



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Cycle Final Examination 2022

Home Economics

Common Level

Wednesday 15 June Morning 9:30 - 11:00

320 marks

Examination Number

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Day and Month of Birth

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For example, 3rd February
is entered as 0302

Centre Stamp

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For Examiner Only		
Question	Ex.	Adv. Ex.
A		
11		
12		
13		
Total		
Grade		

Instructions

There are **two** sections in this examination paper.

Section A	80 marks	10 questions
Section B	240 marks	3 questions

Answer all questions.

Write your answers in blue or black pen. You may use pencil for graphs, sketches and diagrams only.

Write your answers in the spaces provided in this examination booklet.

There is extra space at the back of the examination booklet. Label any extra work clearly with the question number and part.

You must return this examination booklet at the end of the examination.

Acknowledgements

Images

Image on page 3: wukhealth.org; thecatvet.co.uk
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Section A**80 marks**

Answer all questions.

Question 1

Safety in the home is essential in order to prevent injury.

(a) Describe **two** safety rules to follow when storing cleaning agents in the home.

1.
2.

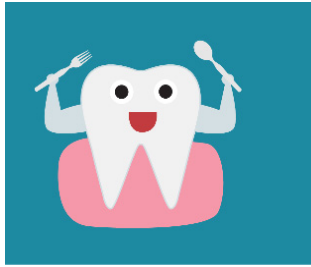
(b) State what information the symbol shown on the bottle gives to the consumer.

**Question 2**

Explain the term cross-contamination and give **one** example of how it can be prevented when preparing or storing food.

Cross-contamination
Prevent cross-contamination

Question 3



Healthy teeth
start with a
healthy diet.

(a) Identify **two** ways in which a person's diet can affect their teeth.

1.
2.

(b) State **two** guidelines to follow when caring for the teeth.

1.
2.

Question 4

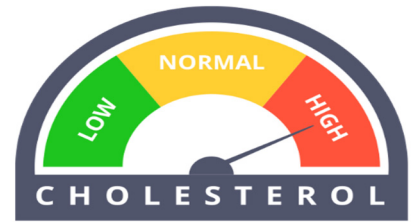


Indicate with a tick (✓) whether each of the following statements is true or false.

Cooking	True	False
Conduction is the method of heat transfer used when frying		
Radiation is the method of heat transfer used when boiling		
Convection is the method of heat transfer used when baking		

Question 5

John has been told by his doctor that his cholesterol level is high.



- (a) Name **one** health problem associated with high cholesterol.

--

- (b) Explain **two** meal planning guidelines to follow when planning meals for a person with high cholesterol.

1.
2.

Question 6

Identify the correct word from the following list to complete each of the following sentences.

Amylase

Pepsin

Peristalsis

Bile

- | | | |
|----|-------|--|
| 1. | _____ | helps to break down starch in the mouth. |
| 2. | _____ | is the muscular movement in the digestive tract. |
| 3. | _____ | begins the breakdown of protein in the stomach. |
| 4. | _____ | breaks fats into droplets in the stomach. |

Question 7



Explain how the following factors can influence a person's choice of clothing:

1. Where clothes are made
2. Other people

Question 8



Explain how the design principle of 'emphasis' is achieved in the room pictured above.

Question 9

Water is one of Ireland's most valuable resources.



Describe how water usage in the home could be reduced in each of the following areas:

1. Kitchen
2. Bathroom
3. Garden

Question 10

'One third of the food we buy ends up in the bin.'

(www.stopfoodwaste.ie)



Explain how food waste can be reduced when selecting, preparing and storing food.

Selecting food
Preparing food
Storing food

Answer all questions.

Question 11



(a) Describe **two** benefits of sharing family meals together.

1.
2.

(b) Family meals can be low-cost and sustainable when using leftover foods.



(i) Identify **two** food safety guidelines to follow when re-using leftover foods.

1.
2.

(b) When leftover foods are re-heated they can lose water-soluble vitamins.

(ii) Describe how to increase the vitamin content of meals when using leftover foods.

(c)



Food Processor



Microwave

Choose **one** appliance pictured above. Assess how the appliance you have chosen could assist you when preparing food.

Chosen appliance

(d) (i) State **two** ways the family could use the internet when planning family meals.

1.
2.

- (d) (ii) Discuss **three** guidelines parents should follow to protect their children when they are using the internet.

1.
2.
3.

- (e) The World Health Organisation (WHO) recommend one-hour maximum screen time per day for children under five.



Justify **three** reasons for this recommendation.

1.
2.
3.

(f) 'Online shopping continues to grow.' RTÉ April 2019



Name **one** law that protects the consumer when shopping online. Describe how the law you have named protects the consumer.

Name of Law
Describe how it protects the consumer

Question 12

Colm is a physically active, Junior Cycle student. He follows a healthy, balanced diet and drinks two litres of water every day.



- (a) (i) Design a healthy balanced **three-course** breakfast menu for Colm to eat at the weekend.

Breakfast Menu

- (ii) Describe **three** meal planning guidelines you followed when planning Colm's breakfast menu.

1.
2.
3.

- (b) Colm eats a cereal bar as a snack. Below are food labels for two cereal bars.

Bar per serving	Energy KJ	Protein g	Fat g	Of which is saturated fat g	Carbohydrates g	Sugar g	Symbol
Honey and Oat Bar	593 KJ	4.7 g	7.8 g	0.9 g	12 g	4.1 g	
Apple and Raisin Bar	511 KJ	1.7 g	4.6 g	0.5 g	31 g	7.5 g	

- (i) Bearing in mind the healthy eating guidelines and using the information in the food labels above, recommend **one** cereal bar for Colm.

--

- (ii) Justify **three** reasons for your choice.

1.
2.
3.

- (c) What information does the symbol shown give to the consumer?



(d) Outline **two** benefits of including water in the diet.

1.
2.

(e) Colm has a new sports kit.



(i) Identify **two** guidelines Colm should follow before he washes his sports kit.

1.
2.

(ii) Describe **two** ways Colm can be environmentally friendly when washing clothes.

1.
2.

Question 13

‘Cycling has become a popular family holiday activity.’

(*The Irish Times*, August 2020)



- (a) Discuss **three** benefits of including a cycling activity during a family holiday.

1.
2.
3.

- (b) Sunny weather is expected for the holiday. Sunshine is a source of vitamin D.

- (i) Recommend **two** food sources of vitamin D.

1.
2.



- (ii) State **one** function and **one** deficiency associated with Vitamin D.

Function:
Deficiency:

(c) Recommend **three** ways that families could protect themselves from the sun.

1.
2.
3.

(d) (i) Label, sketch and describe how you could upcycle a white cotton t-shirt for use on the family holiday. Include reference to: colour(s), and stitches in your answer.

Sketch



Description

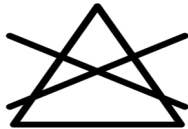
Description

- (d) (ii) List **three** pieces of sewing equipment you used to upcycle the t-shirt.

1.	2.	3.
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- (e) The fabric care label on the t-shirt contains **two** symbols shown below.

What information does each symbol give to the consumer?





- (f) Identify **four** different ways the family could make regular savings in order pay for a family holiday.



1.
2.
3.
4.

Label all work clearly with the question number and part.

[illegible]

Do not write on this page

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