



# Coimisiún na Scrúduithe Stáit State Examinations Commission

**JUNIOR CERTIFICATE EXAMINATION, 2019**

**HOME ECONOMICS**

**HIGHER LEVEL**

**THURSDAY, 13 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**

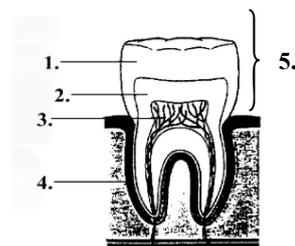
1. The following is the nutritional content of wholemeal bread and of white bread.

 <b>Wholemeal bread</b>	 <b>White bread</b>
Typical values per 100 g	Typical values per 100 g
Energy 246 kcal	Energy 240 kcal
Protein 13.0 g	Protein 9.0 g
Carbohydrates 41.0 g	Carbohydrates 49.0 g
of which sugars 6.0 g	of which sugars 5.0 g
Fibre 7.0 g	Fibre 2.7 g
Fat 3.4 g	Fat 3.2 g
Sodium 400 mg	Sodium 491 mg
<i>Allergen advice</i> <i>contains gluten</i>	<i>Allergen advice</i> <i>contains gluten</i>

- (a) Using the nutritional information above, compare and evaluate the nutritional value of wholemeal bread and the nutritional value of white bread.
- (b) (i) Name **three** cereals included in the diet.  
(ii) Suggest a different food product made from **each** cereal.
- (c) Outline the effects of cooking on cereals.
- (d) (i) Explain why pastry needs to be put into a pre-heated hot oven when baking.  
(ii) What is the role of gluten in bread making?
2. (a) Describe **two** different types of diabetes.
- (b) (i) List **three** factors that increase the risk of developing diabetes.  
(ii) Outline the dietary and lifestyle changes a person with diabetes should follow.
- (c) What are the health problems associated with diabetes?
- (d) Explain the terms: (i) empty kilocalories (ii) peristalsis (iii) refined foods.

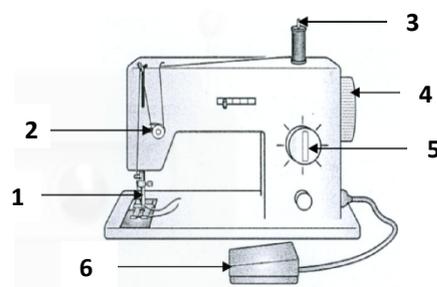
3. (a) Outline the functions of advertising goods and services.
- (b) (i) Name **four** different advertising techniques used by companies to market luxury goods.
- (ii) Choose **one** technique named and explain why you think it is effective.
- (c) Describe how the Consumer Protection Act 2007 (Consumer Information Act 1978) provides protection to the consumer.
- (d) Suggest a different advantage to the consumer for **each** of the following:
- (i) loss-leader pricing      (ii) bulk buying      (iii) credit buying.

4. (a) Identify the parts of the tooth labelled 1,2,3,4 and 5
- (b) Name **four** types of permanent teeth and give a function of each type named.
- (c) Suggest the guidelines that teenagers should follow in order to maintain healthy teeth.
- (d) Describe how plaque can cause dental decay.



5. (a) Describe how technology used in the home can benefit the family.
- (b) Write a note on microwave cookers under **each** of the following headings:
- (i) choice      (ii) use      (iii) cleaning.
- (c) List **three** modern features of a microwave cooker and give the function of **each** modern feature listed.
- (d) Name **three** methods of heat transfer and describe how **each** method is used in cooking.

6. (a) Name the parts of the sewing machine labelled 1,2,3,4, 5 and 6.
- (b) State the rules to follow when (i) using and (ii) caring for a sewing machine.
- (c) Name **two** different seam finishes.
- (d) Explain the following textile terms:      (i) dart      (ii) warp threads.



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