



Coimisiún na Scrúduithe Stáit
State Examinations Commission

JUNIOR CERTIFICATE 2008

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



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2008**HOME ECONOMICS****HIGHER LEVEL****Total Marks 300****CENTRE STAMP**

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. List **four** foods that are a good source of high biological value protein.

(i) meat (ii) fish
(iii) eggs (iv) cheese, milk

4

2. Name **two** fat soluble vitamins and **two** water soluble vitamins.

FAT SOLUBLE VITAMINS	WATER SOLUBLE VITAMINS
(i) A, D	(i) B
(ii) E, K	(ii) C

4

3. Suggest **four** ways of reducing the intake of sugar in the diet of teenagers.

(i) Limit intake of fizzy drinks.
(ii) Cut down intake of sweets, chocolate, honey, syrup.
(iii) Reduce intake of cakes, biscuits.
(iv) Choose low sugar jams, cereals. (Use sugar substitutes.)

4

4. Explain **each** of the following terms displayed on food packaging:

(i) **best before date** Used on foods with a long shelf life (3 to 18 months). The date by which food should be eaten e.g. flour.
(ii) **use by date** Used on foods with short shelf life (up to 6 weeks). The date by which food should be eaten e.g. eggs.

4

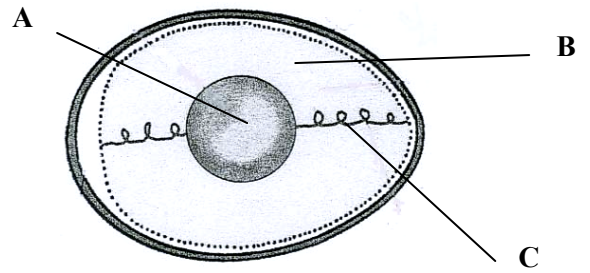
5. Give **two** effects of heat on milk.

(i) flavour is altered, bacteria destroyed
(ii) protein coagulates, some loss of vit B and vit C

4

6. Name the parts of the egg labelled A, B and C.

- A Yolk
- B White
- C Chalaza



7. Outline the function of the national consumer agency Inform consumers
of their rights, publishes leaflets of consumer laws, monitors advertising.

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

Communauté Européenne symbol shows goods
comply with safety standards.



Where would you expect to find it displayed?

Found on toys and electrical goods

9. Give **two** advantages of advertising.

- (i) Provides employment
Increases sales of products.
- (ii) Keeps down costs of newspapers, magazines, etc.
Provides information on products, services, events, etc.

10. List **four** items of information that should be included in a letter of complaint to a retailer.

- (i) Name, address, date, (complainant/retailer)
- (ii) Nature of complaint, (product/service)
- (iii) Copy of documents – guarantee, receipt enclosed.
- (iv) Action taken so far, redress required, signature.

11. List **four** stages of human development.

4

- (i) physical, moral (ii) emotional
(iii) social, personality (iv) intellectual/mental

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

4

- (i) **placenta** Provides oxygen and nutrients from mother to baby in the
womb. Removes harmful substances.
(ii) **menstruation** If the egg is not fertilised the lining of the womb breaks down
and is released from the body via vagina.

13. Name **four** types of permanent teeth.

4

- (i) Incisors (ii) Canines
(iii) Premolars (iv) Molars / Wisdom teeth

14. Suggest **three** reasons why young people abuse substances.

4

- (i) Peer pressure
(ii) Curiosity
(iii) Pleasure

15. What do you understand by **local amenities**? _____

4

A place in the local community that is available for people, often for leisure
pursuits.

Give **two** examples of amenities found in your community.

- (i) Swimming pool, library (ii) park, playground, internet café

16. Describe a suitable first aid treatment for a minor burn _____ 4

Put affected area under a cold running tap. Spray with burn spray.

Do not use any creams. Cover loosely with sterile bandage.

17. In waste management, suggest a different method of disposing of **each** of the following items: _____ 4

ITEMS	METHOD OF DISPOSAL
(i) vegetable peelings	(i) Compost heap/bin
(ii) clothes	(ii) Charity shop, recycling bank
(iii) coloured glass	(iii) Bottle bank
(iv) paper	(iv) Recycling centre

18. Outline **four** methods of conserving water in the home.

(i) *Do not run tap while brushing teeth etc.*

(ii) *Have shower instead of bath.*

(iii) *Use washing machine/dishwasher when full.*

(iv) *Use only required amount of water when boiling kettle.*

19. List **four** functions of clothing.

(i) *protection, modesty*

(ii) *identification*

(iii) *to flatter*

(iv) *express personality*

20. Suggest **two** ways to accessorise an outfit.

(i) *Shoes, hats, belts, scarves, gloves*

(ii) *Jewellery, ties*

21. Explain what **each** of the following fabric care symbols indicate:



Do not dry clean

4



Line dry

22. Suggest a different use for **each** of the following types of fabric:

(i) **woven fabric** *jeans, coats, jackets.*

4

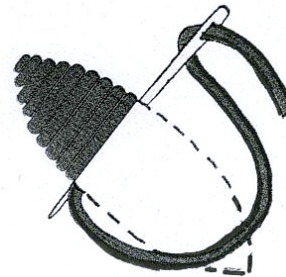
(ii) **bonded fabric** *Soft furnishings, underlay, disposable cloths, hospital gowns,*
Blankets, craft items

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

Stitch *Satin stitch*

Use *To fill in shapes.*

Decorate clothing or soft furnishings.



4

24. Suggest **two** methods of transferring pattern markings to fabric.

(i) *tailor tacking, tracing wheel and carbon paper* (ii) *tailors chalk*

4



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2008

HOME ECONOMICS

HIGHER LEVEL – MARKING SCHEME

FRIDAY 13th 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. Soup Carton Label

Using the information given on the label above:

- (a) Evaluate the nutritive value of the soup;

Expect reference to 5 nutrients energy value. 5 x 4
Name of nutrient = 1 mark.
Name and quantity of nutrient = 2 marks.
Name and valid information = 4 marks.

20

- (b) Name the food additives listed. Identify **three** different types of additives and outline their function in convenience foods.

Sugar, herbs, sodium, garlic powder,
spice extract, beta carotene, flavouring 3 x 2 = 6
Colourings = add colour of foods
Preservatives = helps keep food longer 3 x 4 = 12
Flavourings = add flavour to foods
Antioxidants = to prevent rancidity
Emulsifier/stabilisers = prevents foods from separating

18

- (c) Explain the statement “suitable for a gluten-free diet”.

Does not contain wheat/gluten
Coeliacs can eat it.

4

- (d) (i) State the recommended daily salt intake of an adult. 2
6g

8

- (ii) What effect can a high salt intake have on the body?

Coronary heart disease, stroke, high blood pressure,
kidney damage 2 x 3 = 6

- (e) What is a thickening agent? = 3
 Name **one** thickening agent used in this product. = 2

5

Something put into foods/liquids to thicken them
Cornflour, potatoes

2. Fish

- (a) State **three** classifications of fish and give **two** examples of **each** class.

- (i) White fish = cod, whiting, plaice, sole, haddock
 (ii) Oily fish = salmon, trout, sardines, mackerel, herring
 (iii) Shell fish = prawns, crab, lobster, mussels

Classification = 3 x 2

6

Examples = 6 x 1

6

12

- (b) Give the nutritional composition of fish **and** outline its value in the diet.

- (i) Nutritional Composition

Expect reference to 6 nutrients.

Protein – 17-20% - substitute for meat.

Fat – oil fish has 13%, white fish none

Carbohydrate = none

Vitamins = B, oily has A + D also

Minerals = iodine, shell fish has calcium

Water = 65-80% content

(name only = 1)

6 x 3

18

- (ii) Value in the diet

3 x 2

Contains protein, (sub for meat), unsaturated fat,
easily digested, adds variety to the diet.

White fish ideal for slimming.

Expect 2 points relevant to nutrition and one other

6

- (c) What guidelines should be followed when (i) buying **and** (ii) storing fresh fish?

- (i) Buying – reliable source, skin moist,
No unpleasant smell, eyes bright, gills red

2 x 2 = 4

8

- (ii) Storing – keep in fridge, put into crushed ice,
Cover, wash before use, use within 24 hours.

2 x 2 = 4

- (d) (i) Suggest **three** methods of cooking fish.

Fry, grill, poach, steam, bake, stew

3 x 1 = 3

- (ii) What are the effects of cooking on fish?

Protein coagulates, fish become opaque, vit B lost,
micro organisms are killed, connective tissue dissolves.

3 x 2 = 6

9

- (e) Why is lemon used to garnish fish dishes?

Adds colour

Adds flavour

2

3. Budgeting

- (a) In relation to income, explain the difference between statutory deductions and voluntary deductions. Give **one** example of **each** type of deduction.

Statutory Deductions – compulsory deductions taken from gross income by the government. 2 x 4

Examples: PAYE, PRSI.

Voluntary deductions – money taken from gross income at the employees discretion. Examples: health insurance, pension schemes.

Explanation = 4

Examples 2 x 2

8

- (b) Explain the term **tax credit**.

The part of the income which is not taxed by the government.

5

- (c) State the advantages of budgeting.

Budgeting allows for major household bills. 3 x 3

More financial security.

Good example for children.

Less chance of over spending or impulse buying.

Less financial worries.

9

- (d) (i) Discuss **five** points that should be considered when planning a household budget.

- work out total income 5 x 3

- make a list of essential expenses

- give a percentage to each expense

- allow for savings and emergencies

- include all income e.g. child benefit

- times of high expenditure e.g. September, Christmas

15

- (ii) Plan a household budget based on an average weekly income.

Housing = 25%, food = 25%, 5 x 2 = 10

household expenses = 15%

Personal expenses = 10%, entertainment = 10%,

Education = 5%, Emergencies = 5%, Saving = 5%

10

- (e) Outline ways to ensure '**value for money**' when shopping.

4 x 2

Avail of special offers in store

Shop around

Make a list

Don't pay for expensive packaging.

8

4.	(a)	Name the parts of the skin labelled 1,2,3,4 and 5.		
		1. Hair	5 x 3	
		2. Epidermis		
		3. Oil gland		
		4. Sweat gland		15
		5. Blood vessels		
	(b)	Outline four functions of the skin.	4 x 4	16
		- Acts as protection layer.		
		- Excretory organ – sweat removes waste from body.		
		- Temperature control – keeps body at 37 °C.		
		- Organ of touch – feel sensations e.g. cold, pain.		
		- Vit D is made by the skin in sunlight.		
	(c)	What guidelines should be followed to help promote healthy skin?	4 x 3	12
		Wash body every day.		
		Wash hands regularly.		
		Use warm water, soap and friction for good wash.		
		Change underwear every day.		
		Avoid touching spots.		
		Wash hair regularly.		
		Cleanse, tone and moisturise the face.		
	(d)	What special guidelines should be followed by teenagers when caring for their feet and toe nails?		
		Wash feet daily with soap and warm water.		
		Dry feet thoroughly.		
		Wear well-fitting shoes.		
		Change socks/tights every day.		
		Keep toe-nails clean and short.		
		Cut toe-nails straight across.		
		2 points should refer to feet.	2 x 3	
		2 points should refer to toe-nails.	2 x 3	12

5. Study-bedroom

55

- (a) List the factors that should be considered when planning a teenager's study-bedroom.

5 x 3

- *Size and shape of the room.*
- *Traffic flow through the room.*
- *Functions of the room (study, bedroom, storage, leisure)*
- *Position of doors and windows.*
- *Aspect of the room.*
- *Furniture and storage needed.*

15

- (b) Draw the room plan of the study-bedroom indicating the position of (i) the door (ii) the window (iii) the heat source and (iv) suitable furniture.

Room plan = 8
Position = 4 x 2
Expect good plan and clear layout.

16

- (c) Suggest **two** different types of lighting that could be used in the study-bedroom and give a reason for **each** one.

2 x 5

Natural lighting – no shadows.
Central light – gives overall lighting.
Bedside lamp – for reading in bed.
Study lamp – prevents eye strain for homework, study.

10

- (d) (i) What is meant by compact fluorescent lights (**CFLs**)?

6

Environmentally friendly lightbulbs, heat up slower and release light using less electricity expensive to buy.

- (ii) Why are **CFL** bulbs used in the home?

2 x 4

Last longer than regular lightbulbs.
Recommended by the government from 2009.
Energy efficient.

8

6. Natural Fabrics

- (a) Silk is a natural fabric. List **three** other natural fabrics. $3 \times 3 = 9$

wool, cotton, linen

9

- (b) Choose a natural fabric and outline the stages involved in its production.

Name the fabric = 2 marks

2

Stages in production

$4 \times 3 = 12$

14

- (c) State **four** desirable properties of the fabric you have chosen. $4 \times 2 = 8$

*Lightweight, warm, smooth, strong,
Drapes well, absorbent, resilient, cool*

8

- (d) Name, sketch and describe a household item **or** a garment that could be made from this fabric.

Name item = 2

Sketch item = 6

Describe item = 8

16

- (e) Design a care label that could be attached to either the household item or the garment you have named.

Wash
Dry
Iron
Other }

must be relevant for fabric chosen in (b), (c) and (d)

8

4 symbols = 2 marks