

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

FRIDAY 13 JUNE – AFTERNOON 2.00 – 4.30

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

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) _____ (ii) _____
(iii) _____ (iv) _____

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

FAT SOLUBLE VITAMINS	WATER SOLUBLE VITAMINS
(i) _____	(i) _____
(ii) _____	(ii) _____

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

(i) _____
(ii) _____
(iii) _____
(iv) _____

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

(i) **best before date** _____

(ii) **use by date** _____

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

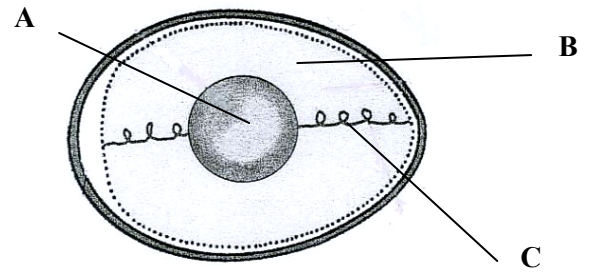
(i) _____
(ii) _____

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

A _____

B _____

C _____



7. Outline the function of the national consumer agency _____

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



Where would you expect to find it displayed?

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

(i) _____

(ii) _____

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

(i) _____

(ii) _____

(iii) _____

(iv) _____

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

(i) _____ (ii) _____

(iii) _____ (iv) _____

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

(i) **placenta** _____

(ii) **menstruation** _____

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

(i) _____ (ii) _____

(iii) _____ (iv) _____

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

(i) _____

(ii) _____

(iii) _____

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

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

(i) _____ (ii) _____

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

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

ITEMS	METHOD OF DISPOSAL
(i) vegetable peelings	(i)
(ii) clothes	(ii)
(iii) coloured glass	(iii)
(iv) paper	(iv)

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

- (i) _____
(ii) _____
(iii) _____
(iv) _____

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

- (i) _____ (ii) _____
(iii) _____ (iv) _____

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

- (i) _____
(ii) _____

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





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

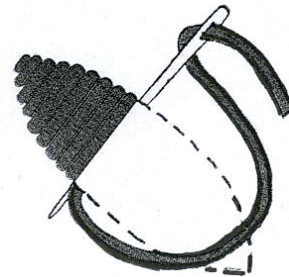
(i) **woven fabric** _____

(ii) **bonded fabric** _____

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

Stitch _____

Use _____



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

(i) _____ (ii) _____

Blank Page



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2008

HOME ECONOMICS

HIGHER LEVEL

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.

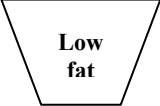
SECTION B
220 MARKS

1. The following information is displayed on the label of a carton of soup.



SOUP TO GO
Chicken and Sweetcorn Soup

NUTRITION INFORMATION
Typical values per cup
Energy 660kj/158kcal
Protein 4.1g
Carbohydrate 16.0g
(of which sugars) (4.1g)
Fat 8.6g
(of which saturates) (0.8g)
Fibre 0.6g
Sodium 0.7g
Salt equivalent 1.9g



Ingredients
Water, sweetcorn, onions, chicken, vegetable oil, potatoes, cornflour, peppers, flavouring, skimmed milk, sugar, herbs, sodium, garlic powder, spice extract, beta carotene.

DIETARY INFORMATION
Suitable for a gluten-free diet.
No artificial colours, flavours or preservatives.
A serving contains 1.9g of an adults recommended daily salt intake of 6g.

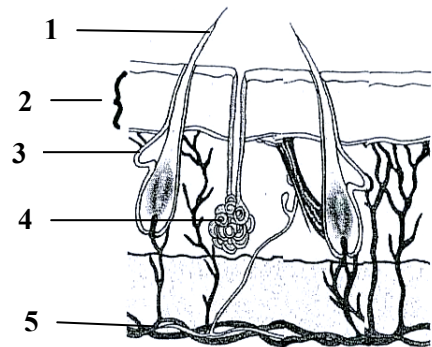


Using the information given on the label above:

- (a) Evaluate the nutritive value of the soup;
- (b) Name the food additives listed. Identify **three** different types of additives and outline their function in convenience foods.
- (c) Explain the statement “suitable for a gluten-free diet”.
- (d) (i) State the recommended daily salt intake of an adult.
(ii) What effect can a high salt intake have on the body?
- (e) What is a thickening agent?
Name **one** thickening agent used in this product.
2. (a) State **three** classifications of fish and give **two** examples of **each** class.
- (b) Give the nutritional composition of fish **and** outline its value in the diet.
- (c) What guidelines should be followed when (i) buying **and** (ii) storing fresh fish?
- (d) (i) Suggest **three** methods of cooking fish.
(ii) What are the effects of cooking on fish?
- (e) Why is lemon used to garnish fish dishes?

3. (a) In relation to income, explain the difference between statutory deductions and voluntary deductions. Give **one** example of **each** type of deduction.
- (b) Explain the term **tax credit**.
- (c) State the advantages of budgeting.
- (d) (i) Discuss **five** points that should be considered when planning a household budget.
(ii) Plan a household budget based on an average weekly income.
- (e) Outline ways to ensure '**value for money**' when shopping.

4. (a) Name the parts of the skin labelled 1,2,3,4 and 5.



- (b) Outline **four** functions of the skin.
- (c) What guidelines should be followed to help promote healthy skin?
- (d) What special guidelines should be followed by teenagers when caring for their feet and toe nails?
5. (a) List the factors that should be considered when planning a teenager's study-bedroom.
- (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.
- (c) Suggest **two** different types of lighting that could be used in the study-bedroom and give a reason for **each** one.
- (d) (i) What is meant by compact fluorescent lights (**CFLs**)?
(ii) Why are **CFL** bulbs used in the home?
6. (a) Silk is a natural fabric. List **three** other natural fabrics.
- (b) Choose a natural fabric and outline the stages involved in its production.
- (c) State **four** desirable properties of the fabric you have chosen.
- (d) Name, sketch and describe a household item **or** a garment that could be made from this fabric.
- (e) Design a care label that could be attached to either the household item or the garment you have named.

Blank Page