

**WARNING**

**You must return this paper with your answer book, otherwise marks will be lost.**

EXAM NUMBER

FOR EXAMINER

Section A  
Total Mark


# Coimisiún na Scrúduithe Stáit State Examinations Commission

**JUNIOR CERTIFICATE EXAMINATION, 2018**

**HOME ECONOMICS**

**HIGHER LEVEL**

**THURSDAY, 14 JUNE - MORNING 9.30 - 12.00**

**Total Marks 300**

**CENTRE STAMP**

## INSTRUCTIONS TO CANDIDATES

1. **SECTION A** - 80 marks.  
Answer 20 (twenty) questions from Section A. All questions carry equal marks.
2. Answer the questions in the space provided.
3. The completed answer book for Section A must be returned to the examination superintendent.
4. **SECTION B** - 220 marks.  
Answer 4 (four) questions from Section B. All questions carry equal marks.

**SECTION A**  
**80 marks**

**Answer 20 (twenty) of the following questions. All questions carry equal marks.**

1. State a deficiency caused by a low intake of each of the following nutrients.

NUTRIENT	DEFICIENCY
(i) Fibre	(i)
(ii) Vitamin C	(ii)
(iii) Vitamin A	(iii)
(iv) Iron	(iv)

2. Explain **each** of the following food terms:

(i) **fortified foods** \_\_\_\_\_  
\_\_\_\_\_

(ii) **purée** \_\_\_\_\_  
\_\_\_\_\_

3. List **four** foods that are a good source of High Biological Value protein.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(iii) \_\_\_\_\_ (iv) \_\_\_\_\_

4. Name **two** different methods of making cakes and give **one** example of each method named.

CAKE MAKING METHOD	EXAMPLE
(i)	(i)
(ii)	(ii)

5. Name **two** products used as a meat substitute in vegan diets.

(i) \_\_\_\_\_

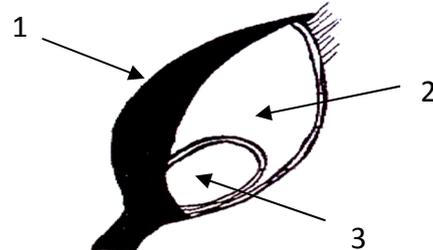
(ii) \_\_\_\_\_

6. Identify the parts of the cereal grain 1, 2, 3.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_



7. List **four** advantages of budgeting.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

8. Suggest **two** precautions a consumer should take to ensure their bank account is secure.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

9. What information does this symbol convey to the consumer?

\_\_\_\_\_  
\_\_\_\_\_



Name **one** item on which this symbol is found \_\_\_\_\_

10. List **four** disadvantages of advertising.

(i) \_\_\_\_\_

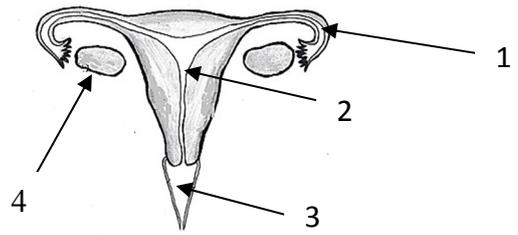
(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

11. Identify the parts of the female reproductive system labelled 1,2,3,4

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_



12. Describe **one** function of each of the following:

(i) **ovary** \_\_\_\_\_  
\_\_\_\_\_

(ii) **amniotic fluid** \_\_\_\_\_  
\_\_\_\_\_

13. Identify **four** guidelines teenagers can follow to relieve stress.

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_
- (iv) \_\_\_\_\_

14. List **two** guidelines young people should follow to control the spread of acne.

- (i) \_\_\_\_\_  
\_\_\_\_\_
- (ii) \_\_\_\_\_  
\_\_\_\_\_

15. Suggest **four** ways that water can be conserved in the home.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

16. Name **four** forms of insulation that are used in the home.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(iii) \_\_\_\_\_ (iv) \_\_\_\_\_

17. Give **two** advantages of buying a washing machine with an 'A rated' energy label.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

18. Explain the term **inorganic waste** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Give **one** example of inorganic waste \_\_\_\_\_

19. Outline **four** factors a teenager should consider when buying a winter jacket.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(iv) \_\_\_\_\_

20. What information does this symbol convey to the consumer?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



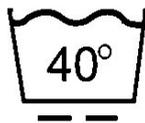
21. Name **two** fabric finishes applied to curtains.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

22. Explain what each of the following fabric care symbols indicate.

(i)



(ii)



(i) \_\_\_\_\_ (ii) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

23. What information does the tog-rating on a duvet convey to the consumer?

\_\_\_\_\_

\_\_\_\_\_

24. Explain **each** of the following textile terms:

(i) **notch** \_\_\_\_\_

(ii) **nap** \_\_\_\_\_

**Blank Page**

**Blank Page**



# Coimisiún na Scrúduithe Stáit State Examinations Commission

**JUNIOR CERTIFICATE EXAMINATION, 2018**

**HOME ECONOMICS**

**HIGHER LEVEL**

**THURSDAY, 14 JUNE - MORNING 9.30 - 12.00**

## **SECTION B (220 MARKS)**

### **INSTRUCTIONS TO CANDIDATES**

Answer **4 (FOUR)** questions from this section.  
All questions carry equal marks.

## SECTION B 220 MARKS

1. The following is a label found on a ready-to-cook Vegetarian Lasagne.

<b>READY-TO-COOK VEGETARIAN LASAGNE</b>	
<b>Nutritional information per 100 g cook-chill product</b>	<b>Ingredients:</b> Tomatoes 37%, Courgette 14%, Peppers 11%, Carrot 9%, Onion, Vegetable Stock, Aubergine 3.7%, Feta Cheese 3.7%, Goat's Milk, Vegetable Oil, Garlic, Lasagne Sheets, Salt, Nutmeg.
Energy	109kcal
Fat	5.2 g
of which saturates	2.8 g
Protein	3.8 g
Salt	0.5 g
Carbohydrates	11.2 g
of which sugars	4.1 g
Fibre	1.1 g
	<b>Cooking Instructions:</b> <i>Oven:</i> remove packaging, place in preheated oven 190°C for 20 mins <i>Microwave:</i> 6 mins @ 800W. Allow one minute standing time.



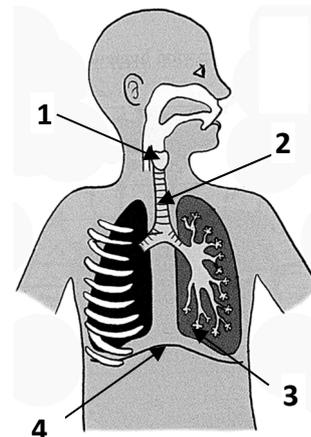
*Suitable for vegetarians*

- (a) Using the nutritional information given on the label, evaluate the nutritional value of the ready-to-cook Vegetarian Lasagne.
- (b) List **three** groups of convenience foods and give **one** example of **each** group.
- (c) Outline the advantages and the disadvantages of using convenience foods.
- (d) What guidelines should be followed when: **(i)** buying **(ii)** storing and **(iii)** cooking cook-chill products to prevent food poisoning?
- (e) Explain the terms: **(i)** vegan and **(ii)** standing time.
2. (a) Outline the importance of including red meat in a teenager's diet.
- (b) (i) State the causes of toughness in meat.
- (ii) List **four** methods that could be used to tenderise meat.
- (c) (i) Plan and set out a two course dinner menu, to include meat, suitable for a family.
- (ii) Give reasons for your choice of foods.
- (d) Explain the effects of cooking on meat.
- (e) What information does the following symbol convey to the consumer when purchasing meat?



3. (a) State the responsibilities of consumers when shopping for goods and services.
- (b) Outline techniques used by shop owners to encourage consumer spending.
- (c) Describe **three** different situations where a consumer is **not** entitled to redress.
- (d) Identify the benefits to the consumer of each of the following: (i) unit pricing (ii) date stamps (iii) allergy advice on food labels.

4. (a) Name the parts of the respiratory system numbered 1, 2, 3 and 4
- (b) Outline: (i) the position and (ii) the functions of the lungs.
- (c) Describe the gaseous exchange that takes place in the lungs.
- (d) State the harmful effects of smoking on the body.
- (e) Name **two** initiatives taken by the government to discourage people from smoking and describe how these initiatives are effective.



5. (a) Outline the factors that should be considered when planning a child's bedroom.
  - (b) Draw the floor plan of the child's bedroom indicating the position of: (i) the window/s (ii) the door (iii) furniture (iv) lighting (v) heat source.
  - (c) Suggest: (i) a colour scheme (ii) floor covering and (iii) types of storage for the bedroom and give a reason for your choice in each case.
  - (d) Explain the following design principles in relation to room planning: (i) proportion and (ii) rhythm.
6. (a) Sketch and describe a fashionable casual summer top you could make as part of Textile Studies.
  - (b) Suggest suitable fabric/s and give **three** reasons for your choice of fabric/s.
  - (c) Describe **one** method you would use to personalise the garment.
  - (d) Name **two** methods of transferring pattern markings onto fabric.
  - (e) Explain how each of the following can affect the appearance of a garment: (i) diagonal lines and (ii) horizontal lines.

**Blank Page**