



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Cycle Final Examination 2023

Home Economics

Common Level

Wednesday 14 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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Instructions

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

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

This examination booklet will be scanned and your work will be presented to an examiner on screen. Anything that you write outside of the answer areas may not be seen by the examiner.

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

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Answer all questions.

Question 1

Identify a different way of garnishing or decorating each of the dishes listed below.

Dish	Garnish/Decorate
Fruit smoothie	
Vegetable soup	
Fish pie	
Chocolate brownies	

Question 2

You are making a short video clip called '*Top Tips for Fire Safety in the Home.*'



Describe **three** fire safety guidelines you would include in the video.

1.	
2.	
3.	

Question 3



Explain the following terms:

Essential expenditure

Net income



Question 4

Describe **one** example of how a teenager can make an ethical choice when buying clothing.

Question 5

Pockets can be stitched onto textile items using a sewing machine.

- (i) Identify the stitch shown.

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- (ii) Describe another use for this stitch.

Question 6

The Guaranteed Irish symbol shown is easy to recognise.



Explain how buying products carrying this symbol helps to promote sustainability.

Question 7

'80% of all heart disease is preventable.' (*layahealthcare.ie*)

Recommend **three** guidelines to follow to prevent coronary heart disease.

1.
2.
3.

Question 8

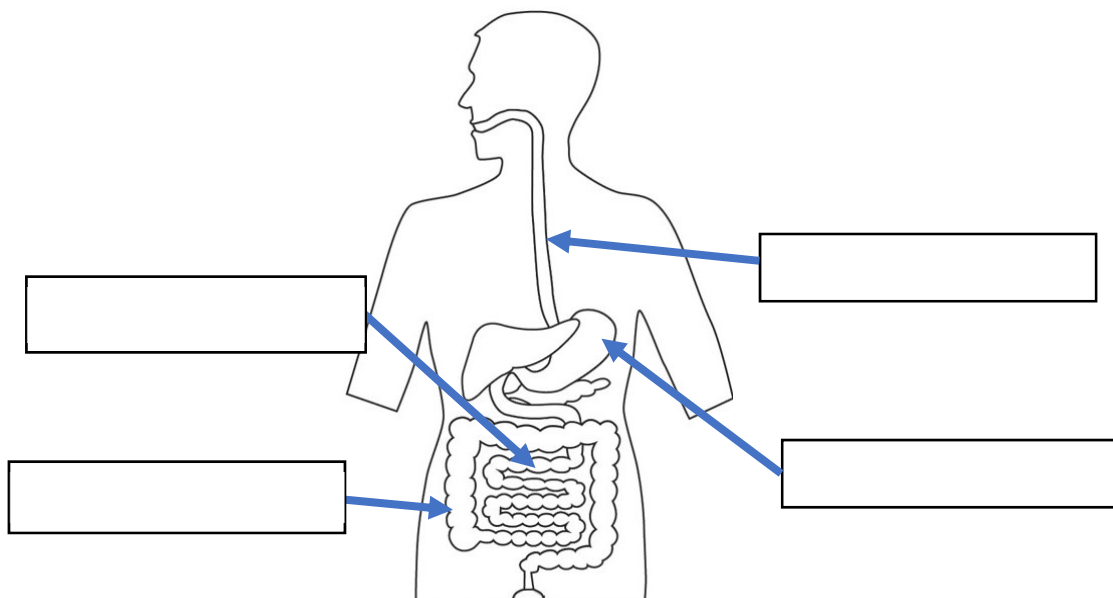
Use the words listed below to label the parts of the digestive system shown.

Oesophagus

Small intestine

Stomach

Large intestine



Question 9

Indicate with a tick (✓) whether each statement is true or false.

Nutrition	True	False
Vitamin D helps to absorb calcium		
Meat is a good source of dietary fibre		
Vitamin C helps to prevent night blindness		

Question 10



Describe **one** responsibility of each of the following family members.

Responsibility of a parent
Responsibility of a teenager

Answer all questions.

Question 11

The Miller family are redesigning their kitchen.



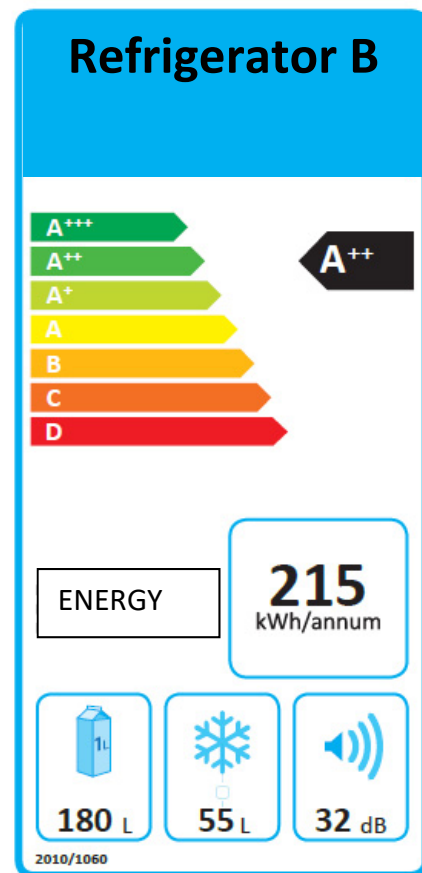
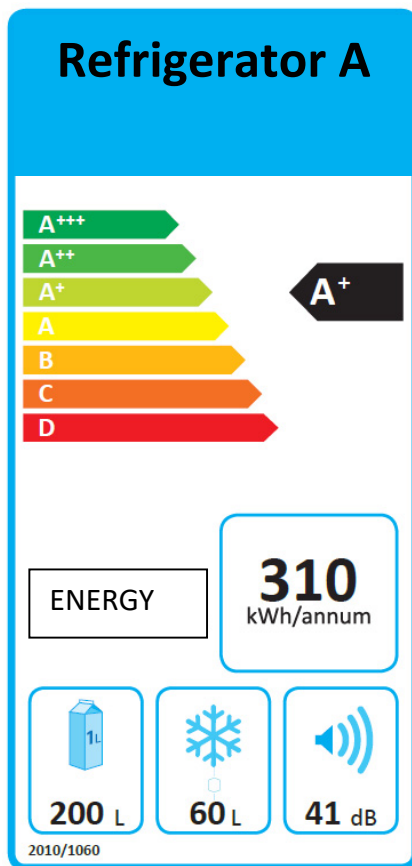
- (a) Describe **four** room-planning guidelines the Miller family should consider when planning the kitchen.

1.
2.
3.
4.

- (b) (i) Discuss **two** rights consumers have when shopping for electrical appliances for the home.

1.
2.

The Miller family have asked for your help in choosing a suitable refrigerator.



Using the information provided on the labels shown above:

- (b) (ii) Recommend **one** of the refrigerators to the Miller family.

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- (iii) Justify **two** reasons for your choice.

1.	
2.	

(c) Describe **three** energy saving guidelines to follow when using the refrigerator.

1.
2.
3.



(d) (i) Name **one** method of payment when purchasing electrical appliances.

--

(ii) Identify **one** advantage and **one** disadvantage of the method of payment named.

Advantage
Disadvantage

(e) The Millers invite their extended family for a meal in the new kitchen.

(i) Explain the term 'extended family'.

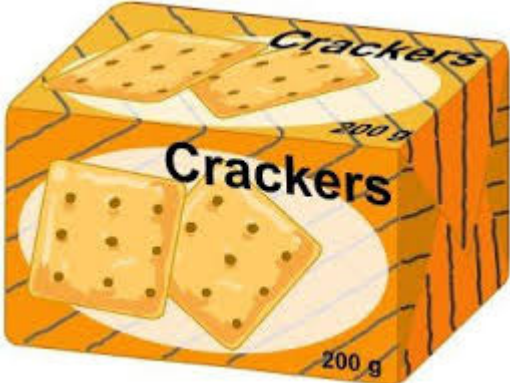


(ii) Assess **two** benefits of effective communication between family members.

1.
2.

Question 12

The school canteen serves crackers. The food label for the crackers is shown below.

 Net weight e200g Storage Instructions Store in a cool, dry place away from direct sunlight. Once opened store in an airtight container.	Nutritional Information		
	Typical Values	Per 100g	Per cracker (approx. 8g)
	Energy (kcal)	433 kcal	35 kcal
	Fat (g)	15 g	1.2 g
	of which saturates (g)	8 g	0.6 g
	Carbohydrates (g)	64 g	5.1 g
	of which sugars (g)	1.1 g	0.09 g
	Fibre (g)	3.1 g	0.2 g
	Protein (g)	9.5 g	0.8 g
	Salt (g)	1.1 g	0.09 g
	Ingredients Wheat Flour, Vegetable Fat, Salt, Yeast, Raising Agent.		
	Allergens Wheat, prepared in an area where nuts are processed.		
	Suitable for vegetarians.		

- (a) (i) Explain the following terms found on the label shown above:

Allergens
Net weight

- [illegible]

- (b) The school canteen staff wear aprons as part of their uniform.

Identify what information the following textile care symbols convey to the consumer.

Symbol	
	
	

- (c) The safe use of equipment is essential in the home.

- (i) Describe **two** safety guidelines to follow when using electrical appliances preparing food.

1.
2.

- (ii) Evaluate the contribution technology has made to planning and preparing food.

1.
2.
3.

- (d) (i) Describe **one** modification (change) you would make to each dish shown below to bring the dish in line with current healthy eating guidelines.
- (ii) Explain the reason for the modification you made.

Dish: Pancakes with chocolate sauce	
Modification	
Explain	

Dish: Sausage rolls	
Modification	
Explain	

Question 13



You and your friends are going on a hill walk.



(a) (i) Discuss **three** health benefits of regular exercise for teenagers.

1.
2.
3.

(ii) Outline **four** different ways to save money when shopping for food to take on the hill walk.

1.
2.
3.
4.

- (b) (i) Plan a healthy packed lunch suitable for a teenager going on a hill walk.

Packed Lunch Menu

- (ii) Describe **three** meal planning guidelines you followed when planning the packed lunch for the teenager.

1.
2.
3.

- (c) The strap of your new bag broke during the walk.



Discuss **two** forms of redress that you are entitled to when you return the bag to the shop where you bought it.

1.
2.

- (d) You have decided to upcycle a top to wear on the hill walk.



- (i) Explain **three** factors to consider when upcycling.

1.
2.
3.

- (d) (ii) Sketch, label and describe your upcycled top.
Include reference to the colour(s) and stitches in your answer.

Sketch

Description

Label all work clearly with the question number and part.

[illegible]

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