

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 2010**HOME ECONOMICS****HIGHER LEVEL**

FRIDAY 18 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. Name **two** macronutrients and **two** micronutrients.

MACRONUTRIENTS	MICRONUTRIENTS
(i)	(i)
(ii)	(ii)

2. List **four** foods that have a high iron content.

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

3. Give **two** effects of cooking on cereals.

(i) _____
(ii) _____

4. Give **two** dietary guidelines that should be followed during pregnancy.

(i) _____

(ii) _____

5. Suggest **two** ways to reduce the loss of nutrients when preparing fruit and vegetables.

(i) _____

(ii) _____

6. What is a marinade? _____

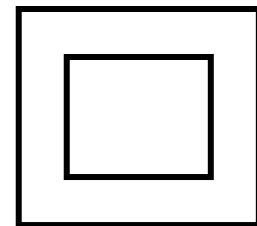
Suggest **one** food that is suitable for marinating _____

7. List **four** consumer rights.
(i) _____
(ii) _____
(iii) _____
(iv) _____

8. Give **two** advantages of household budgeting.
(i) _____

(ii) _____

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



Name **one** item on which it is found _____

10. Give **two** examples of how supermarkets encourage consumers to spend money.
(i) _____

(ii) _____

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

(i) **gender equality** _____

(ii) **stereotype** _____

12. List **four** guidelines that should be followed in order to promote good health in teenagers.

(i) _____

(ii) _____

(iii) _____

(iv) _____

13. Give **one** function of **each** of the following:

(i) **red blood cells** _____

(ii) **platelets** _____

14. Outline **two** harmful effects of alcohol on the body.

(i) _____

(ii) _____

15. What are *human resources*? _____

Give **two** examples of human resources.

(i) _____ (ii) _____

16. What guidelines should be followed when using **and** storing cleaning agents?

(i) _____

(ii) _____

(iii) _____

(iv) _____

17. Give **two** advantages of good lighting in the home.

(i) _____

(ii) _____

18. Name **two** different kitchen appliances under **each** of the following headings:

APPLIANCE WITH A MOTOR	APPLIANCE WITH A HEATING ELEMENT
(i)	(i)
(ii)	(ii)

19. State the advantages of using fashion accessories. _____

Name **one** fashion accessory. _____

20. Give **two** body measurements that are required when buying jeans.

(i) _____

(ii) _____

21. Name **two** machine stitches and suggest a **different** use for **each**.

MACHINE STITCH	USE
(i)	(i)
(ii)	(ii)

22. Suggest a method of removing the following stains from clothing:

(i) **chewing gum** _____

(ii) **blood** _____

23. Explain **each** of the following sewing terms:

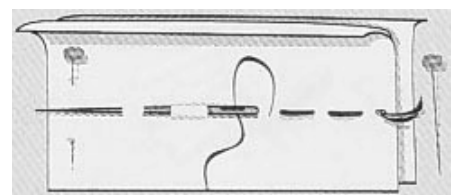
(i) **notch** _____

(ii) **dart** _____

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

Stitch _____

Use _____



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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 labels of tinned fish.

TUNA IN BRINE

Typical Values per 100g

Energy	113kcal
Protein	27g
Fat	0.5g
Sodium	0.4g
Carbohydrate	Trace
Fibre	Trace

TUNA IN OIL

Typical Values per 100g

Energy	189kcal
Protein	27g
Fat	9g
Sodium	0.3g
Carbohydrate	Trace
Fibre	Trace

- (a) (i) Compare the food value of tinned tuna in brine with the food value of tinned tuna in oil.
- (ii) In order to complete a balanced meal, suggest **two** foods to serve with the tinned fish, and give **one** reason for your choice of **each** food.
- (iii) Bearing in mind the healthy eating guidelines, which of the above tinned fish would you serve to (i) an obese adult, (ii) a young athlete and (iii) a person with high blood pressure? Give **one** reason for your choice in **each** case.
- (iv) Explain the terms (i) ***trace*** and (ii) ***brine***.
- (b) Explain why fish should be included in the diet of teenagers.
- (c) Classify fish, and give **one** example of **each** class.
2. (a) Give the rules that should be followed when home baking.
- (b) List **four** types of flour used in home baking and suggest a different use for **each** one.
- (c) (i) Name **three** methods of making bread or cakes and describe **each** method.
- (ii) Suggest a **different** use for **each** method you have named.
- (d) Name **three** raising agents used in home baking and explain how any **one** of them works.
- (e) Suggest **one** advantage and **one** disadvantage of using a convenience bread or cake mix.

3. (a) Suggest **four** reasons for using packaging on goods.
- (b) List **four** types of packaging used on goods and suggest **two** products for which **each** type is suitable.
- (c) What information would you expect to find on the packaging on a frozen chicken?
- (d) Give the disadvantages of packaging on goods.
- (e) Explain how consumers can dispose of the packaging on frozen foods in an *environmentally friendly* way.
4. (a) Outline the function of the digestive system.
- (b) Name **five** parts of the digestive system.
- (c) Select any **two** of the parts you have named and outline their role in digestion.
- (d) Suggest some guidelines that should be followed to promote a healthy digestive system.
- (e) What are digestive *enzymes*?
5. (a) List the factors that should be considered when planning a kitchen.
- (b) Explain what is meant by the *work triangle*.
- (c) Suggest **four** health and safety guidelines that should be followed in the kitchen.
- (d) (i) List the items of fire safety equipment that you would recommend for use in the home.
- (ii) How would you extinguish a fire caused by a frying pan overheating?
- (e) Describe the first aid treatment for a minor burn.
6. (a) Fibres can be classified into two groups.
Name **each** of the two groups and give **two** examples of **each** group.
- (b) Outline the stages involved in the production of wool.
- (c) State **two** desirable and **two** undesirable properties of wool.
- (d) State **three** different uses of wool in the home.
- (e) What guidelines should be followed when (i) washing and (ii) drying a woollen jumper?

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