



Coimisiún na Scrúduithe Stáit  
State Examinations Commission

## Junior Cycle Final Examination 2024

### Home Economics

Common Level

Wednesday 12 June Morning 9:30 - 11:00

320 marks

Examination Number

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Date of Birth

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For example, 3rd February  
2005 is entered as 03 02 05

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

### Images

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## Section A

80 marks

Answer all questions.

### Question 1

'74% of households rate plastic waste as a very important environmental concern.' (CSO, 2021)

(i) Identify **one** harmful effect of plastic waste.




(ii) Outline **two** different ways households can reduce plastic waste.

1.
2.

### Question 2

Describe **one** advantage and **one** disadvantage of buying goods on credit.

<b>Advantage</b>
<b>Disadvantage</b>

### Question 3



Indicate with a tick (✓) whether each statement in relation to room design is true or false.

Room design	True	False
Good lighting is needed to prevent eyestrain and accidents		
Green is a primary colour		
A feature wall adds emphasis to a room		
Cool colours work very well in north facing rooms		

### Question 4

‘Children say using the internet is better than playing with friends.’ (The Irish Times, June 2021)

Discuss how the overuse of the internet could affect the social and physical development of children.

<b>Social</b>
<b>Physical</b>

Question 5



Recommend **two** guidelines that should be followed when planning meals for toddlers.

<b>Meal planning guideline 1</b>
<b>Meal planning guideline 2</b>

Question 6

Indicate with a tick (✓) whether each statement in relation to digestion is true or false.



Digestion	True	False
Physical digestion happens in the mouth		
Acid in the stomach helps to kill bacteria		
Vitamin B is made in the small intestine		
Water is absorbed in the large intestine		

### Question 7



Explain how using butter in a baked product affects the nutrition and texture of the product.

<b>Effect on nutrition</b>
<b>Effect on texture</b>

### Question 8

Protein is a key macronutrient in the diet.

(i) State **two** food sources of High Biological Value HBV (animal) protein.

1.	2.
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(ii) Outline **two** functions of protein in the body.

1.
2.

### Question 9

Iron deficiency may occur if teenagers' diets do not include enough food sources of iron.

(i) Name the deficiency disease of iron.

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(ii) List **three** food sources of iron.

1.
2.
3.

### Question 10

We can make environmentally friendly choices when caring for textile items.  
These care label instructions are found on a white towel.



Explain how to adjust the care label instructions to make caring for the towel more environmentally friendly.

Refer to **two** of the care label instructions.

1.
2.

Answer all questions.

### Question 11

The Nolan family enjoyed a day out at the *Reduce and Reuse Together Festival*. They attended a cookery demonstration, a creative textiles workshop and a talk on reducing energy costs at home.



- (a) A cookery demonstration at the festival featured local seasonal foods.
- (i) Discuss **three** benefits of using local seasonal foods in meals.

1.	
2.	
3.	



- (a) (ii) Describe the information this symbol found on food packaging gives to a consumer.




- (b) (i) Analyse **four** different hygiene guidelines that should be followed to reduce the risk of food poisoning.

1.
2.
3.
4.

(b) (ii) Name **two** groups of people who are most at risk from food poisoning.

1.
2.



Suggest why these groups of people are more at risk.




(c) Devise **five** different strategies that a family could use to reduce energy costs in the home.

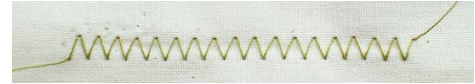
1.
2.
3.
4.
5.

(d) At the textiles workshop, the family members learned how to use a sewing machine.



(i) Name the sewing machine stitch shown.

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(ii) Explain **three** guidelines that should be followed when using a sewing machine.

1.
2.
3.

(e) Describe how family days out can strengthen family relationships.


### Question 12

Diet, exercise and spending time with friends and family are among the elements of a healthy lifestyle that contribute to good health.




- (a) Discuss how a healthy diet, exercise and spending time with friends and family contribute to good health in older people.

<b>Healthy diet</b>
<b>Exercise</b>
<b>Spending time with friends and family</b>

- (b) (i) The menu below has been designed to meet the needs of an older person.

Potato topped  
cod and salmon pie  
with  
carrots and broccoli

Apple and berry  
wholegrain crumble  
with custard



Analyse this menu and explain how the menu meets the nutritional and dietary needs of an older person. Give **four** different points.

1.	
2.	
3.	
4.	

(b) The vegetables on the menu are available frozen.



(ii) Outline **three** advantages of including frozen vegetables in the diet of older people.

1.
2.
3.

(iii) Identify **two** vegetable dishes that could be made using frozen vegetables.

1.
2.



(c) Suggest **three** different ways an older person could increase their daily physical activity.

1.
2.
3.



(d) Discuss **two** aspects of a grandparent's role in the family.

1.
2.

- (e) Creative Ireland hold annual craft project events.



Explain **three** benefits of taking part in textile craft work.

1.
2.
3.



### Question 13

Your school community is organising a fun run for Diabetes Ireland.

**Diabetes Ireland**

*Fun Run*



- (a) (i) You would like to purchase new running shoes for the fun run.  
Outline **three** shopping guidelines to follow to ensure you are making an informed and responsible choice.

1.
2.
3.

- (ii) Describe the role of the Competition and Consumer Protection Commission.




- (b) Food stalls will sell snacks on the day of the fun run.



Keeping the healthy eating guidelines in mind, recommend **two** healthy snacks that could be sold from a food stall.

Explain how each snack meets the healthy eating guidelines.

<b>Name of healthy snack 1</b>
<b>Explanation</b>

<b>Name of healthy snack 2</b>
<b>Explanation</b>

- (c) The number of people in Ireland with diabetes is growing rapidly.



([www.diabetesireland.ie](http://www.diabetesireland.ie))

- (i) Outline why some people may be at risk of developing diabetes.  
Give **two** points.

1.
2.

- (ii) Describe **two** guidelines to follow when planning meals for a person with diabetes.

1.
2.

- (iii) Explain how a person would use the information found on food labels to help them when selecting food products.  
Give **four** different points.

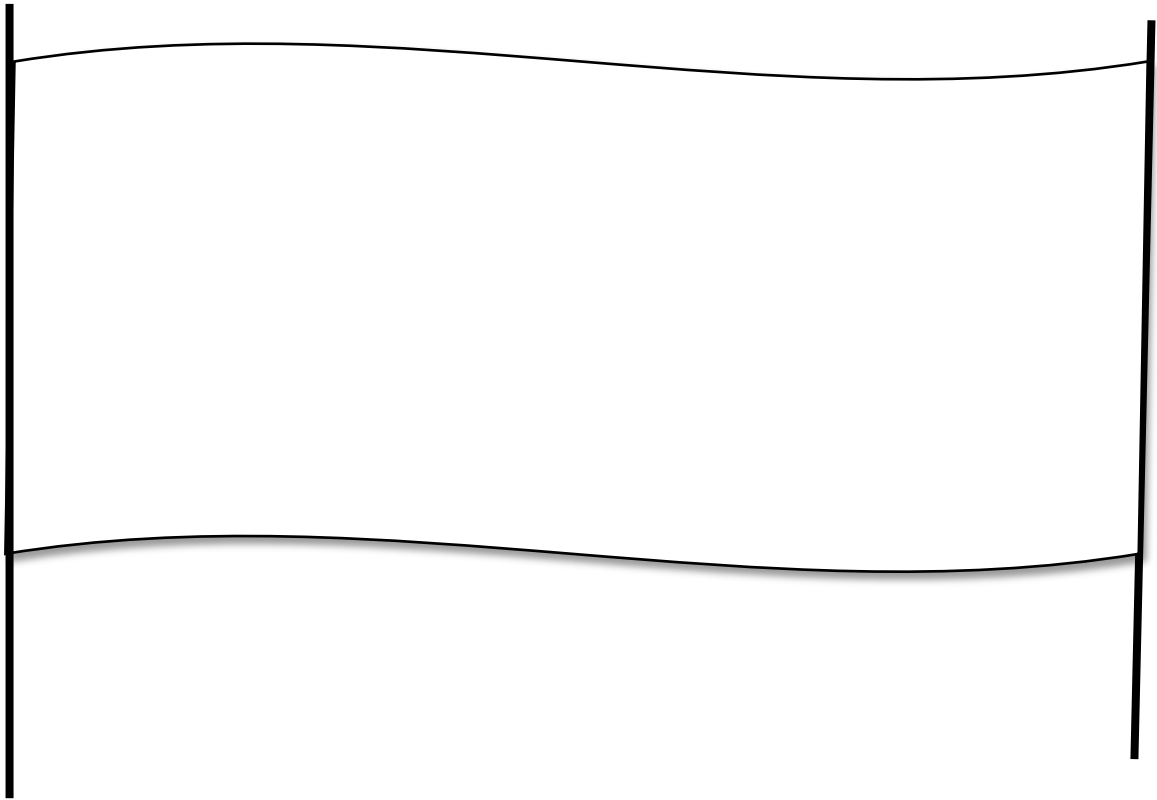


1.
2.
3.
4.

- (d) You have been asked to make a banner for the fun run by upcycling an old textile item.

Sketch, label and describe how you would upcycle the item to make the banner.  
Include reference to colour and sewing techniques/stitches you would use.

**Sketch**



**Description**


Additional space for **Section B.**

Label all work clearly with the question number and part.

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Junior Cycle Final Examination – Common Level

## Home Economics

Wednesday 12 June

Morning 9:30 - 11:00