

## Question 10

8

Describe one responsibility of each of the following family members.

**Responsibility of a parent:****(1 described responsibility @ 4 marks)****graded (4:2:0)**

*to ensure that the physical needs of children are met/children have adequate clothing/healthy diets etc.*

*to pay bills/rent/mortgage/provide financially/meet the economic needs of children, to pass on norms/values /language/traditions/meet the socialisation needs of children,*

*to love/support/encourage/meet the emotional need of children,*

*to provide a stimulating environment/encourage learning/primary educators/provide books/place to study/meet the intellectual needs of children,*

*set a good example in the community /volunteer in sports clubs/tidy towns/community groups, be environmentally responsible/recycle/use energy efficiently, etc.*

**Responsibility of a teenager:****(1 described responsibility @ 4 marks)****graded (4:2:0)**

*help out at home/do chores,*

*work well in school/do homework responsibly,*

*interact with and look after siblings,*

*maintain/take care of own possessions,*

*be kind to grandparents,*

*be responsible with money/own earnings,*

*follow the rules/avoid risk taking behaviour,*

*be environmentally responsible/recycle/use energy efficiently, etc.*

*show respect to parents/teachers/those in authority, etc.*

## Question 2

### Question 7

'80% of all heart disease is preventable,' ([layahealthcare.ie](http://layahealthcare.ie))

8

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

(2 guidelines @ 3 marks)

graded (3:1:0)

(1 guideline @ 2 marks)

graded (2:1:0)

*Reduce saturated fat, avoid stress, avoid smoking, avoid alcohol, exercise regularly (cardio)  
increase fibre intake, decrease salt intake, use functional cholesterol lowering products in the  
diet, etc.*

### Question 3

#### Question 7

8

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

**(1 explained effect on nutrition @ 4 marks)**

**graded (4:2:0)**

*The fat content affects the calorie content of the product, increases risk of overweight, increases cholesterol levels, etc.*

*the fat content affects the fat-soluble vitamins (A, D, E, K) in the product, increases nutritive value,*

*butter contains salt so the products sodium/salt content increases, effect on blood pressure, etc.*

**(1 explained effect on texture of a baked product @ 4 marks)**

**graded (4:2:0)**

*adds moistness to cakes,*

*adds flakiness to pastry,*

*adds softness to cakes,*

*may create greasy texture, etc*

## Question 4

### Question 5

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

- (a) Name **one** health problem associated with high cholesterol. (2m) 8  
coronary heart disease; heart attack; high blood pressure; stroke; diabetes; etc.
- (b) Explain **two** meal planning guidelines to follow when planning meals for a person with high cholesterol. (2x3) grade (3:2:0)  
follow the food pyramid; reduce consumption of foods high in saturated fats; cut down on salt and salty foods; use lean meat and poultry; meat free days; include a wide variety of fresh fruit and vegetables into the diet; include food high in omega 3; use healthy cooking methods; cut down on take away meals and processed foods; consume high fibre diet; etc

## Question 5

### Question 2

Explain the term cross contamination and give one example of how it can be prevented when preparing or storing food. (2x4) **graded (4:2:0)**

8

**Cross contamination** transfer of bacteria from raw food to cooked food.

#### **Prevent cross contamination**

store food correctly in the fridge e.g. store raw meat and poultry at the bottom of the fridge below ready to eat foods.; never wash raw meat or poultry as this could spread bacteria onto surfaces; wash hands thoroughly after handling raw meat or poultry; wash chopping boards and equipment; use colour coded chopping boards when preparing raw meat, raw fish, cooked meat, vegetables and fruit; wash all surfaces and utensils in hot soapy water or in a dishwasher so cleanse; wash dishcloths and tea towels daily; clean and disinfect surfaces regularly; etc.

**Question 2**

8

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

**(1 described advantage of buying goods on credit at 4 marks)**      **graded (4:2:0)**

*use of goods immediately,*

*allows credit profile (credit rating) to be created, etc.*

**(1 identified disadvantage of buying goods on credit at 4 marks)**      **graded (4:2:0)**

*higher cost- added interest,*

*encourages impulse buying,*

*may lead to debt problems, etc.*

Question 2

8

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.

**(2 described guidelines @ 3 marks)**

**graded (3:1:0)**

**(1 described guideline @ 2 marks)**

**graded (2:1:0)**

*Plug out/switch off electrics- including chargers when not in use/at night,  
purchase quality electrical appliances from a reputable supplier,  
do not leave saucepans/frying pans/deep fat fryers, etc., unattended,  
use a fire guard in front of open fires, don't dry clothes in front of an open fire,  
have working fire safety equipment available -fire/smoke alarm, fire blanket/extinguisher  
never leave matches where children can reach, never leave candles unattended,  
never put hot ashes in a plastic bin, use appropriate safety precautions when smoking,  
avoid overloading sockets/extension leads, close internal doors at night,  
have an escape plan prepared, 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 10**

8

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.

**(2 adjustments of two different instructions on the label @ 4 marks each)**

**graded (4:2:0)**

*reduce washing temperature from 40°C, to 15 ° C - 30°C,*

*do not bleach-damages environment,*

*do not tumble dry, air dry, line dry,*

*avoid ironing/ reduce ironing temperature-from medium to low, etc.*

Question 5

8

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

(i) Identify the stitch shown.

**(Name of stitch @ 1 mark)**

*Straight stitch*

**graded (1:0)**

(ii) Describe another use for this stitch.

**(1 description of another use @ 7 marks)**

**graded (7:2:0)**

*Used to hold pieces of fabric together/seams,  
seam finishes/edge machining, sewing hems,  
to decorate using free stitched embroidery,  
used for appliqued shapes, quilting, etc.*

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## Question 11

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### Question 11

- (a) Describe **two** benefits of sharing family meals together. **(2x6) graded (6:3:0)** **12**
- connect with one another; improves relationships; allows for conversations; improves communication; improves wellbeing; share stories/traditions; improves social skills; gives children a sense of security and stability; share responsibilities; establish good eating habits; etc.

## Question 12

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

(i) Explain the term 'extended family'.

5

(explanation of the term @ 5 marks)

graded (5:3:0)

*An extended family is a family consisting of aunts, uncles, grandparents, and cousins, the family extends beyond the nuclear family of children and parents, provides support in crisis, also called the traditional family, in some societies/cultures and traditionally - extended families live together, etc.*

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

10

(2 assessed benefits @ 5 marks each)

graded (5:3:0)

*builds family bonds/ strengthens relationships,  
reduces feelings of isolation/ loneliness,  
reduces misunderstandings/ conflicts,  
shares concerns and worries/ builds better supports,  
socialisation/ pass on social norms/ value, etc.*

## Question 13

### 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.

3 courses x 4m graded (4:2:0) (unhealthy -1m, no drink -1m),  
Balanced 3m, Correct format 3m graded (3:1:0)

18



(ii) Describe **three** meal planning guidelines you followed when planning this breakfast menu.  
**(3x4) graded (4:2:0)**

12

balanced meal (3 out of 4 food groups); follow the healthy eating guidelines -give a description; accept name of nutrient/ food / function; follow the food pyramid; quick to make; variety of colour/texture/flavours; liked by a teenager; etc.

**Question 14**

(b) Colm eats a cereal bar as a snack. Below is a food label of two different cereal bars.

Bar Per serving	Energy KJ	Protein g	Fat g	Of which is saturated fat g	Carbs g	Sugar g	Symbol
<i>Honey and Oat Bar</i>	593 KJ	4.7 g	7.8 g	0.9 g	12 g	4.1 g	
<i>Apple and Raisin Bar</i>	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 table above recommend **one** cereal bar for Colm. **name = 1** **1**  
 Honey and oat bar; Apple and raisin bar

(ii) Justify **three** reasons for your choice **3x7 graded (7:3:0) 21**

**Honey and Oat bar** - higher energy count which is good for Colm who is very active; higher in protein good for growth for Colm who is a growing teenager; Lower in sugar extra sugar leads to tooth decay; etc.

**Apple and raisin bar** - lower amount of saturated fat; higher amount of carbohydrates for heat and energy; Colm might be a vegan so it could be suitable for him as well; etc.

## Question 15

- (b) (i) Analyse **four** different hygiene guidelines that should be followed to reduce the risk of food poisoning. **16**

**(4 different analysed hygiene guidelines to reduce the risk of food poisoning @ 4 marks each) graded (4:2:0)**

*Personal Hygiene-wash hands regularly, cover cuts, tie back hair, wear gloves as appropriate,  
Kitchen hygiene-keep kitchen floors/surfaces/ bins clean and disinfect as necessary, wash / disinfect kitchen cloths regularly,  
store foods at the correct temperature-cold foods in fridge, hot foods above the danger zone temperature,  
cook foods thoroughly, check for traces of pink, use of temperature probe/ food thermometer,  
follow rules re defrosting/ cooking frozen foods,  
protect foods from insects/flies/pets, etc*

- (ii) Name **two** groups of people who are most at risk from food poisoning. **8**

**(2 groups of people most at risk of food poisoning @ 3 marks each) graded (3:0)**

*Pregnant women, elderly, infants/small children, those with weakened immune system, etc.*

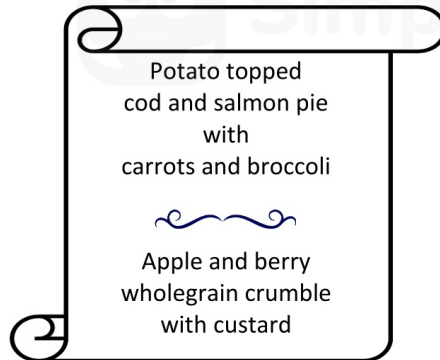
Suggest why these groups of people are more at risk.

**(1 suggested reason @ 2 marks) graded (2:0)**

*Less able to fight off food poisoning bacterial infection, likely to be made more unwell if they ingest food poisoning bacteria, food poisoning bacteria can impact on an unborn baby, etc.*

Question 16

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



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

12

(3 advantages @ 4 marks each)

graded (4:2:0)

*Little preparation required,  
freezing as a method of processing-retains nutrients in vegetables,  
fast to cook,  
easy to portion,  
easy to store,  
variety of vegetables available,  
good value/relatively cheap,  
nutritious, etc.*

## Question 17

- (c) Devise **five** different strategies that a family could use to reduce energy costs in the home.  
**(5 different strategies to reduce energy costs @ 3 marks each)      graded (3:2:0)    15**

*Switch off lights, appliances, electronics on standby when not in use,  
use eco settings/ energy saving programmes on washing machines/ dishwashers,  
wash clothes on cold,  
use air fryers/microwaves instead of oven,  
use toasters instead of the grill,  
replace lighting with eco versions/use led bulbs, etc.  
boil only the water you need in the kettle,  
service boilers/ heating systems regularly,  
use night saver electricity,  
turn down thermostat controls,  
turn off radiators in unused rooms/turn off heating when not at home/use apps to manage  
home heating,  
avoid tumble drying clothes,  
insulate to reduce heat loss/save money on heating costs,  
use night-saver electricity,  
generate own electricity/solar panels, home wind turbines, etc  
shop around/change energy provider to get best energy price rate, etc.*

## Question 18

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

15

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 (@ 3 marks)**

**graded (3:1:0)**

**(4 points @ 3 marks each)**

**graded (3:1:0)**

*Expect*

*label,*

*ref to colour – can be visible on the diagram,*

*sewing techniques/stitches,*

*one other point.*

## Question 19

- (d) At the textiles workshop, the family members learned how to use a sewing machine.
- (i) Name the sewing machine stitch shown. **5**  
(name of stitch @ 5 marks) **graded (5:0)**  
*Zig-zag stitch*
- (ii) Explain **three** guidelines that should be followed when using a sewing machine. **12**  
(3 explained guidelines @ 4 marks each) **graded (4:2:0)**  
*Follow manufacturer's instructions*  
*ensure machine is threaded correctly,*  
*use good quality thread,*  
*avoid pushing/ pulling fabric through the machine*  
*ensure needle is inserted correctly,*  
*accept a safety point, etc.*

## Question 20

**(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)*

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Question 21

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(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.*

## Question 22

- (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**

## Question 23

- (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 – 2 graded (2:1:0) describe: (2x5) graded (5:2:0) 12**

**Name of Law** Sale of Goods and Supply of Services Act, 1980; Consumer protection Act, 2007; Electronic Commerce Act, 2000; The Consumer Rights Directive, 2014; etc.

**Describe how it protects the consumer**

Sale of Goods and Supply of Services Act 1980 - good and services are of merchantable quality; fit for purpose; as described, same as sample shown; redress; etc.

Consumer protection Act 2007 - Protects the consumer against false or misleading claims about goods, services or prices. Forbids false or misleading information about the price, previous price or recommended retail price; etc.

Electronic Commerce Act 2000; all electronic signatures/contract/doc have same recognition as written contract; etc.

The Consumer Rights Directive 2014 – clear info before you buy; refund if undelivered; return If changed your mind/faulty; cancel a service; cancel digital purchases; cooling off period; etc.

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Question 24

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(e) Colm has a new sports kit.

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

**(2x3)**

6

check care label; remove stains; close all zips/tie drawstrings; empty pockets; sort colours; check for rips; turn inside out; etc.

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Question 25

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

**(2x4) graded (4:2:0)**

**8**

use an eco-friendly detergent/make your own; use correct amount of detergent; use lower temp; wash in a full load; use special washing bags for fleece; line dry/clothes horse; etc.

Question 26

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

Explain what information each symbol gives to the consumer.

(2x4) 8



Do not bleach



Tumble dry

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## Question 27

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### Question 7

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

**(2x4) graded (4:2:0)**

**8**

**Where clothes are made:** made locally/support Irish business; transport costs and effects; avoid countries with poor worker rights/working conditions etc.

**Other people:** family and friends; famous people; fashion designers; social media influencers; sporting people; etc.