



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CERTIFICATE 2011

MARKING SCHEME

HOME ECONOMICS

HIGHER LEVEL

WARNING

You must return this paper with your answerbook, otherwise marks will be lost.

EXAM NUMBER

FOR EXAMINER

 Section A
 Total Mark



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State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2011

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 17 JUNE – AFTERNOON 2.00 – 4.30

Total Marks 300

CENTRE STAMP

**MARKING
SCHEME**

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.

Introduction

- The marking scheme is a guide to awarding marks to candidates' answers. It is a concise and summarized guide and is constructed in a way to minimise its word content.
- Assistant Examiners must conform to this scheme and may not allow marks for answering outside the scheme.
- The scheme contains key words or phrases for which candidates may be awarded marks. This does not preclude synonyms or phrases which convey the same meaning as the answer in the marking scheme.
- The scheme may include the words “any valid answer” and the Assistant Examiner will use his/her professional judgement to determine the validity of the answer. If in doubt, he/she should consult with his/her Advising Examiner before awarding marks.
- Where it comes to the attention of the Assistant Examiner that a candidate has presented a valid answer and there is no provision in the scheme for accepting this answer, then he/she must first consult with his/her Advising Examiner before awarding marks.
- The detail required in any answer is determined by the context and the manner in which the question is asked and by the number of marks assigned to the answer in the marking scheme. Requirements may therefore vary from year to year.

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: _____ **4**

DEFICIENCY DISEASE	VITAMIN
(i) Scurvy	(i) C
(ii) Night blindness	(ii) A
(iii) Beri beri	(iii) B
(iv) Rickets	(iv) D

2. Suggest **one** advantage and **one** disadvantage of grilling food. _____ **4**

(i) **Advantage** more fat is removed, quick, healthy

(ii) **Disadvantage** only suitable for thin cuts of meat, food must be watched
continuously, food may dry out

3. Give **two** health problems associated with obesity. _____ **4**

(i) heart disease, varicose veins,
stroke, limb and joint immobility

(ii) diabetes,
blood pressure

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

(i) make a list, stick to your budget

(ii) buy seasonal produce, compare unit price

(iii) check expiry dates, choose recyclable packaging

(iv) don't shop when hungry/tired/in a hurry

5. Explain **each** of the following cookery terms:
(i) **stock** a liquid in which meat/fish bones and vegetables have been _____ **4**
simmered gently for 2-3 hours. Used in soups and sauces.

(ii) **garnish** is used to make food look make attractive, edible decorations.

6. Give **two** reasons why food is processed.
(i) lasts longer, less preparation needed, easier to store _____ **4**

(ii) easier to transport, seasonal foods available year round.

7. List **four** sources of consumer information.
(i) Director of Consumer Affairs, CAI (ii) TV/Radio, newspapers/magazines _____ **4**

(iii) Sales people, showrooms (iv) Ombudsman, word of mouth

8. Give **two** benefits to the consumer of household labelling.
(i) helps us to identify products, _____ **4**
provides information about a product

(ii) provides information about the manufacturer

9. What information does this symbol give to the consumer?
Recycling logo, _____ **4**

item can be recycled



Name **one** item on which this symbol is found metal, glass _____

10. State **two** advantages of using the Small Claims Court.
(i) inexpensive, informal system _____ **4**

(ii) quick, no solicitor needed

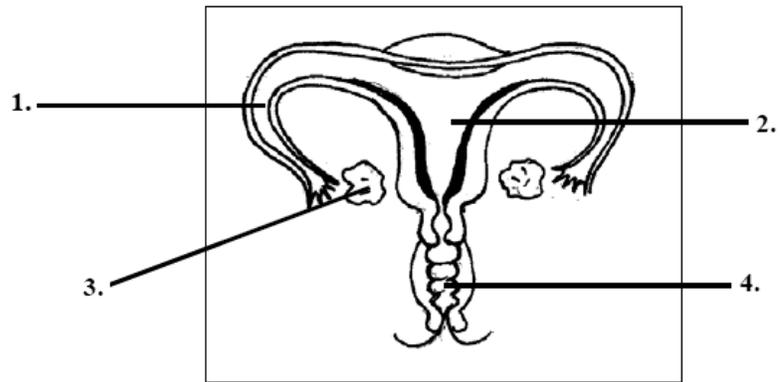
11. Explain the advantage of having a guarantee after purchasing an item. 4
allows the consumer to get the item repaired or
replaced within a specific length of time

12. What is **aerobic exercise**? exercise that makes the body breathe faster, causes the 4
heart and lungs to work harder, pumps more blood and oxygen around the body

Give **one** example of an aerobic exercise swimming, running

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

- 1 fallopian tube
- 2 uterus/womb
- 3 ovary
- 4 vagina



14. Explain why it is important to have a positive mental attitude. 4
(i) look at the bright side of life
confident to deal comfortably with others

(ii) feel reasonably content with life
ability to cope with highs and lows of life.

15. Explain the difference between an artery and a vein 4
Artery – carries oxygen rich blood away from the heart, thick walls, no valves, elastic,
blood travels under pressure.

Vein – carries deoxygenated blood to the heart, thin walls, have valves, blood moves slowly

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

4

(i) **balance** equal spread of colour, pattern and texture in a room

(ii) **emphasis** parts of the design which stand out, can be due to colour,
texture or lighting

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

4

Star rating	Suggested storage time
(i) (one star) *	(i) store frozen food for one week
(ii) (three stars) * * *	(ii) store frozen food for three months

18. List **four** community resources.

4

(i) library, school, (ii) playground

(iii) community centre (iv) hospital, health centre

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

4

(i) attic fibreglass, felt, wool, foam pellets

(ii) windows double/treble glazing, heavy curtains, interlining

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

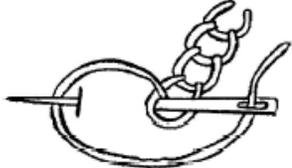
4

(i) **tacking** a temporary stitch which is removed when permanent stitching is
done, holds two pieces of fabric together

(ii) **straight grain** threads of the fabric that run parallel to the selvage

21. What guidelines should be followed when ironing? _____ 4
- (i) check the care label and follow instructions - heat setting,
iron when damp or use steam, wide to narrow
- (ii) iron on wrong side to prevent shiny patches
do not iron over motifs

22. Explain what **each** of the following fabric care symbols indicate: _____ 4
- (i)  (ii) 
- (i) do not dry clean (ii) hand wash only
- _____

23. Name the embroidery stitch shown **and** suggest a use for it. _____ 4
- Stitch Chain stitch
- Use An embroidery stitich, used to
outline details and fill in
shapes
- 

24. Give **one** advantage and **one** disadvantage of using carpets in the home. _____ 4
- (i) **Advantage** warm, absorb sound, resilience
- _____
- (ii) **Disadvantage** can stain, not suitable for asthmatics, cost
- _____



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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. FRUIT

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. **(6x2)** **12**
compare each fruit regarding the quantity of each nutrient, expect reference to energy, protein, fat, carbohydrate, water and vitamin C
- (b) (i) Explain the importance of including fruit in the diet. **(4x3)** **12**
Low-fat food: suitable for slimmers, better than sweet snacks: good for teeth and skin
High in vitamins and minerals: helps prevent disease, adds colour, texture and flavour, High in fibre: prevents constipation, keeps the body fuller for longer
- (ii) Suggest some interesting ways of including fruit in the diet of teenagers. **(4x2)** **8**
Smoothies, milk shakes, on breakfast cereal, as dessert, in curries, in yogurt, in stir fry dishes, in baked goods, preserves,
- (c) Give **two** advantages of preserving fruit. **(2x3)** **6**
Prevents waste/saves money, adds variety to the diet, Foods available year round, saves time and effort,
- (d) (i) Outline **two** methods of preserving fruit. **(2x6)** **12**
*canning, freezing, jam making, chutney making, drying, irradiation name and explain two of the methods, include **full** method for each one named.*
- (ii) Suggest a **different** fruit suitable for **each** method. **(3,2)** **5**
canning: peaches, pineapple, pear, strawberries
freezing: strawberries, raspberries,
jam making: oranges, blackberries, blackcurrants, apples,
chutney making: raisins, apples,
drying: banana, grapes,
irradiation: apples,

2. **CHEESE**

- (a) Classify cheese and give **one** example of **each** class. (4x2) 8
(4x2) 8
- | <u>Classification</u> | <u>Example(s)</u> |
|-----------------------|------------------------------|
| Hard | cheddar, Cheshire, Parmesan, |
| Semi-hard/ Semi-soft | edam, gouda, stilton |
| Soft | cottage, brie |
| Processed | slices, spread, strings, |
| Blue-veined | stilton, irish blue, |
| Farmhouse | Kilmeaden, Coolea |
- (b) Give **four** reasons why cheese should be included in the diet. (4x4) 16
*high in protein for growth, high in calcium for healthy bones,
lots of varieties, easy to pack for lunch, lots of uses,
quite inexpensive, no waste,*
- (c) Plan and set out a **two** course menu, to include cheese as one of the ingredients, suitable for a family meal. 11
*Must include cheese
Balanced, include fruit / juice, dairy, cereal and drink. (3 marks)
Menu format (2 marks) – correct sequence,
2 courses (6 marks)*
- (d) Outline the effects of cooking on cheese. (3x4) 12
*protein coagulates and shrinks
fat melts
over cooking makes cheese tough and difficult to digest, flavour changes.*

3. **ADVERTISING**

- (a) State the reasons for advertising. **(3x4)** **12**
*Introduce new products into the market,
provide information,
promote brands,
increase sales*
- (b) Give **three** advantages of advertising. **(3x4)** **12**
*Informs consumers about services, rights, events, products, health issues etc,
provides employment,
increases sales and can stimulate the economy,
keeps cost of newspapers/magazines down*
- (c) List **four** different sources of advertising **(4x2)** **8**
*Tv/radio, newspapers/magazines,
cinema/dvd/ video,
billboards, buses, receipts,
text messaging, internet,
packets, carrier bags,
sporting events, leaflets,*
- (d) Describe some modern techniques used by shopping outlets to increase sales. **(5x3)** **15**
*luxuries placed at eye level, attractive displays, appropriate background music,
items displayed at the checkouts, essentials at the back of the store,
free samples, buy one get one free, loss leader technique,
heavy goods at the entrance, special offers, associated items displayed together,
vouchers, stickers, promotional leaflets.*
- (e) Outline the role of the Advertising Standards Authority of Ireland (ASAI). **(2x4)** **8**
*Voluntary body,
encourages that all advertisers follow a code of standards.
Advertisements should be honest, truthful, legal and decent
Checks advertisements and removes them.*

4. **RESPIRATORY SYSTEM**

- (a) Outline the function of the respiratory system. **(2x4)** **8**
To inhale oxygen, to exhale carbon dioxide and water vapour.
- (b) (i) Name **five** parts of the respiratory system. **(5x3)** **15**
nose
mouth
larynx
trachea/ windpipe
bronchus
bronchiole
alveoli/ air sacs
diaphragm
lungs
pharynx (throat)
- (ii) State the function of any **two** of the parts that you have named. **(2x5)** **10**
nose – hairs filter the air, warms and moistens air
mouth – air enters
larynx – sound is made
trachea/ windpipe – tube lined with hairs that traps dust
bronchus- pipe that divides into two branches into lungs, carries air to brionchioles
bronchiole – smaller branches of the bronchus, passes air into alveoli
alveoli/ air sacs – gases are exchanged
diaphragm – moves up and down to allow room for lungs to expand
lungs – contain the bronchus, bronchiole, air sacs
- (c) List **three** reasons why people begin to smoke. **(3x3)** **9**
curiosity, image, peer pressure, advertising
- (d) Suggest some harmful effects of smoking on the body. **(3x3)** **9**
cancer – lungs, throat, mouth, difficulties during pregnancy,
breathing difficulties, emphysema, bronchitis,
heart disease, cough, high blood pressure
poor sense of taste and smell, mouth cancer, lung cancer
- (e) Explain the term '**passive smoking**'. **4**
non smokers inhale smoke breathed out by smokers

5. MICROWAVE

- (a) What guidelines should be considered when choosing a microwave cooker? **(4x3)** **12**
cost, size, brand name, guarantee, colour, special features, wattage, microwave or combi,
- (b) Suggest **three** different uses of a microwave cooker. **(3x3)** **9**
cooking, reheating, defrosting, melting.
- (c) (i) Give **two** foods that are **suitable** for cooking by microwave. **(2x3)** **6**
eggs, porridge, potatoes, beans, pasta, rice noodles, casserole
- (ii) Give **two** foods that are **unsuitable** for cooking by microwave **(2x3)** **6**
whole tomatoes, eggs in their shell, sausages, joints of meat, pastry.
- (d) (i) Name **two** items of cookware that are **suitable** for use in a microwave cooker. **(2x3)** **6**
Pyrex, earthenware, pottery, plastic, china,
- (ii) Name **two** items of cookware that are **unsuitable** for use in a microwave cooker. **(2x3)** **6**
Metal, gold rimmed plates, silver ware, aluminium trays,
- (e) Explain the term **standing time**. **(2x5)** **10**
Food continues to cook even when the microwave has finished
Food should not be eaten for a few minutes after it has been taken out

6. **SEWING MACHINE**

- (a) (i) List **four** factors that should be considered when choosing a sewing machine for use in the home. **(4x3)** **12**
ease of use
cost
features required
brand name
attachments included
guarantee
can it be serviced locally
- (ii) Name **two** modern features that you would consider desirable when choosing a sewing machine. **(2x2)** **4**
Embroidery stitches, buttonhole stitch, reverse button.
- (b) State the guidelines that should be followed when using a sewing machine. **(4x3)** **12**
follow instructions
thread properly
raise the needle before removing or inserting fabric
lower needle by hand to begin
guide fabric rather than push or pull
sew at controlled speed
test stitching on a spare piece of fabric
cover when not in use
- (c) Name **two** basic machine stitches used when making a garment. **(2x3)** **6**
straight, zig-zag
- (d) Suggest a different reason for **each** of the following faults that commonly occur when using a sewing machine: **(3x3)** **9**
- (i) needle breaking; *incorrectly inserted needle, bent needle, top tension too tight, pulling out fabric, loose presser foot, thick fabric*
- (ii) thread breaking; *poor quality thread, incorrect threading, top tension too tight*
- (iii) looped stitches. *incorrect threading, tension too loose*
- (e) How should a sewing machine be cared for? **(3x4)** **12**
Follow manufacturer's instructions, cover when not in use,
Oil moving parts, get serviced by qualified professional,
Do not run without fabric, brush working parts regularly