



# Coimisiún na Scrúduithe Stáit State Examinations Commission

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**JUNIOR CERTIFICATE EXAMINATION 2010**

**HOME ECONOMICS**

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**HIGHER LEVEL**

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**FRIDAY 18 JUNE - AFTERNOON 2.00 - 4.30**

## **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 information is displayed on the labels of tinned fish.

***TUNA IN BRINE***

*Typical Values per 100g*

Energy	113kcal
Protein	27g
Fat	0.5g
Sodium	0.4g
Carbohydrate	Trace
Fibre	Trace

***TUNA IN OIL***

*Typical Values per 100g*

Energy	189kcal
Protein	27g
Fat	9g
Sodium	0.3g
Carbohydrate	Trace
Fibre	Trace

- (a) (i) Compare the food value of tinned tuna in brine with the food value of tinned tuna in oil.
- (ii) In order to complete a balanced meal, suggest **two** foods to serve with the tinned fish, and give **one** reason for your choice of **each** food.
- (iii) Bearing in mind the healthy eating guidelines, which of the above tinned fish would you serve to (i) an obese adult, (ii) a young athlete and (iii) a person with high blood pressure? Give **one** reason for your choice in **each** case.
- (iv) Explain the terms (i) *trace* and (ii) *brine*.
- (b) Explain why fish should be included in the diet of teenagers.
- (c) Classify fish, and give **one** example of **each** class.

2. (a) Give the rules that should be followed when home baking.
- (b) List **four** types of flour used in home baking and suggest a different use for **each** one.
- (c) (i) Name **three** methods of making bread or cakes and describe **each** method.
- (ii) Suggest a **different** use for **each** method you have named.
- (d) Name **three** raising agents used in home baking and explain how any **one** of them works.
- (e) Suggest **one** advantage and **one** disadvantage of using a convenience bread or cake mix.

3. (a) Suggest **four** reasons for using packaging on goods.
- (b) List **four** types of packaging used on goods and suggest **two** products for which **each** type is suitable.
- (c) What information would you expect to find on the packaging on a frozen chicken?
- (d) Give the disadvantages of packaging on goods.
- (e) Explain how consumers can dispose of the packaging on frozen foods in an *environmentally friendly* way.
4. (a) Outline the function of the digestive system.
- (b) Name **five** parts of the digestive system.
- (c) Select any **two** of the parts you have named and outline their role in digestion.
- (d) Suggest some guidelines that should be followed to promote a healthy digestive system.
- (e) What are digestive *enzymes*?
5. (a) List the factors that should be considered when planning a kitchen.
- (b) Explain what is meant by the *work triangle*.
- (c) Suggest **four** health and safety guidelines that should be followed in the kitchen.
- (d) (i) List the items of fire safety equipment that you would recommend for use in the home.
- (ii) How would you extinguish a fire caused by a frying pan overheating?
- (e) Describe the first aid treatment for a minor burn.
6. (a) Fibres can be classified into two groups.  
Name **each** of the two groups and give **two** examples of **each** group.
- (b) Outline the stages involved in the production of wool.
- (c) State **two** desirable and **two** undesirable properties of wool.
- (d) State **three** different uses of wool in the home.
- (e) What guidelines should be followed when (i) washing and (ii) drying a woollen jumper?

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