

WARNING

You must return this paper with your answerbook, otherwise marks will be lost.

EXAM NUMBER

FOR EXAMINER

 Section A
 Total Mark



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2010

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 18 JUNE – AFTERNOON 2.00 – 4.30

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 sheets 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. Name **two** macronutrients and **two** micronutrients.

MACRONUTRIENTS	MICRONUTRIENTS
(i)	(i)
(ii)	(ii)

2. List **four** foods that have a high iron content.

(i) _____ (ii) _____
(iii) _____ (iv) _____

3. Give **two** effects of cooking on cereals.

(i) _____
(ii) _____

4. Give **two** dietary guidelines that should be followed during pregnancy.

(i) _____

(ii) _____

5. Suggest **two** ways to reduce the loss of nutrients when preparing fruit and vegetables.

(i) _____

(ii) _____

6. What is a marinade? _____

Suggest **one** food that is suitable for marinating _____

7. List **four** consumer rights.

(i) _____

(ii) _____

(iii) _____

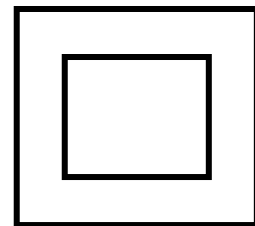
(iv) _____

8. Give **two** advantages of household budgeting.

(i) _____

(ii) _____

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



Name **one** item on which it is found _____

10. Give **two** examples of how supermarkets encourage consumers to spend money.

(i) _____

(ii) _____

11. Explain **each** of the following:

(i) **gender equality** _____

(ii) **stereotype** _____

12. List **four** guidelines that should be followed in order to promote good health in teenagers.

(i) _____

(ii) _____

(iii) _____

(iv) _____

13. Give **one** function of **each** of the following:

(i) **red blood cells** _____

(ii) **platelets** _____

14. Outline **two** harmful effects of alcohol on the body.

(i) _____

(ii) _____

15. What are *human resources*? _____

Give **two** examples of human resources.

(i) _____ (ii) _____

16. What guidelines should be followed when using **and** storing cleaning agents?

(i) _____

(ii) _____

(iii) _____

(iv) _____

17. Give **two** advantages of good lighting in the home.

(i) _____

(ii) _____

18. Name **two** different kitchen appliances under **each** of the following headings:

APPLIANCE WITH A MOTOR	APPLIANCE WITH A HEATING ELEMENT
(i)	(i)
(ii)	(ii)

19. State the advantages of using fashion accessories. _____

Name **one** fashion accessory. _____

20. Give **two** body measurements that are required when buying jeans.

(i) _____

(ii) _____

21. Name **two** machine stitches and suggest a **different** use for **each**.

MACHINE STITCH	USE
(i)	(i)
(ii)	(ii)

22. Suggest a method of removing the following stains from clothing:

(i) **chewing gum** _____

(ii) **blood** _____

23. Explain **each** of the following sewing terms:

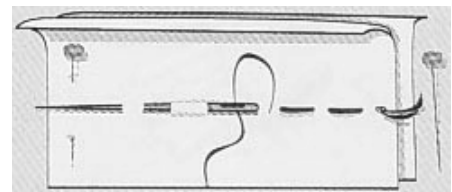
(i) **notch** _____

(ii) **dart** _____

24. Name the stitch shown in the diagram and suggest **one** use for it.

Stitch _____

Use _____



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