(i) _____	(i) _____
(ii) _____	(ii) _____

(c) Name **two** modern features of cookers **and** state the function of each feature.

(i) **Feature:** \_\_\_\_\_

**Function:** \_\_\_\_\_

\_\_\_\_\_

(ii) **Feature:** \_\_\_\_\_

**Function:** \_\_\_\_\_

\_\_\_\_\_

(d) Describe how you would clean the oven of an electric cooker.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. (a) Give **three** reasons why people wear clothes.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(b) List the points that should be considered when buying clothes.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(c) Explain the term *fashion trends*.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(d) Give **three** reasons why fashion trends change.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(e) Give **two** examples of current fashion trends.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

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