

Question 1

Question 10



SimpleStudy



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

Responsibility of a parent
Responsibility of a teenager



SimpleStudy

Question 2

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 3

Question 7



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

Effect on nutrition
Effect on texture

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.

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- (b) Explain **two** meal planning guidelines to follow when planning meals for a person with high cholesterol.

1.
2.

Question 5

Question 2

Explain the term cross-contamination and give **one** example of how it can be prevented when preparing or storing food.

Cross-contamination
Prevent cross-contamination

Question 6

Question 2

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

Advantage
Disadvantage

Question 7

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 8

Question 6



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

1.	
2.	

Question 9

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.

Question 10

Question 5

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

(i) Identify the stitch shown.



(ii) Describe another use for this stitch.

Question 11

Question 11



(a) Describe **two** benefits of sharing family meals together.

1.
2.



Question 12

(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 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.



Breakfast Menu

- (ii) Describe **three** meal planning guidelines you followed when planning Colm’s breakfast menu.

1.	
2.	
3.	

Question 14

(b) Colm eats a cereal bar as a snack. Below are food labels for two cereal bars.

Bar per serving	Energy KJ	Protein g	Fat g	Of which is saturated fat g	Carbohydrates g	Sugar g	Symbol
Honey and Oat Bar	593 KJ	4.7 g	7.8 g	0.9 g	12 g	4.1 g	
Apple and Raisin Bar	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 food labels above, recommend **one** cereal bar for Colm.

(ii) Justify **three** reasons for your choice.

1.
2.
3.

Question 15

(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.

Question 16

(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.

Question 17



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

1.
2.
3.
4.
5.

Question 19

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



(i) Name the sewing machine stitch shown.



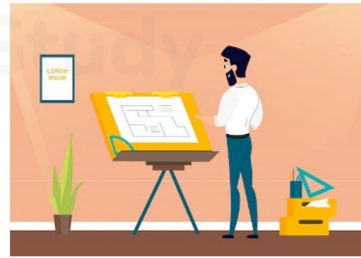
(ii) Explain **three** guidelines that should be followed when using a sewing machine.

1.
2.
3.

Question 20

(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

A large rectangular area filled with a light gray grid, intended for drawing and labeling the floor plan of a bedroom. The grid is approximately 30 units wide and 40 units high. There are two faint 'SimpleStudy' watermarks visible on the grid.

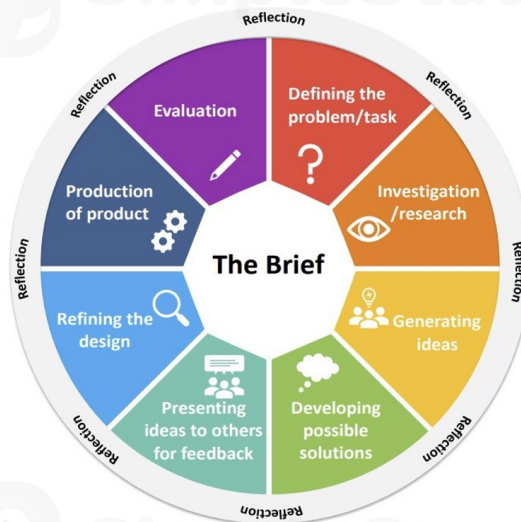
Question 21

(d) Explain the term *fast fashion*.

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

Sketch



Description



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
Describe how it protects the consumer

Question 24

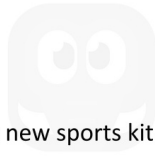
(e) Colm has a new sports kit.



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

1.	
2.	

Question 25



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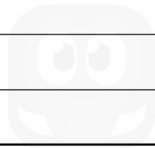


(e) Colm has a new sports kit.

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

1.

2.



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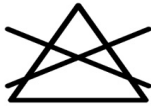
Question 26

Sketch



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

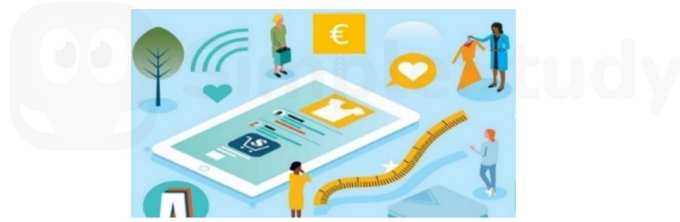
What information does each symbol give to the consumer?





Question 27

Question 7



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

1. Where clothes are made

2. Other people
