

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 2007

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 15 JUNE – AFTERNOON 2.00 – 4.30

Total Marks 300

CENTRE STAMP

MARKING SCHEME
AND
SAMPLE ANSWERS

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

80

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

1. Suggest **four** factors that influence a person's food choices.

- (i) Age, personal likes, dislikes, income, cost, lifestyle,
- (ii) Location, religion, culture, dietary restrictions
- (iii) Nutritional value, advertising
- (iv) Medical conditions etc.

4

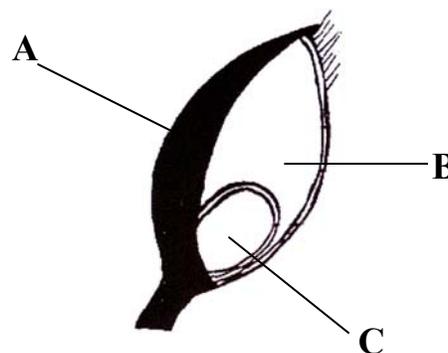
2. Identify a **different** deficiency caused by a low intake of **each** of the following nutrients:

NUTRIENT	DEFICIENCY
(i) Calcium	(i) rickets, osteomalacia, poor quality teeth
(ii) Vitamin C	(ii) scurvy, delayed healing of wounds, increased risk of infection
(iii) Iron	(iii) anaemia, fatigue, tiredness, fainting, dizziness
(iv) Vitamin K	(iv) failure of blood to clot

4

3. Name the parts of the cereal grain labelled A, B and C.

- A bran
- B endosperm
- C germ



4

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

CLASSIFICATION OF FISH	EXAMPLE
(i) White	(i) cod, haddock etc.
(ii) Oily/Shellfish	(ii) salmon, tuna, mussels crab, etc.

4

5. Explain the term *cross contamination* Transfer of bacteria from one food/surface to
another increasing the risk of food poisoning, eg. Preparation of raw and cooked
foods on the same surface.

4

6. Give **two** reasons why food is processed.

(i) longer shelf life, food is easier or quicker for consumer to use

(ii) seasonal food available all year, food is easier to store/transport

4

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

B.S. I. Safety mark/British Standards Institute mark

awarded if product reaches a certain safety standard



4

Name **one** item on which it is found Gas/electric appliance

8. Name **two** voluntary deductions that can be taken from an employee's gross income.

(i) Health Insurance – Bupa, VHI, VIVAS, Quinn Health

(ii) Pension payments, savings, union subscription etc.

4

9. Give **two** functions of the Consumers' Association of Ireland.

(i) Publishes Consumer Choice magazine, offers consumers personal service

(ii) Provides information through leaflets/websites, acts as lobby group,
represents consumers' interest in media etc.

4

10. List **four** state services paid for by taxation.

- (i) education (ii) roads, public transport
(iii) health services, prisons (iv) Gardaí, social welfare payments

4

11. Explain **each** of the following consumer terms:

priority a priority is something you consider to be important to you

4

monopoly a situation where there is only one provider of a good or service,
there is no choice available.

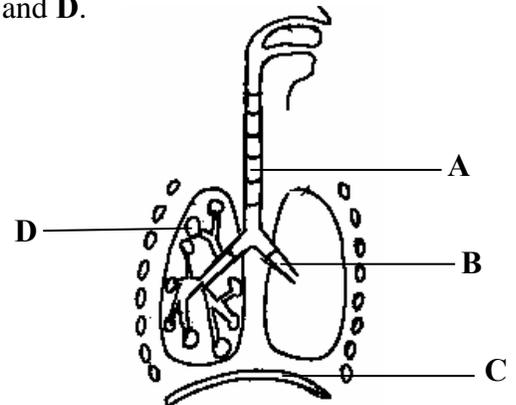
12. Suggest **four** ways to reduce a person's risk of coronary heart disease.

- (i) eat a diet low in saturated fat/cholesterol, increase unsaturated fat intake
(ii) avoid smoking, alcohol and stress, exercise regularly
(iii) maintain healthy bodyweight
(iv) increase cholesterol-lowering food products eg, Benecol etc.

4

13. Name the parts of the respiratory system labelled A, B, C and D.

- A Trachea
B Bronchus
C Diaphragm
D Alveolus (air sac)



4

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

(i) **controlled drugs** drugs available only with a doctor's prescription

(ii) **passive smoking** when non-smokers inhale smoke from a nearby smoker

4

15. Give **two** different examples of *positive* peer pressure among teenagers.

(i) encouragement to take part in team sports, to avoid smoking/drugs/drinking

4

(ii) encouragement to study at school, etc.

16. What actions should be taken in the event of a gas leak in the home? _____

Open all doors and windows, turn off gas at the mains, call Bord Gais, don't smoke or use
a naked flame, don't turn anything electrical on or off, evacuate home, etc.

4

17. Give **two** reasons why houses should be insulated.

(i) saves money on heating bills, reduces noise

(ii) keeps house warmer and more comfortable, reduces draughts.

4

18. Name **two** warm colours and **two** cool colours.

WARM COLOURS	COOL COLOURS
(i) Yellow, orange	(i) Blue, green
(ii) Red, pink	(ii) Blue violet

4

19. Suggest **four** ways that consumers can reduce the pollution of the environment.

(i) Don't litter, reduce amount of over packaged goods purchased.

(ii) Reuse plastic and glass containers where possible. Recycle as much waste as

(iii) possible. Use biodegradable detergents, don't use CFC aerosols.

(iv) Use solar heating and other renewable energy sources, choose energy saving
appliances. Walk to the shops instead of driving, choose unleaded petrol, etc.

4

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

(i) **accessories** items other than clothing which complete an outfit and add interest,
eg, jewellery, belts, scarves etc.

4

(ii) **prêt à porter** a designer's "ready-to-wear" collection, good quality
well made clothes that are more readily available and cheaper than haute
couture

21. State **one** desirable property and **one** undesirable property of linen as a clothing fabric.

(i) **desirable** cool, lightweight, absorbent, strong, washable

4

(ii) **undesirable** creases easily, shrinks easily, damaged by mildew

22. Name **two** suitable finishes that can be applied to fabric for a school jacket.

(i) stain repellent, water repellent (ii) moth proofing, brushing

4

23. List **four** guidelines to be followed when washing a delicate item of clothing.

(i) Use warm water not hot, use a mild detergent

(ii) When washing, squeeze gently, do not rub

(iii) Rinse several times, gently squeeze out excess water, do not wring.

(iv) Roll in a towel and dry flat, or drip dry. Use a cool iron.

4

24. Name **two** methods of neatening a flat seam.

(i) zig-zag, pinking (ii) edge machining, overlocking

4



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SECTION B (220 MARKS)

INSTRUCTIONS TO CANDIDATES

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

SECTION B

220 MARKS

1.

- (a) Using the information given on the label above, evaluate the nutritive value of 'Farm-Fresh Steam Vegetables'. **Expect 5x4**

Expect ref. to five nutrients.

Name each nutrient and state the quantity of each. Comment on each nutrient eg. type, function in body etc.

20

- (b) Design a **three** course dinner menu, to include this product, suitable for a family meal.
Must have three courses

Starter/Soup =2

Main Course =4

(must include farm- fresh steam vegetables)

Dessert =2

Menu format and correct sequence =2

Balanced menu =2

12

- (c) (i) Give **two** reasons why steaming is the recommended method of cooking for these vegetables. **Expect 2 reasons x 3 = 6**

Vegetables not immersed in water- less loss of water soluble vitamins and minerals compared to boiling.

No fat added during cooking process – healthier.

Easier to control cooking less chance of overcooking.

Other parts of the meal can be cooked at the same time, eg. potatoes.

10

- (ii) Name **two** other cooking methods suitable for vegetables.

Expect 2 methods x 2 = 4

Boiling, Stir-frying, Microwave cooking, Roasting, Baking, Grilling, Stewing, Frying.

- (d) How can teenagers include more vegetables in their daily diet?

*Increase number (and/or size) of vegetables portions served for main meals and lunches. **Expect 3 points x 3***

Eat more vegetable based salads and soups.

Include more vegetables at breakfast eg potatoes, tomatoes.

Choose vegetables as pizza toppings.

Include vegetables in meat casseroles, curries and pasta dishes.

Drink vegetable juices instead of other drinks.

Eat vegetables as snack foods eg. carrot sticks.

Include more salad vegetables in sandwiches.

Choose vegetable based (vegetarian) main course dishes rather than meat ones eg. "Veggie" burgers.

9

- (e) What does the symbol  mean?

The product is suitable for home freezing.

4

2. (a) (i) Outline the reasons why eggs should be included in the diet.

Expect 4 reasons x 3 = 12

High biological value protein present needed for growth and repair
Fat present in easily digested form ideal for children, elderly and invalids
Iron present needed to make haemoglobin /red blood cells/ to carry oxygen.
Calcium/phosphorus present used for healthy bones and teeth
Vitamin B present for release of energy/healthy nerves etc.
Vitamin A present for growth/healthy eyes etc.
Vitamin D present for healthy bones and teeth.
Versatile food, variety of uses
Relatively cheap readily available/ good substitute for meat or fish.

16

- (ii) Name **two** important nutrients that are not found in eggs. **Expect 2 x 2 = 4**
Vitamin C
Carbohydrate/Starch/Fibre.

- (b) What guidelines should be followed when (i) buying eggs **and** (ii) storing eggs?

(i) Buying.

Expect 2 guidelines x 3 = 6

Fresh within sell-by-date/best before date
Unbroken, uncracked
Clean no dirt on shell
Available in sizes small, medium, large, very large, choose size suitable for use/dish
Free range eggs are more expensive but may be better quality
Fresh eggs should feel heavy for their size
Free-range eggs sold loose should be stamped 'free-range' and be individually date-stamped

12

(ii) Storing

Expect 2 guidelines x 3 = 6

Cool place fridge
Pointed end down
Away from strong smelling foods
Do not wash
Separated eggs-yolk covered with water-white in air tight container in fridge

- (c) List **five** culinary uses of eggs and name a **different** dish to illustrate **each** use.

(Accept any correct dish)

Expect 5 uses x 2=10

On their own-scrambled

Expect 5 dishes x 1=5

Savoury main course-quiche

Binding-beef burgers

Glazing-scones

Coating-fish in egg and breadcrumbs, Holding air – sponge cake

Thickening-custards, Emulsions – mayonnaise, Garnishing –salads.

15

- (d) Name **two** groups of people who should avoid eating raw eggs **and** state why.

Expect 2 groups x 3; Reason = 2

Pregnant women/Infants and Small Children/Elderly/Invalids due to the risk of salmonella food poisoning /listeria food poisoning.

8

- (e) What are 'free range' eggs?

Eggs from chickens allowed to run freely outdoors - not left in cages all day.
Their food does not contain any additives or animal by-products.

4

3. (a) What is a consumer?
A consumer is anyone who buys and uses goods or services.
- 5
- (b) (i) Explain the difference between needs and wants. Give examples in your answer.
Expect 2 explanations x 4 = 8
Needs are items we must have to survive e.g. food.
Wants are items that are non-essential luxuries e.g. jewellery
- (ii) Name **two** factors that influence a consumer's needs and wants.
Expect 2 factors x 2 = 4
Age, job, personal values, rural or urban location, culture, advertising, etc.
- 12
- (c) Outline (i) **four** consumer rights **and** (ii) **four** consumer responsibilities.
Expect 4 rights x 3 = 12
- (i) Rights
- *Right to choice, having a wide variety of goods from which to choose means the consumer can shop around for better quality items at the lowest prices.*
 - *Right to quality and value for money, items must be of merchantable quality.*
 - *Right to accurate information, information given about goods or services must be true.*
 - *Right to safety, goods or services must not be harmful or unsafe.*
 - *Right to redress, the right to complain if goods or services are unsatisfactory and receive a repair refund or replacement.*
- 24
- Expect 4 responsibilities x 3 = 12**
- (ii) Responsibilities
- *Be well informed about goods or services.*
 - *Know their rights as consumers and understand consumer laws.*
 - *Examine goods and services carefully*
 - *Follow the instructions given when using and caring for the item.*
 - *Complain promptly if there is a problem.*
 - *Be environmentally aware when choosing products and services.*
- (d) Name two consumer laws and explain how **each** protects the consumer.
1. **The Consumer Information Act (1978).** = 7
(Award 3 marks for naming and 4 marks for explanation)
The act makes it an offence to make false or misleading claims about goods, prices or services, set up the Office of the Director of Consumer Affairs which enforces this Law.
2. **The Sale of Goods and Supply Act (1980).** = 7
(Award 3 marks for naming and 4 marks for explanation)
The acts states that goods must be, of merchantable quality, as described, correspond with samples, fit for their purpose. Services must be carried out, by someone with the necessary skill, by someone paying sufficient care to the task, and using good quality materials.
- 14

4. (a) Explain **each** of the following in relation to human development:
(i) emotional development (ii) social development **and** (iii) moral development.

Expect 3 x 4

12

- (i) *Learning to manage and deal with emotions helped by positive self-esteem and praise and encouragement from others.*
- (ii) *Learning how to get on with others make friends and fit into society.*
- (iii) *Gradually learning a sense of what is right and wrong from parents and family first and later deciding on own personal values.*

(b) List **three** physical changes that occur in boys during puberty and **three** physical changes that occur in girls during puberty.

Expect 3 physical changes in boys x 3 = 9; Expect 3 physical changes in girls x 3 = 9

18

Boys

Increase in height/weight/size, Penis and testes increase in size, Body becomes more muscular, Testes produce sperm, Facial and body hair develops, Voice deepens, Erections and ejaculations occur (wet dreams)

Girls

Increase height/weight/size, Internal sex organs develop, Breasts develop, Ovaries produce eggs, Menstruations occurs, Hips become more rounded, Body hair develops.

(c) Outline the function of **each** of the following:

(i) testes (ii) ovaries (iii) uterus **and** (iv) sperm duct.

Expect 4 x 4

16

- (i) *Produce sperm, produce testosterone.*
- (ii) *Produce eggs, produce female hormones/oestrogen/progesterone.*
- (iii) *Carry the developing baby until birth.*
- (iv) *Carry sperm from testes to penis.*

(d) Briefly describe the menstrual cycle.

Expect 3 points x 3

9

Every month the ovary releases an egg which travels along the fallopian tube, the womb lining thickens and blood supply builds up. If the egg is not fertilised, the womb lining breaks down and is released through the vagina.

5. (a) List the guidelines to be considered when choosing a microwave cooker for a modern kitchen. **Expect 4 guidelines x 4**

16

*Consider cost/amount of money available/value for money,
 Suitability to size of family/amount of use,
 Quality of appliance/brand name,
 Wattage of microwave/power or speed of microwave,
 Safety/safety symbols/child lock,
 Easy to use/well designed,
 Modern features/automatic defrost/grill or oven function,
 Guarantee
 Colour/stainless steel finish to match other items.*

- (b) Give **three** advantages of using a microwave cooker. **Expect 3 advantages x 4**

12

*Saves time/quick,
 Useful in busy households for reheating as people eat at different times,
 Useful in emergencies – defrost function,
 Healthier saves nutrients no added fat in cooking,
 Cheap to run/energy efficient
 Easy to use/no particular cooking skills needed.
 Use for sterilisation eg. soothers, etc.*

- (c) Suggest **three** different uses of a microwave cooker. **Expect 3 uses x 3**

9

Cooking, Reheating, Defrosting, Melting, Sterilising.

- (d) List the rules that should be followed when (i) using **and** (ii) cleaning a microwave cooker.

- (i) Using **Expect 2 points x 3 = 6**

*Follow manufactures instructions,
 Cover food to speed up cooking/prevent food drying out,
 Turn or stir food during cooking to ensure even cooking,
 Arrange food in a circle with the thickest part of the food outwards,
 Use glass, plastic or paper not metal containers,
 Prick foods with a skin before cooking eg tomatoes,
 Allow standing time if necessary or stated in recipe,
 Do not switch on when empty
 Use for smaller quantities of food rather than large ones.*

12

- (ii) Cleaning **Expect 2 points x 3 = 6**

*Wipe up spills at once,
 Unplug before cleaning,
 Remove turntable and wash separately
 Wipe out with hot water and detergent and dry,
 Don't use harsh abrasives,
 Wash, dry, polish the outside occasionally*

- (e) Explain the term **standing time**.

Part of the cooking process that happens outside the oven, the centre of the food continues to cook by conduction, necessary to ensure that food is fully cooked.

6

6. You have been asked to make a sports top suitable for your Physical Education class.

- (a) Name the fabric you would choose for the sports top **and** give **three** reasons for your choice. **Name =3 ; Expect 3 reasons x 3**

12

*Cotton, Polyester and Cotton blend, Cotton and Lycra blend, Polyester.
(Accept any correct reason appropriate to chosen fabric)
Washable, comfortable, absorbent, hard wearing/durable,
Dries easily, stretchy, available in a variety of colours,
Easy to sew, lightweight.*

- (b) List the guidelines to be considered when buying the fabric. **Expect 2 guidelines x 3**
*Cost, amount available in the shop, width of fabric, pattern
Requirements, etc.*

6

- (c) Sketch **and** describe the sports top that you would make.
*Sketch = 7 marks
Description = 2 points x 4 = 8*

15

- (d) Suggest **two** methods of personalising your sports top. **Expect 2 methods x 3**
Applique, embroidery, tie-dying, fabric crayons/paint.

6

- (e) Sketch **and** describe a suitable care label for the sports top you have made.
Expect 4 symbols x 2: Expect 4 points of information x 2

16

Care symbols must be appropriate to named fabric.