



Coimisiún na Scrúduithe Stáit  
State Examinations Commission

## Junior Cycle Final Examination 2025

# Home Economics

Common Level

Wednesday 11 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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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.

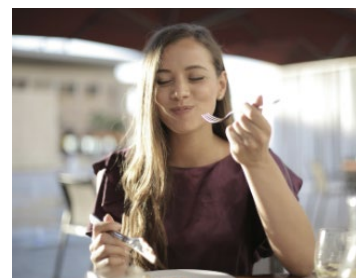
You must return this examination booklet at the end of the examination.

## Section A

80 marks

Answer all questions.

**Question 1** Healthy eating is essential for wellbeing.



State **four** healthy eating guidelines.

1.	
2.	
3.	
4.	

**Question 2**



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

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

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

1.
----

2.
----

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

1.
2.

**Question 4** Leftover foods can create tasty dishes saving money and time in the kitchen.

**Boiled potatoes**



**½ can of tomatoes**



**Roast chicken**



**Bread**



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

Leftover foods	Dish
Boiled potatoes	
½ can of tomatoes	
Roast chicken	
Bread	

**Question 5** Frying is a popular method of cooking.



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

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

**Question 6**



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

<b>1.</b>
<b>2.</b>

**Question 7** '81% of Irish households are using smart home technology.' (*irishtechnews.ie*)



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

1.
2.

**Question 8**



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

1.
2.

### Question 9



List **four** sources of consumer information.

1.
2.
3.
4.

### Question 10



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

1.
2.

Answer all questions.

**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.

**credit      want      food      saving      goals      net income**

Management means using resources to achieve \_\_\_\_\_.

A budget is a plan for spending and \_\_\_\_\_ money.

An example of an item of essential expenditure is \_\_\_\_\_.

Buying on \_\_\_\_\_ means "buy now pay later".

Our take-home pay, after tax is deducted, is called \_\_\_\_\_.

A \_\_\_\_\_ is something that we can live without e.g. the latest smartphone.



(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.

1.
2.
3.
4.

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

1.	2.
----	----

Explain how raising agents work.


- (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.

<b>Advantages</b>
1.
2.
<b>Disadvantages</b>
1.
2.

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


- (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.

1.
2.
3.

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

1.
2.

**Question 12** Well-designed teenage bedrooms are multi-functional, restful spaces.



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


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

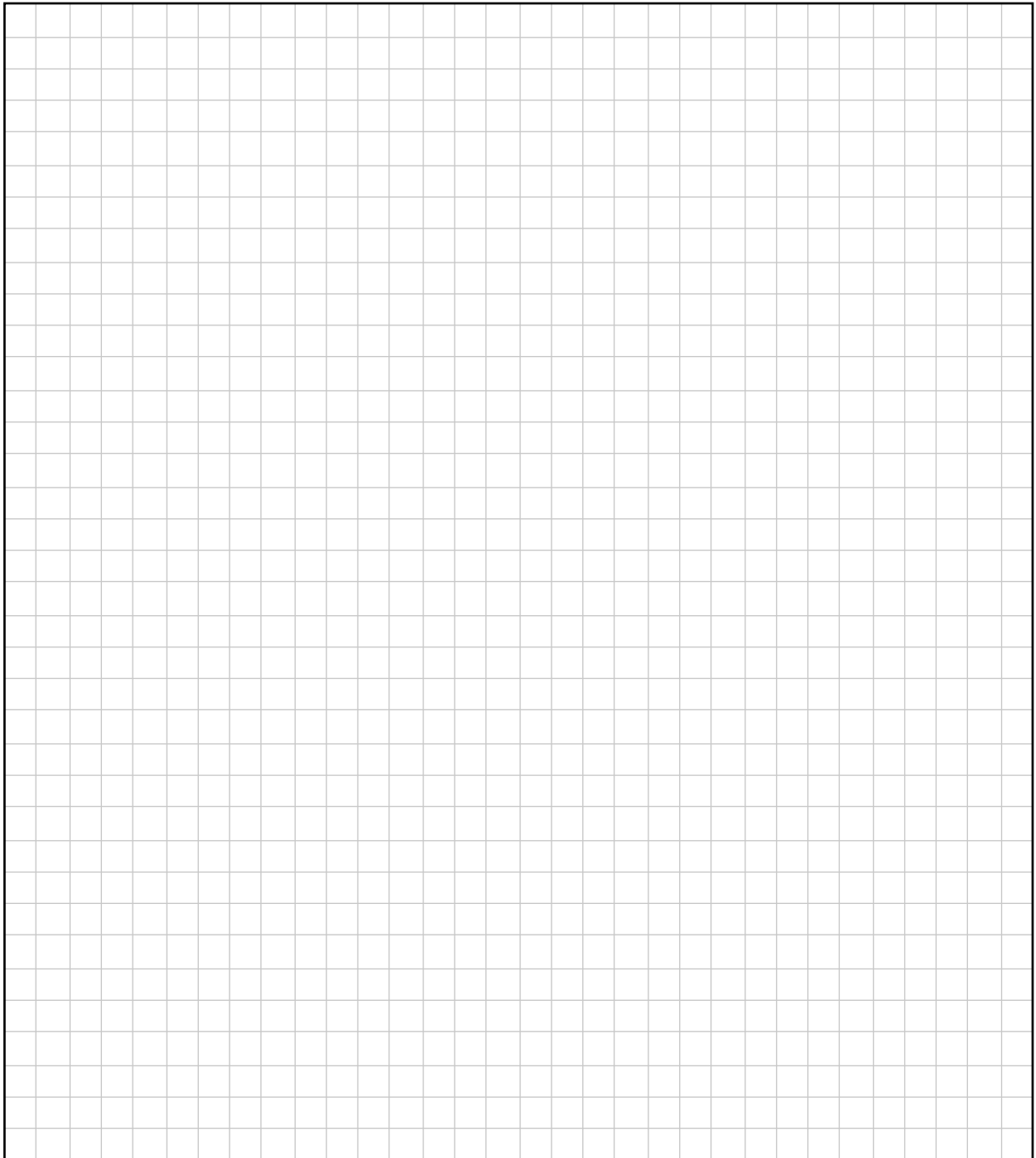
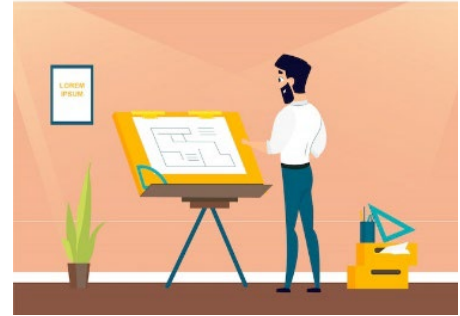
1.
2.

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

1.
2.
3.

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

Indicate the positions of:  
the door  
the window  
the lighting  
items of furniture

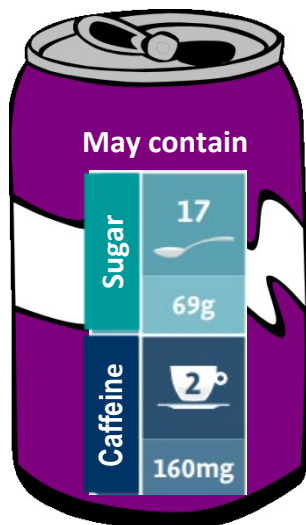


- Dinner Menu

- |    |  |
|----|--|
| 1. |  |
|    |  |
|    |  |
| 2. |  |
|    |  |
|    |  |
| 3. |  |
|    |  |
|    |  |

(d) Energy drinks have become more popular in recent years.

Suggest **two** reasons why energy drinks may not be suitable for teenagers.



1.

2.

(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.

1.

2.

### Question 13

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

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

<b>Nutrient 1</b>
<b>Function</b>
<b>Nutrient 2</b>
<b>Function</b>



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

<b>1.</b>
<b>2.</b>
<b>3.</b>



- (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.

<b>Best-before date</b>

(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.

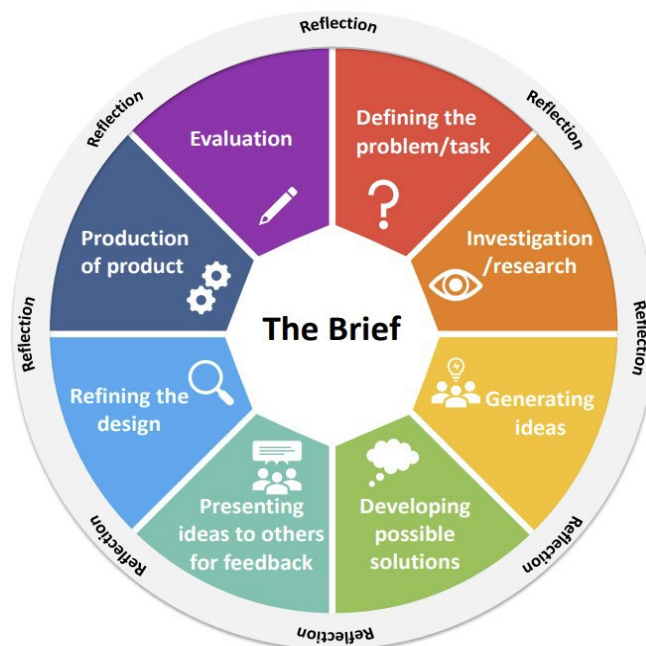
Give **three** points.

<b>1.</b>
<b>2.</b>
<b>3.</b>



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

**Sketch**

Description

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

1.
2.

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

1.
2.
3.
4.

(d) Explain the term *fast fashion*.


[illegible]





## Acknowledgements

### Images

Images on page 3: <https://www.pexels.com/photo/woman-in-purple-eating-3811663/> (Accessed: 27/11/24); <https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely> (Accessed: 12/11/24).  
Images on page 4: <https://potatogoodness.com/f2f-spud-feature-yellow-potatoes/> (Accessed: 01/11/24); <https://www.simplyrecipes.com/best-canned-tomatoes-chefs-8685298> (Accessed: 01/11/24); [https://2.bp.blogspot.com/-pvBBBd7KtFI/V-p9R\\_\\_ISdl/AAAAAAAAAJVk/5B9ApWI-2QwFQLtPV\\_2vzkaERnTGh-3kQCEw/s1600/Whole-Roasted-Chicken-000046263582\\_Double.jpg](https://2.bp.blogspot.com/-pvBBBd7KtFI/V-p9R__ISdl/AAAAAAAAAJVk/5B9ApWI-2QwFQLtPV_2vzkaERnTGh-3kQCEw/s1600/Whole-Roasted-Chicken-000046263582_Double.jpg) (Accessed: 01/11/24); <https://insanelygoodrecipes.com/types-of-bread/> (Accessed: 01/11/24).  
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