



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Certificate 2018

Marking Scheme

Home Economics

Ordinary 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 16 (sixteen) of the following questions. All questions carry equal marks.

1. List **four** healthy eating guidelines. _____
5

- (i) *eat less fat, less salt, less sugar,*
- (ii) *eat more fibre, include more fruit & vegetables,*
- (iii) *drink more water,*
- (iv) *healthy balanced diet, follow food pyramid etc*

2. Name **two** sources of vitamin C in the diet. _____
5

- (i) *citrus fruit, berry fruits oranges, blackcurrants, strawberries, kiwi.*
- (ii) *vegetables, tomatoes, cauliflower, cabbage, peppers, broccoli, potatoes, etc*

3. Indicate with a tick [✓] which statement is correct. _____
5

- (i) Perishable food should be stored in a cupboard.
- (ii) Cross contamination is the transfer of bacteria from cooked food to raw food.
- (iii) Food poisoning is a serious illness.

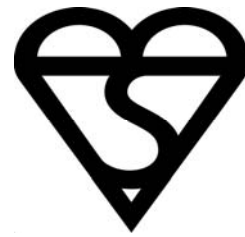
4. List **four** items of information you would expect to see on the label of an egg carton. _____
5

- (i) *expiry date, size of eggs, type of bird,*
- (ii) *number of eggs, class of eggs,*
- (iii) *name and address of producer,*
- (iv) *quality mark, farming method, etc*

5. Indicate with a tick [✓] whether **each** statement is true **or** false. _____
5

	True	False
(i) Wholemeal flour contains the whole wheat grain.	✓	
(ii) White flour is high in fibre.		✓
(iii) Strong flour contains extra gluten.	✓	

6. What information does this symbol convey to the consumer?



5

British Standards Institute mark, BSI mark, Kitemark, products and services of high standard of safety and quality

7. Give **one** advantage and **one** disadvantage of using the self-service checkout when shopping.

(i) **Advantage** *quick,*

5

(ii) **Disadvantage** *can be sensitive / difficult to use etc*

8. Choose the correct word from the list below to complete **each** of the following sentences.

5

supermarkets

discount stores

chain stores

(i) Discount stores offer goods at reduced prices.

(ii) Large grocery stores are called supermarkets.

(iii) Chain stores are nationwide shops with similar layout.

9. Suggest **two** advantages of saving money.

5

(i) *money for big bills, can earn interest, less financial stress, money for emergencies,*

(ii) *cheaper to save rather than buying on credit, sets good example for children etc*

10. The following are types of teeth. Match **each** to the correct function listed below.

5

canine

molar

incisor

FUNCTION	TYPES OF TEETH
Cut food	<i>incisor</i>
Tear food	<i>canine</i>
Chew food	<i>molar</i>

11. Name **two** physical changes that occur in girls during puberty and **two** physical changes that occur in boys during puberty.

5

Girls	Boys
(i) <i>increase in height & weight/breasts develop</i>	(i) <i>increase in height & weight/body becomes more muscular/ voice deepens</i>
(ii) <i>menstruation begins/pubic & underarm hair/hips become more rounded</i>	(ii) <i>penis & testes increase in size/facial, pubic & underarm hair</i>

12. Give **two** reason why it is important to get enough sleep.

5

- (i) *recharge the system, well-being, lowers risk of obesity,*
- (ii) *healthy immune system, increases concentration, etc*

13. Suggest **three** guidelines that should be followed in order to maintain healthy skin.

5

- (i) *wash skin daily, avoid too much sunlight, do not smoke, do not drink alcohol,*
- (ii) *eat a balanced diet, plenty of vitamins, minerals & protein, drink water,*
- (iii) *avoid excess fat and sugar, get enough sleep, etc*

14. Indicate with a tick [✓] whether each statement is true **or** false.

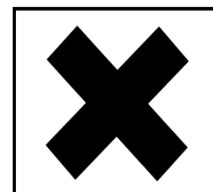
5

	True	False
(i) A detached house is joined to another house.		✓
(ii) A bungalow is a single storey house.	✓	
(iii) A terraced house is in a row of attached houses.	✓	

15. What information does this symbol convey to the consumer?

5

Harmful irritant – this product will damage the skin and eyes



16. State **three** points a consumer should consider when choosing a cooker.

(i) *cost, size of family, brand name, after sales service,*

(ii) *colour, modern features, easy to clean,*

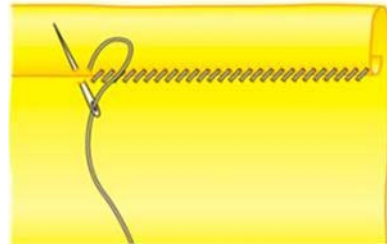
(iii) *guarantee, safety mark, type of fuel, etc*

5

17. Name the stitch shown in the diagram and suggest **one** use for it.

Stitch *hemming*

Use *to sew hems of trousers or skirts etc*



5

18. List **three** guidelines to follow when ironing clothes.

(i) *choose correct temperature, check label, iron on the wrong side,*

(ii) *preheat iron, iron slightly damp, avoid creasing,*

(iii) *nylon - cool iron, silk - medium iron, cotton - hot iron etc.*

5

19. Give **two** examples of how fashion trends become popular.

(i) *fashion industry, public figures,*

(ii) *world events, technology, etc*

5

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

100 % Silk symbol



5

SECTION B

160 marks

40

Answer 4 (four) questions from this section. All questions carry equal marks.

1. (a)



Farmhouse Vegetable Soup

Ingredients: Water, carrots, potatoes, onions, vegetable stock, sunflower oil, salt, black pepper

Nutritional Information: (per 100g)

Energy 62Kcal/258Kj,

Protein 0.6 g, Fat 4.4 g, Carbohydrates 4.5 g

Fibre 1.1 g, Salt 0.6 g

Cooking Instructions: Pour into a saucepan and place over a medium heat, bring to the boil and simmer, stirring occasionally.

Using information given above, answer each of the following:

16

(i) Give **one** function of fat in the diet *heat, energy, protect organs, source of fat soluble vitamins, delay hunger.* (6)

(ii) Explain the cooking instruction *simmer cooking just below boiling =6/6* (6)
90°C = 6/6 low heat =3/6

(iii) Name **one** food that could be served with the soup to increase the fibre content.
brown bread, brown roll etc (4)

(b) Give **one** advantage and **one** disadvantage of using convenience soups in the diet.

10

Advantage *quick, easy to use, easy to store, little waste etc* (2x5)

Disadvantage *can be expensive, may contain additives, high in salt, high in sugar, high in fat, inferior taste, inferior texture*

(c) Choose the correct word from the list below to complete **each** of the following sentences.

(3x2)

stock

broth

purée

6

(i) A broth is an example of a thin soup.

(ii) Stock is a well flavoured liquid used to make soup.

(iii) A purée is an example of a thick soup.

(d) Name **two** safety points to follow when using a hand blender (2x4) to make home-made soup.

(i) *never use with wet hands, keep blades under the soup,*

(ii) *follow manufactures instructions, clean blades carefully etc*



8

2. Fresh fish is an ideal food to include in a healthy balanced diet.



(a) Give **two** examples of white fish.

- (i) *cod, plaice, haddock, hake, pollock* (ii) *sole, whiting etc* (2x2)

4

(6x3)

(b) List **three** methods of cooking fish and suggest a different dish for each method.

Method of cooking fish	Fish dish
(i) <i>baked, barbequed, stewed</i>	(i) <i>fish pie, fish cakes, baked stuffed cod</i>
(ii) <i>poached, microwaved,</i>	(ii) <i>poached salmon, lemon basil hake</i>
(iii) <i>fried, grilled, stir fried,</i>	(iii) <i>goujons of fish in a batter/breadcrumbs, stir fried chilli prawns with noodles etc</i>

18

(c) List **two** guidelines that should be followed when buying and **two** guidelines to follow when storing fish. (4x2)

Buying fish

- (i) *buy in season, from a clean reliable shop*
 (ii) *moist unbroken scales, firm flesh, bulging eyes etc.*

8

Storing fish

- (i) *place in a fridge, cover to stop flavours entering foods,*
 (ii) *store away from cooked foods, store on ice,*

(d) Name **two** methods of processing fish. (2x2)

- (i) *smoked, vacuum packed,* (ii) *frozen, canned /bottled*

4

(e) List **two** effects of cooking on fish. (2x3)

- (i) *breaks up easily, loses translucent appearance, protein coagulates/sets*
 (ii) *micro-organisms are destroyed, vitamins/minerals may dissolve into cooking liquid*

6

3. (a) Place **each** of the goods and services listed below under the correct heading: **(6x1)**

dentist book camera dry cleaner hairdresser shoes

6

Goods	Services
<i>book</i>	<i>dentist</i>
<i>camera</i>	<i>dry cleaner</i>
<i>shoes</i>	<i>hairdresser</i>

(b) Suggest **three** ways in which shopping has changed in recent years. **(3x4)**

12

- (i) *more self-service check outs, more online shopping,*
- (ii) *increase in shopping centers, late opening, open Sundays*
- (iii) *more facilities etc.*

(c) Name **two** different types of redress available to the consumer when a product is faulty. **(2x3)**

6

- (i) *repair, replacement*
- (ii) *refund, credit note*

(d) Suggest **four** guidelines that should be followed when shopping within a budget. **(4x3)**

12

- (i) *make a list, plan ahead,*
- (ii) *shop around, use coupons,*
- (iii) *buy store brands, buy in useable amounts,*
- (iv) *buy in season foods etc*

(e) This is a barcode label found on goods. Give **two** advantages of a barcode label.



(2x2)

4

- (i) *can get an itemised receipt, use a self-service check out,*
- (ii) *stock control etc,*

4. (a) Describe each of the following types of family. (2x4)

Nuclear family *mother, father, parents, child/children, accept a description of a single parent family as a nuclear* 8

Extended family *includes grandparents, aunts, uncles and cousins*

(b) Give **two** examples of roles that parents fulfill and **two** examples of roles that adolescents fulfill within the family. (4x3)

Parents	Adolescents
(i) <i>to provide for needs of the family</i>	(i) <i>show respect, help out,</i>
(ii) <i>set a good example etc</i>	(ii) <i>respect household rules etc</i>

(c) List **three** reasons why conflict can occur in the family. (3x2)

(i) *study / homework,*

(ii) *independence – wanting to stay out later,*

(iii) *relationships / friends smoking / alcohol, / dress style etc*

(d) Suggest **two** ways in which conflict within the family can be avoided. (2x2)

(i) *open conversation / discussion,*

(ii) *listening to each other, etc*

(e) Explain the term *peer pressure*. (6)

Peer pressure is when a peer group puts pressure on someone to do something, influence by peers. peer pressure without full explanation = 3/6

(f) Give **two** examples of positive peer pressure. (2x2)

(i) *to study, do well in school, achieve better results,*

(ii) *getting involved in sport etc*

5. (a) The following are common causes of accidents in the home. Suggest different ways that these accidents can be prevented.

(4x3)

Causes of Accidents	Prevention of Accidents
Choking	<i>keep small objects away from children etc</i>
Falls	<i>keep the stairs clear, wipe up spills on a floor, good lighting</i>
Burns	<i>use a fire guard, never leave matches around , use oven gloves, avoid trailing flexes, keep saucepan handles in etc</i>
Poisoning	<i>keep medicines in a locked cabinet, store cleaning agents carefully. Allow reference to cooking food to prevent food poisoning etc</i>

12

(b) State **three** safety guidelines that should be followed to prevent fires in the home.

(3x4)

- (i) *never leave matches where children can reach them,*
- (ii) *use a fire guard, unplug phone chargers, unplug electrical appliances,*
- (iii) *put out candles before going to bed / leaving the house etc.*

12

(c) Describe the first aid treatment for a minor burn.

(1x4)

*Pour cold water over it, apply burn gel, cover with a clean dressing
Accept cold compress = 4/4 wet cloth to the skin = 4/4*



4

(d) Name **three** items of fire safety equipment suitable for use in the home.

(3x2)

- (i) *fire extinguisher,*
- (ii) *fire blanket,*
- (iii) *fire alarm, fire guard etc*

6

(e) Choose the correct word from the list below to complete **each** of the following sentences.

(3x2)

strain ventilation carbon monoxide

- (i) A strain is an injury to soft body tissue.
- (ii) Carbon monoxide is a harmful gas produced by fires.
- (iii) Ventilation helps to reduce condensation.

6

6. (a) List **three** points to consider when choosing household items for the home. (3x2)

- (i) *cost,*
- (ii) *colour, pattern, style,*
- (iii) *desirable properties e.g. durable, stain resistant etc.*

6

(b) Name, sketch and describe a decorative textile item suitable for a teenager's bedroom.

Name (2)

Description (2x2)

Sketch

(6)

12

(c) Name the following machine stitches. (2x3)

(i)  *Zig - Zag*

(ii)  *Straight stitch*

6

(d) State **two** advantages of using a sewing machine. (2x2)

- (i) *quick, more secure stitching, can use decorative stitching*
- (ii) *can choose the length of the stitch, more even stitching etc*

4

(e) Give **four** guidelines that should be followed when using a sewing machine. (4x3)

- (i) *thread correctly, use the correct thread, correct needle,*
- (ii) *do not push or pull the fabric,*
- (iii) *raise the presser foot to slide the fabric into position,*
- (iv) *remove pins before sewing, ensure needle is inserted correctly etc*

12