

EXAM NUMBER

Total  
Mark



# Coimisiún na Scrúduithe Stáit State Examinations Commission

## JUNIOR CERTIFICATE EXAMINATION 2013

### HOME ECONOMICS

#### ORDINARY LEVEL

*FRIDAY 14 JUNE – AFTERNOON 2.00 – 4.00*

**Total Marks 240**

#### INSTRUCTIONS TO CANDIDATES

1. SECTION A - 80 marks.  
Answer 16 (sixteen) questions from Section A.  
All questions carry equal marks.
2. SECTION B - 160 marks.  
Answer 4 (four) questions from Section B.  
All questions carry equal marks.
3. *Answer the questions in the space provided.*

**CENTRE STAMP**

<b>CENTRE STAMP</b>

#### For examiner's use only

QUESTION	MARK
Section A (Total)	
Section B    1	
2	
3	
4	
5	
6	
<b>TOTAL    →</b>	
<b>GRADE    →</b>	

1. Total of end of page totals	
2. Aggregate total of disallowed question(s)	
3. Total mark awarded (1 minus 2)	
4. Bonus mark for answering through Irish (if applicable).	
5. Total mark awarded if Irish bonus (3+4)	
<p>Note: The mark in row 3 (or row 5 if an Irish bonus is awarded) must equal the mark in the <b>Total Mark</b> box above.</p>	

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

**Answer 16 (sixteen) of the following questions. All questions carry equal marks.**

1. List **four** foods that are a good source of protein.

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

2. Name the **four** food groups.

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

3. Indicate with a tick [✓] whether **each** of the following statements is true **or** false.

	TRUE	FALSE
(i) Syrup is a mixture of salt and water.		
(ii) Cheddar cheese is a soft cheese.		
(iii) Boiling means to cook food in rapidly bubbling water.		

4. Name **three** health problems that can be associated with an incorrect diet.

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

5. Place **each** of the vegetables listed below under the correct heading.

**carrots   peas   spinach   peppers   tomatoes   onions   lettuce**

GREENS	PULSES	ROOTS	FRUITS

6. What is a consumer?

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

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8. Suggest **two** advantages of having a home filing system.

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

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

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9. Give **four** methods of paying for goods and services.

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

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

10. Suggest **four** environmentally friendly shopping guidelines.

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

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

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

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

11. Tick [✓] the correct answers.

- (i) A nuclear family consists of parents and their children living in the same house.
- (ii) An extended family consists of one parent and his/her children.
- (iii) A blended family consists of two families as a result of second relationships.

12. List **three** guidelines that should be followed in order to have good personal hygiene.

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

13. Give **two** reasons why it is important to get enough sleep.

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

14. Name **three** dental health products that can be used to maintain healthy teeth and gums.

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

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



16. Give **two** advantages of using a refrigerator.

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

17. Suggest **three** factors to consider when buying a sewing machine.

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

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

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

18. State **two** functions of curtains.

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

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

19. Why do teenagers use fashion accessories?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Give **one** example of a fashion accessory.

\_\_\_\_\_

20. What information do **each** of the following fabric care symbols give to the consumer?

(i)



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

\_\_\_\_\_

(ii)



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

\_\_\_\_\_

**SECTION B**  
**160 marks**

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

1. Barley is an example of a cereal grain.

(a) Name **four** other cereals.

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

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

(b) Name the cereals that are used to make the following products.

PRODUCT	CEREAL
Flour	
Cornflakes	
Porridge	
Rice cakes	

(c) Suggest **three** advantages of including cereals in the daily diet.

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

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

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

(d) Name **four** types of flour used in baking and give a **different** use for each type.

TYPE OF FLOUR	USE

2. (a) Place **each** of the fish listed below under the correct headings

**Cod, salmon, crab, whiting, mackerel, prawns, herring, mussels**

CLASSIFICATION OF FISH		
OILY FISH	WHITE FISH	SHELLFISH

(b) List the advantages of including fish in the diet.

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

(c) What guidelines should be followed when buying and storing fresh fish?

Buying \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Storing \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(d) Name **three** methods of cooking fish.

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

(e) Suggest **two** garnishes suitable for fish dishes.

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

3. (a) Name **four** materials used for packaging.

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

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

(b) Give **four** reasons why packaging of goods is necessary.

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

(c) List **three** disadvantages of over packaging.

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

(d) Describe how batteries should be disposed of.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



4. (a) Name **three** basic human needs.

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

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

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

(b) List **three** responsibilities of children in the family.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(c) What are the main causes of conflict between children and adults in the home?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(d) Suggest **three** ways of avoiding conflict in the home.

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

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

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

(e) What steps should a teenager take if they are being bullied?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. (a) Give **three** different uses of water in the home.

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

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

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

(b) Suggest **three** methods of saving water in the home.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(c) Choose the correct word from the following list to complete **each** of the sentences.

**Filtration      lime      chlorine      fluoride      mains**

(i) \_\_\_\_\_ may be added to strengthen teeth.

(ii) To remove impurities from water is called \_\_\_\_\_.

(iii) Water leaves the water treatment plant through a large pipe called the

\_\_\_\_\_.

(iv) \_\_\_\_\_ is added to kill bacteria.

(d) What is meant by water pollution?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(e) Give **two** causes of water pollution.

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

\_\_\_\_\_

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

\_\_\_\_\_

6. (a) List **two** guidelines that should be followed when choosing, using and caring for a sewing machine.

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

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

\_\_\_\_\_

(iii) Caring (i) \_\_\_\_\_

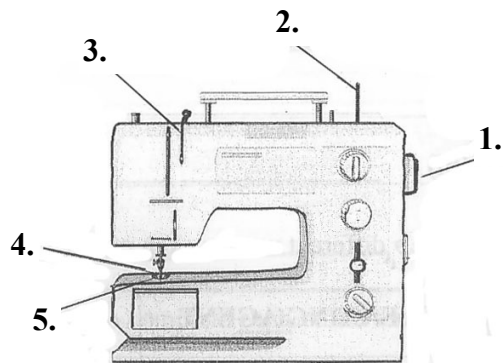
\_\_\_\_\_

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

\_\_\_\_\_

(b) Name the parts of the sewing machine labelled 1, 2, 3, 4 and 5.

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



(c) Give a different reason why **each** of the following faults occur when using a sewing machine.

(i) needle breaks \_\_\_\_\_

\_\_\_\_\_

(ii) thread breaks \_\_\_\_\_

\_\_\_\_\_

(iii) looped stitches \_\_\_\_\_

\_\_\_\_\_

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