



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Cycle 2025

Marking Scheme

Home Economics

Common Level

Note to teachers and students on the use of published marking schemes

Marking schemes published by the State Examinations Commission are not intended to be standalone documents. They are an essential resource for examiners who receive training in the correct interpretation and application of the scheme. This training involves, among other things, marking samples of student work and discussing the marks awarded, so as to clarify the correct application of the scheme. The work of examiners is subsequently monitored by Advising Examiners to ensure consistent and accurate application of the marking scheme. This process is overseen by the Chief Examiner, usually assisted by a Chief Advising Examiner. The Chief Examiner is the final authority regarding whether or not the marking scheme has been correctly applied to any piece of candidate work.

Marking schemes are working documents. While a draft marking scheme is prepared in advance of the examination, the scheme is not finalised until examiners have applied it to candidates' work and the feedback from all examiners has been collated and considered in light of the full range of responses of candidates, the overall level of difficulty of the examination and the need to maintain consistency in standards from year to year. This published document contains the finalised scheme, as it was applied to all candidates' work.

In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with their Advising Examiners when in doubt.

Future Marking Schemes

Assumptions about future marking schemes on the basis of past schemes should be avoided. While the underlying assessment principles remain the same, the details of the marking of a particular type of question may change in the context of the contribution of that question to the overall examination in a given year. The Chief Examiner in any given year has the responsibility to determine how best to ensure the fair and accurate assessment of candidates' work and to ensure consistency in the standard of the assessment from year to year. Accordingly, aspects of the structure, detail and application of the marking scheme for a particular examination are subject to change from one year to the next without notice.

Annotations-Home Economics 2025

Annotated marks should be placed near the correct/partial correct response. Colours of annotations may vary.

Annotation	Explanation
	Zero marks awarded
	One mark awarded
	Two marks awarded
	Three marks awarded
	Four marks awarded
	Five marks awarded
	Six marks awarded
	Blank page
	Excess point awarded full marks
	Excess point awarded partial marks
	Point/work not attempted
	Point repeated
MMS	Modified marking Scheme

Section A**80 marks**

Answer all questions.

All questions carry equal marks (10 @ 8 marks)

Question 1**8**

Healthy eating is essential for wellbeing.

State **four** healthy eating guidelines.

(4 healthy eating guidelines stated @ 2 marks)

graded (2:1:0)

Well balanced meals, use less salt, less processed sugar, consume less saturated fat, consume more fruit and vegetables, eat more fibre foods, more calcium foods, more iron rich foods, drink more water, eat a balanced diet/wide variety of foods, etc.

Question 2**8**

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

(Correctly identified statements @ 2 marks)

graded (2:0)

Food spoilage	True	False
Perishable foods should be stored in the fridge	✓	
Bacteria need moisture to grow	✓	
Fresh fish has a long shelf life		✓
Micro-organisms and enzymes cause food spoilage	✓	

Question 3**8**

Name **two** different food sources of fat.

(2 different food sources of fat named @ 2 marks)

graded (2:1:0)

Meat, oily fish, cheese, egg (yolk), dairy products, avocado, cereal grains, cooking oils, margarine, nuts, seeds, etc.

Explain **two** functions of fat in the body.

(2 functions of fat in the body explained @ 2 marks)

graded (2:1:0)

Source of fat-soluble vitamins ADEK, protects delicate organs, heat and energy, insulates the body, etc.

Question 4**8**

Leftover foods can create tasty dishes saving money and time in the kitchen.

Suggest **one** dish that can be made using each of the following leftover foods.

(4 dishes named @ 2 marks)

graded (2:0)

Leftover foods:	Dish
Boiled potatoes	<i>Cottage/Shepard/Fish pie, potato cakes/fishcakes, Spanish omelette, soup, potato salad, etc.</i>
½ can of tomatoes	<i>Soups, casseroles/stews, pizza sauce, pasta dishes, enchiladas, Spanish/Mexican rice, add to juice/smoothies, etc.</i>
Roast chicken	<i>Sandwiches/wraps etc, soup, add to pasta/rice dishes, chicken pie, salads, etc.</i>
Bread	<i>Bread and butter pudding, French toast, etc.</i>

Question 5**8**

Frying is a popular method of cooking.

Describe **one** advantage and **one** disadvantage of frying as a method of cooking food.

(1 advantage of frying food @ 4 marks)

graded (4:2:0)

Fast, adds flavour, uses less energy as is fast therefore saves energy/money, etc.

(1 disadvantage of frying food @ 4 marks)

graded (4:2:0)

Unhealthy and increases calories, risk of splashes from hot oil could cause burns, not suitable for all foods, etc.

Question 6**8**

Outline **two** ways of using water sustainably in the home.

(2 ways of using water sustainably in the home outlined @ 4 marks)

graded (4:2:0)

Shower instead of bath, turn off taps when brushing teeth for example, use leftover cooking water, only put on full loads (dishwasher/washing machine), use eco cycles that spare water, harvest rainwater, purchase or adapt cistern to save water in toilet (hippos, or smaller flush option), etc.

Question 7 **8**

Discuss **two** uses of smart home technology.

(2 uses of smart home technology discussed @ 4 marks) **graded (4:2:0)**

Smart heating, smart lighting, smart cooking appliances, smart household/domestic appliances, smart security, smart recreation/leisure appliance, etc.

Question 8 **8**

Describe **two** guidelines to follow when caring for a sewing machine.

(2 guidelines when caring for a sewing machine described @ 4 marks) **graded (4:2:0)**

Cover when not in use, have serviced by qualified technician, oil regularly, dust out bobbin case, wrap cord/flex loosely, follow manufacturers instruction, etc.

Question 9 **8**

List **four** sources of consumer information.

(4 sources of consumer information listed @ 2 marks) **graded (2:1:0)**

Word of mouth, TV/radio, magazines (Consumer Choice)/pamphlets/leaflets/newspapers, named websites e.g. www.ccpc.ie, internet/social media, sales people, agencies, packaging, etc.

Question 10 **8**

Describe **two** factors that influence family food choices.

(2 factors that influence family food choices described @ 4 marks) **graded (4:2:0)**

Culture, lifestyle, family, health, cost, sustainability, religious beliefs, nutrition, likes/dislikes, availability (e.g. world events, in season), cookery skills, equipment available etc.

Section B**240 marks****Question 11**

The O'Brien family are planning to host a special family occasion later this year.

- (a) Budgeting for special family occasions is an important resource management skill. Choose the correct word from the list below to complete the following sentences. **12**

(6 words from the list correctly chosen @ 2 marks)

graded (2:0)

Management means using resources to achieve goals.

A budget is a plan for spending and saving money.

An example of an item of essential expenditure is food.

Buying on credit means "buy now pay later".

Our take-home pay, after tax is deducted, is called net income.

A want is something that we can live without e.g. the latest smartphone etc.

- (b) Sam, one of the teenagers in the family enjoys baking. He will make a cake for the occasion.

- (i) Outline **four** steps that should be followed in preparation for making/baking a cake to ensure success.

(4 steps outlined @ 5 marks)

graded (5:3:0) 20

Preparation of self (apron, jewellery, wash hands), preparation of work area (e.g. set up unit) collect ingredients, weighing and measuring accurately, prepare tins, check position of oven shelves, preheat oven, follow recipe, etc.

- (ii) Name **two** raising agents used in home baking.

6

(2 raising agents named @ 3 marks)

graded (3:0)

Air, baking powder, bread soda, yeast.

Explain how raising agents work.

5

(1 point explaining how @ 5 marks)

graded (5:3:0)

Air is introduced by chemical, mechanical or biological means, bubbles of gas e.g. air, carbon dioxide (incorporated or released in the mixture) expand and rise in the heat of the oven raising the dough/mixture.

- (c) Sam could choose to make the cake from scratch or use a commercial cake mix.
- (i) Outline **two** advantages and **two** disadvantages of using a commercial mix when making a special occasion cake. 16

(2 advantages @ 4 marks) **graded (4:2:0)**

Speeds up preparation and cooking time, useful for people with poor cooking skills, not necessary to have multiple ingredients bought if not used frequently, etc

(2 disadvantages @ 4 marks) **graded (4:2:0)**

Can be high in sugar and salt, may contain additives e.g. flavour enhancers, can be expensive, can lack flavour etc.

- (ii) Describe **one** creative way to decorate a special occasion cake. 5

(1 creative way described @ 5 marks) **graded (5:3:0)**

Icing (glace, butter cream etc.) piping etc., fresh cream (whipped, piped), chocolate (melting, drizzling, grated, curls), fresh fruits (chopped, sliced), edible flowers, drizzle (e.g. lemon), sprinkles, marshmallows, toppers/toys, biscuits, nuts, tubes of coloured icing for writing, edible pens, etc.

- (d) An electric mixer is sometimes used when baking.

The O'Brien's recently purchased a new electric mixer but it has stopped working.

- (i) Outline the procedure that a consumer should follow when returning a faulty electric mixer. Give **three** steps. 12

(3 steps @ 4 marks) **graded (4:2:0)**

Return to the shop as soon as fault is apparent, bring copy of receipt, speak with manager, bring faulty item and packaging, explain the fault, state what redress you deem you are entitled to, if dissatisfied put complaint in writing, seek advice from a consumer organisation, smalls claims court (if below the threshold), etc.

- (ii) Name **two** organisations that have a role in protecting the consumer.

(2 organisations @ 2 marks) **graded (2:1:0)**

Competition and Consumer Protection Commission (CCPC), Office of the Ombudsman, Advertising Standards Authority of Ireland (ASAI), Consumers' Association of Ireland (CAI), Small Claims Court.

Question 12

Well-designed teenage bedrooms are multi-functional, restful spaces. 8

(a) (i) Explain why rest/sleep are important for the wellbeing of teenagers.

(2 points fully explained @ 4 marks) **graded (4:2:0)**

Mental health, physical health (rapid growth stage & growth hormone release, immune functions increased), improved concentration, assists memory and information retention, less likely to have accidents, less likely to make unhealthy food choices, etc.

(ii) Suggest **two** tips to help a teenager build healthy sleep habits. 8

(2 tips outlined @ 4 marks) **graded (4:2:0)**

Avoid napping, have a routine, room environment (dark, cool, quiet), avoid eating late at night, avoid caffeine/stimulants, avoid blue light/screens, improve diet and lifestyle, try to relax before sleep, increase light exposure by day, etc.

(b) (i) Discuss **three** room planning guidelines that should be followed when designing a bedroom for a teenager. 12

(3 room planning guidelines @ 4 marks) **graded (4:2:0)**

*(1 factor must relate directly to a teenager's bedroom)
cost/money available, size and shape of the room, adequate functional storage space, aspect/levels of daylight etc, heating - existing system - energy efficiency, lighting - sufficient task/feature/general lighting, position of doors - traffic flow, function of room/sleep/workspace/play space/homework space, existing furniture, existing features/sockets/plumbing/fixtures/fittings/door position/window position, etc.*

(ii) Draw and label the floor plan of a bedroom designed for a teenager. 16

Indicate the positions of:

the door **@ 3 marks (if no label -1)**

the window **@ 3 marks (if no label -1)**

the lighting **@ 3 marks (if no label -1)**

items of furniture **2 items @ 3 marks (must include a bed) (if no label -1 each)**

drawn to scale **@ 1 mark**

(Correct symbols can be used instead as a label for door, window and lighting)

- (c) Most teenagers are not getting enough key nutrients.
- (i) Plan a balanced **two-course** dinner menu that meets the nutritional needs of a teenager. 12

2 complete courses @ 3 marks	graded (3:1:0)
Balanced @ 2 marks	graded (2:0)
Healthy drink @ 2 marks	graded (2:0)
Sequence @ 2 marks	graded (2:0)

- (ii) Describe **three** meal planning guidelines that you followed when planning the dinner menu for the teenager. 12

(3 meal planning guidelines linked to menu @ 4 marks) graded (4:2:0)

Well balanced meal, follow the healthy eating guidelines, accept nutritional points (to include the name of nutrient, food and function), follow the food pyramid, variety of colour/texture/flavour, liked by a teenager; etc.

- (d) Energy drinks have become more popular in recent years.
Suggest **two** reasons why energy drinks may not be suitable for teenagers. 6

(Any 2 relevant points explained @ 3 marks) graded (3:1:0)

High in sugar 17 teaspoons lead to obesity, dental decay, increase risk of diabetes (type II) caffeine unsuitable for adolescents, prevents teenagers from sleeping, over stimulated, etc.

- (e) In 2024, the 'Deposit Return Scheme' for drinks containers such as cans and plastic bottles, was introduced in Ireland.
Outline **two** pieces of information about this recycling scheme. 6

(2 pieces of information @ 3 marks) graded (3:1:0)

When you buy a drink in a container with the Re-turn logo, you are charged a small refundable deposit, most drinks containers such as bottles, cans and tins made from plastic, aluminium or steel can be returned once they are between 150ml and 3 litres, you can get your deposit by returning your containers, the containers should be empty, undamaged and in their original shape, the container should have a Re-turn logo and the barcode must also be readable, etc.

Question 13

(a) Vegetables are an important part of a balanced diet. **12**

(i) Name **two** nutrients found in vegetables and state **one** function of each nutrient.

Nutrient 2@3 graded (3:0)	Function 2@3 graded (3:0)
Vitamins A, D, E, K and B,C Minerals : Iron /Calcium etc.	Accept correct function
Carbohydrate/Sugar/Fibre/Starch Protein Fat	

(ii) Describe **three** ways to prevent the loss of nutrients when preparing and/or cooking vegetables. **12**

(3 ways described @ 4 marks each) graded (4:2:0)

Eat raw if possible, use a sharp knife to prevent damaging cell, avoid peeling if possible, or peel thinly same reason as above and to avoid losing fibre, avoid steeping in water (water soluble vitamins can leach into water), avoid preparing too far in advance to prevent discolouration, cook for the least amount of time, cook in small amount of water, cook with lid on, avoid overcooking, avoid reheating if possible etc.

(b) Safefood has said it supports moves by supermarkets to remove best-before dates from some food products to reduce food waste in Ireland. (*rte.ie*)

(i) Explain the term best-before date. **5**

(Explanation of the term best-before date @ 5 marks) graded (5:3:0)

The best before date is given on foods that have a longer shelf life e.g. breakfast cereals etc, these foods are low risk for food poisoning so the dates are about quality and not safety, many foods that are past their 'best before' date may be safe to eat if they look and smell fine, but their quality may have reduced.

(ii) Explain how a consumer could identify from their appearance/texture that vegetables sold without a best-before date, are still fresh and suitable for use.

Give **three** points.

15

(3 points described @ 5 marks) graded (5:3:0)

Look for a bright, even colour with no dark spots or mould, bruises, dents, or damaged skin. Signs of fresh vegetables will depend upon the type of produce (not wilting, firm to touch, not rubbery etc.)

- (c) Michelle is a food producer who supplies organic vegetables to local food markets and supermarkets. She needs a new work apron.

Michelle will follow the stages of the design brief process to produce the apron.

- (i) Sketch, label and describe **one** possible solution. 15

Include reference to the colour(s) and stitches in your answer.

Sketch @ 5 marks graded (5:3:0)

Label 1 @ 2 marks

Description 4 @ 2 marks graded (2:0)

Must refer to colour and stitches in either the description or on the label, otherwise:

No stitches mentioned -2 marks, no colour mentioned -2 marks

- (ii) Describe **two** factors Michelle should consider when choosing fabric for the apron. 8

(2 factors described @ 4 marks) graded (4:2:0)

Cost, cleaning, suitability, colour etc.

- (iii) List **four** items of equipment Michelle will need to make the apron 8

(4 items of sewing equipment @ 2 marks) graded (2:0)

Scissors, thimble, needle, thread, pinking shears, stitch ripper, sewing machine, etc.

- (d) Explain the term *fast fashion*. 5

graded (5:3:0)

Inexpensive clothing produced quickly by mass-market retailers in response to the latest catwalk trends, low cost and often poor- quality clothing produced quickly in vast amounts in line with trending fashion styles, etc.