



# 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**

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

<b>Stir-in sauce</b>		<b>Dried sauce mix</b>	
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.
- (b) List **three** classifications of sauces and give **one** example of **each** class.
- (c) Give **three** reasons why sauces are used in food preparation.
- (d) Give **two** advantages and **two** disadvantages of using convenience sauces.
- (e) Explain the term *roux*.
2. (a) Outline the nutritional reasons why vegetables should be included in the diet.
- (b) List some ways to include vegetables in the diet.
- (c) (i) Classify vegetables and name **two** vegetables from **each** class.
- (ii) Name the class of vegetable that should be used in a vegan diet and give the reason.
- (d) What steps should be taken when preparing and cooking vegetables in order to retain the nutrients?
- (e) Explain what is meant by *organic* vegetables.

3.
  - (a) Discuss the changes that have occurred in shopping practices in recent years.
  - (b) List the factors that influence consumers' decision-making when shopping.
  - (c)
    - (i) Describe **three** marketing techniques used in shopping outlets.
    - (ii) Name **one** technique that you consider effective and give a reason for your answer.
  - (d) Outline how the Sale of Goods and Supply of Services Act 1980 protects the consumer.
  - (e) Explain the term *loss leader*.
  
4.
  - (a) Draw a detailed diagram of the skin and name the parts.
  - (b) Give the functions of the skin.
  - (c) List the personal hygiene guidelines that should be followed in order to maintain healthy skin.
  - (d) Suggest **two** ways of protecting the skin when sunbathing.
  - (e) Outline how regular exercise is important for good health.
  
5.
  - (a) List the guidelines that should be followed when choosing a cooker for use in a family home.
  - (b) Describe **four** features of modern cookers and outline **one** advantage of **each** feature.
  - (c) List the rules that should be followed when (i) using and (ii) cleaning a cooker.
  - (d) Describe **two** methods of reducing energy costs when using an electric cooker.
  - (e) What is the ideal *efficiency* rating on modern appliances?
  
6.
  - (a) Name, sketch and describe an item of clothing you would like to make as part of Textile Studies.
  - (b) Suggest suitable fabric/s and give **three** reasons for your choice of fabric/s.
  - (c) Name **five** essential items of sewing equipment necessary to make the garment.
  - (d) Name **one** stitch you could use to neaten the seams.
  - (e) Sketch and describe **one** method you would use to personalise the garment.

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