



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2014

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 13 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 packaged bread.

<i>Wholemeal Bread</i>		
NUTRITIONAL INFORMATION		INGREDIENTS
Typical value per 100g		Wholemeal Wheat flour, Wheat flour, Wheat Bran, Buttermilk, Raising agent, Salt, Preservative (E202, E282) Emulsifier (E471), Flavouring.
Energy	204kcal	
Protein	9.4g	
Carbohydrate	40.3g	
Sugars	5.8g	
Fat	3.2g	
Fibre	5.8g	
Minerals - Sodium	1.0g	
		ALLERGY ADVICE Contains gluten.

- (a) Using the nutritional information given, evaluate the nutritive value of the Wholemeal Bread.
- (b) (i) Name the food additives listed.
(ii) Outline the functions of food additives.
- (c) (i) What ingredient makes the bread unsuitable for coeliacs?
(ii) Name a suitable raising agent for the bread.
- (d) Design a packed lunch menu suitable for a school going teenager using wholemeal bread.
2. (a) List the conditions that are necessary for the growth of micro-organisms.
- (b) (i) Name **two** food poisoning bacteria.
(ii) Give a different possible source of **each** bacteria you have named.
- (c) List the reasons why food is processed.
- (d) (i) State the guidelines to follow when freezing vegetables.
(ii) Explain the terms: **blast freezing** and **quick freezing**.

3. (a) List the advantages of budgeting.
- (b) (i) Discuss the points that should be considered when planning a household budget.
- (ii) Plan a household budget based on an average weekly income.
- (c) Explain the difference between statutory deductions and voluntary deductions and give **one** example of **each** type
- (d) Explain the term *tax credits*.
4. (a) Draw **and** label the structure of the tooth.
- (b) Name **four** types of permanent teeth and state the function of **each** type.
- (c) List the guidelines to follow in order to maintain healthy teeth.
- (d) Name **three** possible problems associated with unhealthy teeth.
5. (a) List **four** small food preparation appliances used in the home.
- (b) List the guidelines that should be considered when choosing **and** buying small household appliances.
- (c) Name and explain **three** methods of heat transfer.
- (d) (i) Why is it important to insulate a home?
- (ii) Name **three** forms of insulation used in the home.
6. (a) Discuss the factors that should be considered when choosing soft furnishings for the home.
- (b) Give **four** functions of soft furnishings.
- (c) List **three** desirable properties of curtain fabric.
- (d) Name **three** soft furnishings other than curtains which you consider suitable for a teenager's bedroom.
- (e) Explain what is meant by: Haute couture **and** Prêt-à-porter.

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