

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 2013

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 14 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. Give **four** healthy eating guidelines that should be followed in order to promote good health.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

2. Explain **each** of the following terms:

- (i) **convenience food** _____

- (ii) **fortified food** _____

3. Suggest **four** ways to reduce the intake of salt in the diet.

- (i) _____
- (ii) _____
- (iii) _____
- (iv) _____

4. Name **two** classes of fish and give **one** example of **each** class.

CLASS OF FISH	EXAMPLE
(i)	(i)
(ii)	(ii)

5. Outline **two** ways of reducing the risk of food poisoning.

(i) _____

(ii) _____

6. List **four** raising agents used in home baking.

(i) _____ (ii) _____

(iii) _____ (iv) _____

7. Suggest **four** ways in which students can make a *positive* difference to the environment.

(i) _____

(ii) _____

(iii) _____

(iv) _____

8. Name **two** statutory deductions that are taken from an employee's gross income.

(i) _____

(ii) _____

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



Where would you expect to find this symbol displayed? _____

10. State **one** advantage and **one** disadvantage of online shopping.

(i) **Advantage** _____

(ii) **Disadvantage** _____

11. What is the function of the Office of the Ombudsman? _____

12. Explain **each** of the following terms in relation to the digestive system:

(i) **bile** _____

(ii) **peristalsis** _____

13. Name **four** types of permanent teeth.

(i) _____ (ii) _____

(iii) _____ (iv) _____

14. Explain **two** effects of alcohol abuse on the family.

(i) _____

(ii) _____

15. List **four** substances that are transported in the blood.

(i) _____

(ii) _____

(iii) _____

(iv) _____

16. Explain **each** of the following terms in relation to resource management:

(i) **ergonomics** _____

(ii) **defrosting** _____

17. Give **two** examples of primary and secondary colours.

PRIMARY COLOURS	SECONDARY COLOURS
(i)	(i)
(ii)	(ii)

18. Outline the main steps to follow when cleaning a bedroom.

(i) _____

(ii) _____

(iii) _____

(iv) _____

19. What is the advantage of an energy efficient electrical appliance?

20. Name **two** fabric finishes usually applied to fabric for school jackets.

(i) _____

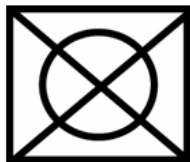
(ii) _____

21. Name **two** embroidery stitches and suggest a different use for **each** one.

EMBROIDERY STITCH	USE
(i)	(i)
(ii)	(ii)

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

(i)



(i) _____

(ii)



(ii) _____

23. Name a stitch suitable for finishing the hem of a garment.

Stitch _____

24. Suggest a different use for **each** of the following fabrics:

(i) lycra _____

(ii) polyester _____

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