



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Certificate 2015

Marking Scheme

Home Economics

Higher Level

Note to teachers and students on the use of published marking schemes

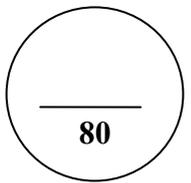
Marking schemes published by the State Examinations Commission are not intended to be standalone documents. They are an essential resource for examiners who receive training in the correct interpretation and application of the scheme. This training involves, among other things, marking samples of student work and discussing the marks awarded, so as to clarify the correct application of the scheme. The work of examiners is subsequently monitored by Advising Examiners to ensure consistent and accurate application of the marking scheme. This process is overseen by the Chief Examiner, usually assisted by a Chief Advising Examiner. The Chief Examiner is the final authority regarding whether or not the marking scheme has been correctly applied to any piece of candidate work.

Marking schemes are working documents. While a draft marking scheme is prepared in advance of the examination, the scheme is not finalised until examiners have applied it to candidates' work and the feedback from all examiners has been collated and considered in light of the full range of responses of candidates, the overall level of difficulty of the examination and the need to maintain consistency in standards from year to year. This published document contains the finalised scheme, as it was applied to all candidates' work. In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with their Advising Examiners when in doubt.

Future Marking Schemes

Assumptions about future marking schemes on the basis of past schemes should be avoided. While the underlying assessment principles remain the same, the details of the marking of a particular type of question may change in the context of the contribution of that question to the overall examination in a given year. The Chief Examiner in any given year has the responsibility to determine how best to ensure the fair and accurate assessment of candidates' work and to ensure consistency in the standard of the assessment from year to year. Accordingly, aspects of the structure, detail and application of the marking scheme for a particular examination are subject to change from one year to the next without notice.

SECTION A
80 marks



Answer 20 (twenty) of the following questions. All questions carry equal marks.

1. Suggest **four** sources of dietary fibre.

4

(i) Wholegrain flour, wholemeal bread, wholewheat pasta, brown rice

(ii) Vegetables

(iii) Fruit

(iv) Nuts, seeds

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

4

(i) **Anaemia** it is a disease caused by a shortage of haemoglobin as a result of insufficient iron in the diet, or an inability to absorb iron

(ii) **Hypervitaminosis** a harmful condition that results as a result of excess amounts of Vitamin A or D being consumed in the diet and stored in the liver

3. List **four** foods that have a high sodium content.

4

(i) bacon, processed meats and fish (ii) salty snacks e.g. crisps, peanuts

(iii) convenience/instant foods e.g. soups (iv) stock cubes

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

4

Classification of cheese	Example
(i) <i>hard</i>	(i) <i>cheddar, parmesan</i>
(ii) <i>semi-hard</i>	(ii) <i>edam, cashel blue</i>
(i) <i>soft</i>	(i) <i>brie, cream cheese, cottage cheese</i>
(ii) <i>processed</i>	(ii) <i>cheese slices, strings, spreads</i>

5. Explain the term offal *This is the name given to edible organs of animals* 4
 Give **one** example *liver, kidney, heart, tongue*
6. Name the **four** tastes that can be sensed by the taste buds on the tongue. 4
 (i) *sweet* (ii) *salty*
 (iii) *sour* (iv) *bitter*
7. List **four** consumer responsibilities. 4
 (ii) *be well informed about goods, services, rights*
 (ii) *read labels, examine product, follow instructions, consider warnings*
 (v) *complain if rights have been deprived or laws broken*
 (vi) *be environmentally aware, use resources carefully*
8. Give **two** reasons why bar codes are used on foods 4
 (i) *they give details of product, size, brand, price*
 (ii) *they help the retailer with stock control and reordering*
9. What information does this symbol give to the consumer? 4
It indicates that an earth wire is not required, it is displayed
on double insulated electrical goods and appliances
 Name **one** item on which it is found *electrical goods and*
appliances
-
10. Explain **each** of the following terms 4
 (i) **PAYE** *it is an income tax deduction taken automatically from wages and paid to*
the government for state services (Pay As You Earn)
 (ii) **USC** *it is a tax payable on income above the €12,012 threshold, came into effect*
Jan 2011 (Universal Social Charge)

11. Give **two** examples of needs and wants:

4

Needs	Wants
(i) <i>food, clothes, shelter (essential)</i>	(i) <i>designer clothes, jewellery (non-essential)</i>
(ii) <i>services of doctors, dentists</i>	(ii) <i>luxury goods and services</i>

12. Give **one** function for **each** of the following

4

(i) **Antiperspirant** *a product that helps prevent perspiration*

(ii) **Deodorant** *a product that helps prevent body odour*

13. State **four** rights of children.

4

(i) *love, security, respect, good relationships*

(ii) *protection from neglect or abuse*

(iii) *physical care*

(iv) *education*

14. Outline **two** harmful effects of smoking on the body.

4

(i) *heart disease, lung cancer, emphysema, breathing difficulties*

(ii) *addiction to nicotine, discoloured teeth, bad breath*

15. Name the **four** components of the blood.

4

- (i) plasma
- (ii) red blood cells
- (iii) white blood cells
- (iv) platelets

16. Name **four** parts of the male reproductive system.

4

- (i) testes
- (ii) scrotum
- (iii) sperm duct
- (iv) penis

17. Outline the necessity for good ventilation in the home.

4

It provides fresh air rich in oxygen and removes stale air which is important for good health. It provides comfort by controlling humidity, preventing condensation and preventing a room from getting too warm and stuffy

18. Give **four** suggestions for the safe use of microwave ovens.

4

- (i) follow manufacturer's instructions, do not switch on when empty
- (ii) prod foods with a skin to prevent bursting during cooking, cover foods
- (iii) do not put any metallic cookware into it
- (iv) wipe up spills immediately

19. List the benefits of home composting.

4

It reduces the volume of organic waste that's put out as rubbish and this saves money.
It protects the environment by saving landfill spaces. It is a valuable resource as compost returns nutrients to the soil, it conserves water and aids drainage when used as a mulch.

20. State **two** ways in which yarn can be made into fabric

4

(i) knitting, weaving

(ii) bonding

21. Give a different reason for **each** of the following faults when using a sewing machine.

4

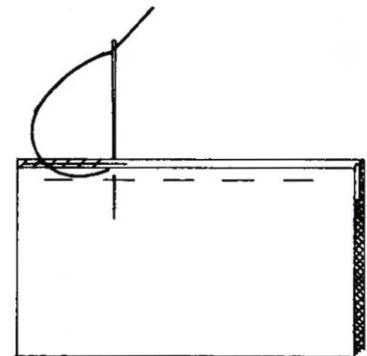
Fault	Reason
(i) Uneven stitches	(i) <i>incorrect threading of machine, pulling or pushing fabric while machining, needle blunt or incorrectly inserted</i>
(ii) Looped stitches	(ii) <i>incorrect threading of machine, tension too loose, bobbin incorrectly threaded</i>

22. Name the stitch shown in the diagram and suggest a use for it

4

Name topstitching/topsewing

Use it joins two edges of fabric together



23. Give **one** advantage of using fashion accessories and name **one** current fashion accessory

4

Advantage it adds to an outfit to make it complete, it can give a different and unique

look to an outfit

Accessory jewellery, scarf, hat, bag, belt, shoes

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

4

(i) **notch** a notch is a pattern symbol that is used to line up two or more pieces of fabric that will be joined together

(ii) **dart** a dart is a fold or tuck that comes to a point and it is sewn into fabric to take in ease and provide shape to a garment



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2015

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 12 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

55

1. The following is a list of ingredients displayed on the labels of two convenience sauces.

Stir - in sauce		Dried sauce mix	
Typical values per 100g		Typical values per 100g	
Energy	107kcal	Energy	350kcal
Protein	1.8g	Protein	10.0g
Carbohydrates	10.3g	Carbohydrates	63.0g
of which sugars	7.1g	of which sugars	30.0g
Fat	6.2g	Fat	5.0g
of which saturated	0.8g	of which saturated	3.0g
Fibre	1.6g	Fibre	6.0g
Salt	1.42g	Salt	8.6g

- (a) Using the nutritional information given on the labels, compare and evaluate the nutritional value of the stir-in sauce and the nutritional value of the dried sauce mix. (7 x 3) **21**

Expect ref to six nutrients, and energy
Name of nutrient = 1 mark
Name of nutrient and quantity = 2 marks
Name of nutrient and comment = 3 marks

- (b) List **three** classifications of sauces and give **one** example of **each** class. (Classifications = 3 x 2) (Example = 3 x 2) **12**

<i>Classifications</i>	<i>Examples</i>
<i>Roux based sauces</i>	<i>white sauce, cheese sauce, parsley sauce</i>
<i>Egg-based sauces</i>	<i>egg custard, hollandaise sauce, mayonnaise</i>
<i>Fruit sauces</i>	<i>apple sauce, cranberry sauce, redcurrant sauce</i>
<i>Cold sauces</i>	<i>mint sauce, horseradish sauce</i>
<i>Sweet sauces</i>	<i>chocolate sauce, butterscotch sauce, caramel sauce</i>
<i>Savoury sauces</i>	<i>tomato sauce, barbecue sauce, bread sauce</i>

- (c) Give **three** reasons why sauces are used in food preparation (3 x 2) **6**
To add colour and flavour, moisten food, add nutrients, improve appearance, bind ingredients together

- (d) Give **two** advantages and **two** disadvantages of using convenience sauces. (Advantages = 2 x 3) (Disadvantages = 2 x 3) **12**

Advantages – *speeds up preparation and cooking time, useful for people with poor cooking skills, allows to cook a greater variety of dishes*

Disadvantages – *can be high in sugar and salt, may contain additives e.g. flavour enhancers, can be expensive, can lack flavour*

- (e) Explain the term **roux**. (1 x 4) **4**
*A **roux** is a mixture of equal amounts of fat and flour which are cooked together until smooth. It is used for thickening sauces.*

2. (a) Outline the nutritional reasons why vegetables should be included in the diet. (3 x 2) 6
- Vegetables are low in fat, have a high water content, a good source of Vit C, a good source of iron, fibre, and Vit A and B group, low in kilocalories, contain LBV protein*
- (b) List some ways to include vegetables in the diet. (4 x 2) 8
- Include in lunch and main course, can be eaten in salads and soups, in pasta dishes, stews, casseroles and curries, in pizza toppings, snacks*
- (c) (i) Classify vegetables and name **two** vegetables from **each** class. (Classify = 4 x 2) (Name = 8 x 1) 16
- | Classification | Name two |
|-----------------------|------------------------------------|
| <i>Greens</i> | <i>broccoli, cabbage, spinach</i> |
| <i>Roots</i> | <i>carrots, onions, potatoes</i> |
| <i>Pulses</i> | <i>peas, beans, lentils</i> |
| <i>Fruits</i> | <i>peppers, tomatoes, cucumber</i> |
- (ii) Name the class of vegetable that should be used in a vegan diet and give the reason. (Name = 1 x 4) (Reason = 1 x 4) 8
- | Name | Reason |
|-------------------------|-------------------------------|
| <i>Pulse vegetables</i> | <i>good source of protein</i> |
- (d) What steps should be taken when preparing and cooking vegetables in order to retain the nutrients? (3 x 4) 12
- Eat raw and unpeeled if possible, prepare just before cooking, cook with the skins on if possible, peel thinly, chop with a sharp knife, do not steep vegetables, use the minimum amount of water, do not overcook.*
- (e) Explain what is meant by **organic** vegetables. (1 x 5) 5
- vegetables that are grown naturally without the use of artificial fertilizers or chemicals*

3. (a) Discuss the changes that have occurred in shopping practices in recent years. (4 x 3) **12**

Increase in internet shopping, more online shopping facilities and home delivery services available, increase in the number of shopping centres, more emphasis placed on customer service, widespread use of loyalty schemes, decrease in counter service and increase in self-service, late opening and Sunday shopping, wider range of ethnic goods

- (b) List the factors that influence consumers' decision-making when shopping. (4 x 3) **12**

Time and money, peer pressure, fashion trends, advertising, personal values, culture, merchandising, environmental impact

- (c) (i) Describe **three** marketing techniques used in shopping outlets. (3 x 4) **12**

Essentials placed at the farthest point from entrance, wide aisles, items at checkout for impulse buying, special promotions, food sampling, in-store ATM machines, money-off vouchers, background music

- (ii) Name **one** technique that you consider effective and give a reason for your answer. (Name = 1 x 2) (Reason = 1 x 3) **5**

- (d) Outline how the Sale of Goods and Supply of Services Act 1980 protects the consumer. (3 x 3) **9**

Goods must be of merchantable quality, fit for their purpose, be as described, correspond to samples, services must be carried out by qualified person, carried out with proper care and diligence, good quality material must be used

- (e) Explain the term **loss leader**. (1 x 5) **5**

Products sold at a loss in order to attract customers into the shop so they may buy more

4. (a) Draw a detailed diagram of the skin and name the parts.
(Diagram = 4 marks) (Name = 4 x 2) **12**
Expect reference to four parts: dermis, epidermis, fat cells, sweat glands, oil glands, blood vessels, nerves, hair.
- (b) Give the functions of the skin. *(5 x 3)* **15**
Protects the body, manufactures Vit. D, controls body temperature, removes excess water and salt, organ of touch, insulates the body
- (c) List the personal hygiene guidelines that should be followed in order to maintain healthy skin. *(4 x 3)* **12**
shower and wash regularly, cleanse, tone and moisturise, wash after strenuous exercise, use skincare products to control body odour, change socks and underwear daily
- (d) Suggest **two** ways of protecting the skin when sunbathing. *(2 x 2)* **4**
Use sun cream with a high SPF factor, avoid being out in the midday sun, wear a hat and T-shirt.
- (e) Outline how regular exercise is important for good health. *(4 x 3)* **12**
Helps maintain a healthy weight, reduces stress, keeps heart and lungs healthy, maintains good muscle tone and bone density, creates a 'feel good' factor, helps one to sleep better

5. (a) List the guidelines that should be followed when choosing a cooker for use in a family home. (5 x 2) 10

Cost, safety, energy efficiency, size, special features, guarantee, after-sales service, gas or electric, freestanding or built-in, type of hob

- (b) Describe **four** features of modern cookers and outline **one** advantage of **each** feature. (Features = 4 x 3) (Advantages = 4 x 2) 20

<i>Features</i>	<i>Advantage</i>
<i>Fan cooking</i>	<i>even temperature distribution</i>
<i>Steam ovens</i>	<i>preserves more nutrients, less shrinkage</i>
<i>Self clean ovens</i>	<i>easier to clean</i>
<i>Timers and autotimers</i>	<i>precision timing, delayed cooking</i>
<i>Fan defrost</i>	<i>circulates air inside oven without heat</i>
<i>Fan grilling</i>	<i>cooks both sides of food without using oven power</i>
<i>Variable grills</i>	<i>economical to use</i>
<i>Halogen hob</i>	<i>fast heat response, easier to clean</i>
<i>Automatic ignition</i>	<i>no need for push button or lighter</i>
<i>Illuminated control panels</i>	<i>shows if hob is hot, safety</i>

- (c) List the rules that should be followed when (i) using and (ii) cleaning a cooker. (5 x 3) 15
Expect two points each for (i) and (ii) and one extra

Follow manufacturer's instructions, use a flat bottom pan on the hob, turn control knob to desired heating, ensure control knobs are off when not in use, wipe up spills immediately, do not leave cooking on the hob unattended, allow hob to cool before cleaning, avoid using harsh abrasive cleaning agents

- (d) Describe **two** methods of reducing energy costs when using an electric cooker. (2 x 3) 6

Only preheat oven for the right length of time, cook more at the same time to save money, do not open oven while food is still cooking, turn off oven ten minutes before completion, saucepan should be correct size for the ring, cut food into smaller pieces to reduce amount of cooking time

- (e) What is the ideal **efficiency** rating on modern appliances? (1 x 4) 4

A is the most energy efficient, G is the least

6. (a) Name, sketch and describe an item of clothing you would like to make as part of Textile Studies. 15
Name = 3
Sketch = 6 (0, 3, 6)
Describe = 6 (3 x 2)
- (b) Suggest suitable fabric/s and give **three** reasons for your choice of fabric/s. 13
(Fabric = 1 x 4) (Reasons = 3 x 3)
- Fabric** cotton, polyester (accept any correct fabric)*
***Reasons** it is/is not stretchy, the weight is suitable for the garment, it does not fray, it is lightweight, it is comfortable, it is warm, it is easily washed/dry cleaned*
- (c) Name **five** essential items of sewing equipment necessary to make the garment. 10
(5 x 2)
- Sewing machine, scissors, measuring tape, needles, pins, thread*
- (d) Name **one** stitch you could use to neaten the seams. 5
(1 x 5)
- Edge machining, zig-zag machining*
- (e) Sketch and describe **one** method you would use to personalise the garment. 12
Sketch = 6 (0, 3, 6)
Describe = 6 (2 x 3)

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