

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 2011

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 17 JUNE – AFTERNOON 2.00 – 4.30

Total Marks 300

CENTRE STAMP

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.

1. Name **one** vitamin which may help to prevent **each** of the following deficiency diseases:

| DEFICIENCY DISEASE | VITAMIN |
|----------------------|---------|
| (i) Scurvy | (i) |
| (ii) Night blindness | (ii) |
| (iii) Beri beri | (iii) |
| (iv) Rickets | (iv) |

2. Suggest **one** advantage and **one** disadvantage of grilling food.

(i) **Advantage** _____

(ii) **Disadvantage** _____

3. Give **two** health problems associated with obesity.

(i) _____

(ii) _____

4. List **four** guidelines that should be followed when shopping for food.

(i) _____

(ii) _____

(iii) _____

(iv) _____

5. Explain **each** of the following cookery terms:

(i) **stock** _____

(ii) **garnish** _____

6. Give **two** reasons why food is processed.

(i) _____

(ii) _____

7. List **four** sources of consumer information.

(i) _____ (ii) _____

(iii) _____ (iv) _____

8. Give **two** benefits to the consumer of household labelling.

(i) _____

(ii) _____

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



Name **one** item on which this symbol is found _____

10. State **two** advantages of using the Small Claims Court.

(i) _____

(ii) _____

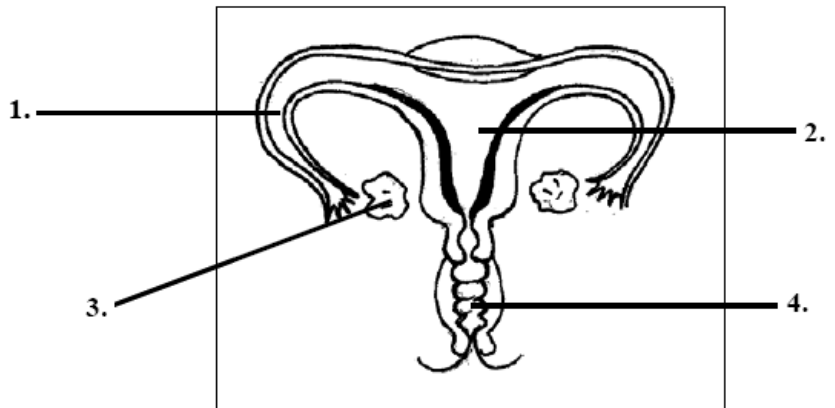
11. Explain the advantage of having a guarantee after purchasing an item.

12. What is *aerobic exercise*?

Give **one** example of an aerobic exercise

13. Identify the parts of the female reproductive system labelled 1, 2, 3 and 4.

1 _____
2 _____
3 _____
4 _____



14. Explain why it is important to have a positive mental attitude.

(i) _____

(ii) _____

15. Explain the difference between an artery and a vein

16. Explain **each** of the following terms in relation to design principles:

(i) **balance** _____

(ii) **emphasis** _____

17. Explain **each** of the following star ratings, which can be seen on a freezer:

| Star rating | Suggested storage time |
|--------------------------|------------------------|
| (i) (one star) * | (i) |
| (ii) (three stars) * * * | (ii) |

18. List **four** community resources.

(i) _____ (ii) _____

(iii) _____ (iv) _____

19. Suggest a **different** type of insulation suitable for **each** of the following:

(i) attic _____

(ii) windows _____

20. Explain **each** of the following textile terms:

(i) **tacking** _____

(ii) **straight grain** _____

21. What guidelines should be followed when ironing?

(i) _____

(ii) _____

22. Explain what **each** of the following fabric care symbols indicate:

(i)



(i) _____

(ii)

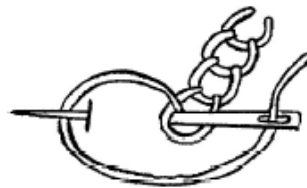


(ii) _____

23. Name the embroidery stitch shown **and** suggest a use for it.

Stitch _____

Use _____



24. Give **one** advantage and **one** disadvantage of using carpets in the home.

(i) Advantage _____

(ii) Disadvantage _____



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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 value of blackcurrants and apples.

| Fruit | Energy Per 100g | Protein | Fat | Carbohydrate | Water | Vitamin C |
|----------------------|----------------------------|----------------|------------|---------------------|--------------|------------------|
| Blackcurrants | 28kcal | 0.9g | 0 | 6.6 g | 77g | 200 mg |
| Apples | 46 kcal | 0.3g | 0 | 12 g | 84g | 5 mg |

- (a) Using the information given on the table, compare the nutritive value of blackcurrants with the nutritive value of apples.
- (b) (i) Explain the importance of including fruit in the diet.
(ii) Suggest some interesting ways of including fruit in the diet of teenagers.
- (c) Give **two** advantages of preserving fruit.
- (d) (i) Outline **two** methods of preserving fruit.
(ii) Suggest a **different** fruit suitable for **each** method.
2. (a) Classify cheese and give **one** example of **each** class.
(b) Give **four** reasons why cheese should be included in the diet.
(c) Plan and set out a **two** course menu, to include cheese as one of the ingredients, suitable for a family meal.
(d) Outline the effects of cooking on cheese.
3. (a) State the reasons for advertising.
(b) Give **three** advantages of advertising.
(c) List **four** different sources of advertising.
(d) Describe some modern techniques used by shopping outlets to increase sales.
(e) Outline the role of the Advertising Standards Authority of Ireland (ASAI).

4. (a) Outline the function of the respiratory system.
- (b) (i) Name **five** parts of the respiratory system.
(ii) State the function of any **two** of the parts that you have named.
- (c) List **three** reasons why people begin to smoke.
- (d) Suggest some harmful effects of smoking on the body.
- (e) Explain the term *passive smoking*.
5. (a) What guidelines should be considered when choosing a microwave cooker?
- (b) Suggest **three** different uses of a microwave cooker.
- (c) (i) Give **two** foods that are *suitable* for cooking by microwave.
(ii) Give **two** foods that are *unsuitable* for cooking by microwave.
- (d) (i) Name **two** items of cookware that are *suitable* for use in a microwave cooker.
(ii) Name **two** items of cookware that are *unsuitable* for use in a microwave cooker.
- (e) Explain the term *standing time*.
6. (a) (i) List **four** factors that should be considered when choosing a sewing machine for use in the home.
(ii) Name **two** modern features that you would consider desirable when choosing a sewing machine.
- (b) State the guidelines that should be followed when using a sewing machine.
- (c) Name **two** basic machine stitches used when making a garment.
- (d) Suggest a different reason for **each** of the following faults that commonly occur when using a sewing machine:
- (i) needle breaking;
- (ii) thread breaking;
- (iii) looped stitches.
- (e) How should a sewing machine be cared for?

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