



FOR EXAMINER

EXAM NUMBER Total  
No. of  
MarksAN ROINN OIDEACHAIS AGUS EOLAÍOCHTA**JUNIOR CERTIFICATE EXAMINATION 2001****HOME ECONOMICS****ORDINARY LEVEL***FRIDAY 15 JUNE - AFTERNOON 2.00 – 4.00***Total Marks 240****CENTRE STAMP**

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

**INSTRUCTIONS**

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.*
4. The completed answer book must be returned to  
the examination supervisor.

## SECTION A

80 marks

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

1. What is meant by a *balanced diet*? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Tick [✓] four foods listed below which are good sources of calcium.

rice  
sardines  
yogurt  
potatoes

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

cabbage  
beef  
oranges  
milk

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

3. Name a different garnish suitable for each of the following foods:

FOOD	GARNISH
(i) Grilled fish	(i)
(ii) Shepherd's pie	(ii)

4. List four rules which should be followed when storing food.

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

5. Give two reasons why sauces are served with food.

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

6. Suggest a method of cooking suitable for **each** of the following foods:

FOOD	COOKING METHOD
(i) a pork chop	(i)
(ii) pasta	(ii)
(iii) whole chicken	(iii)
(iv) brown bread	(iv)
(v) apples	(v)

7. Give **one** advantage and **one** disadvantage of advertising.

Advantage \_\_\_\_\_

\_\_\_\_\_

Disadvantage \_\_\_\_\_

\_\_\_\_\_

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

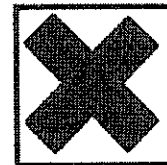
	TRUE	FALSE
(i) Buying on credit means ' <i>buy now, pay later</i> '.		
(ii) A budget is a plan for spending and saving money.		
(iii) Gross income is take-home pay after deductions.		

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



10. Name **one** physical change that occurs in boys and **one** physical change that occurs in girls during puberty.

Boys \_\_\_\_\_

Girls \_\_\_\_\_

11. List **three** ways that a person can reduce the risk of heart disease.

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

12. Tick [✓] the correct answer.

Fertilisation is

- (i) the release of an egg from an ovary.
- (ii) when a sperm joins with an egg.
- (iii) the breakdown of the lining of the uterus.

13. Why is chlorine added to the public water supply? \_\_\_\_\_

\_\_\_\_\_

14. Give **two** examples of fire safety equipment that you would recommend for the home.

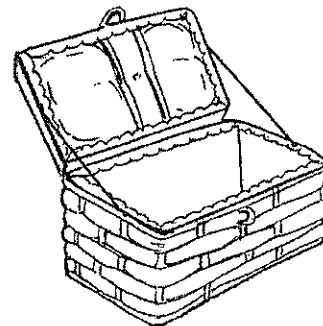
- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_

15. Describe the first aid treatment for a minor cut \_\_\_\_\_

\_\_\_\_\_

16. List **five** items that you would find in a sewing box.

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



17. Tick [✓] whether **each** of the following fabrics are natural **or** man-made.

FABRICS	NATURAL	MAN-MADE
Cotton		
Polyester		
Wool		
Lycra		
Silk		

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

\_\_\_\_\_

\_\_\_\_\_

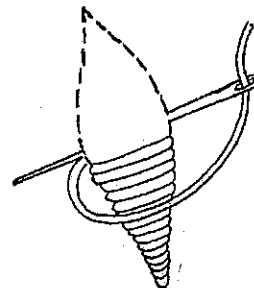
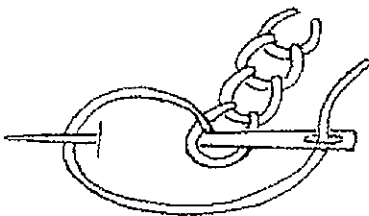
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19. Indicate with a tick [✓] whether **each** of the following statements are true **or** false.

	TRUE	FALSE
(i) Tweed is an example of a woven fabric.		
(ii) A colour fast fabric will fade when washed.		
(iii) Towelling is not an absorbent fabric.		

20. Name the **two** embroidery stitches shown below.



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

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

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

**Answer four questions from this section.**

1. Current dietary guidelines suggest that we should include more fruit in our daily diet.

(a) Give **three** reasons why fruit is important in the diet.

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

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

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

(b) Suggest **four** ways of including fruit in the diet.

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

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

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

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

(c) Give **one** advantage of buying fruit '*in season*'.

**Advantage** \_\_\_\_\_

\_\_\_\_\_

(d) Describe how you would prepare **each** of the following fruits:

(i) apples for an apple tart \_\_\_\_\_

\_\_\_\_\_

(ii) a lemon for grating \_\_\_\_\_

\_\_\_\_\_

(iii) grapes for a fresh fruit salad \_\_\_\_\_

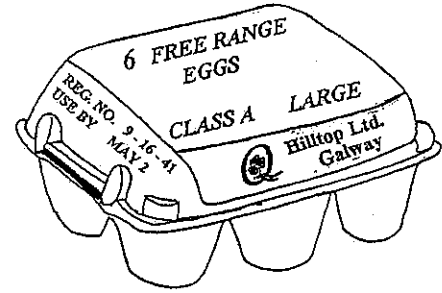
\_\_\_\_\_

(iv) a peach for eating \_\_\_\_\_

\_\_\_\_\_

2. (a) List **four** items of information shown on this egg box.

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



(b) What is meant by *free-range eggs* ?

\_\_\_\_\_

\_\_\_\_\_

(c) Give **three** reasons why eggs are useful in the diet.

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

(d) Plan a balanced breakfast menu for a schoolgoing child to include an egg dish.

BREAKFAST MENU	
_____	
_____	
_____	
_____	

(e) Name the food items in the **menu** that you have planned that come from **each** of the following food groups:

FOOD GROUPS	FOOD ITEMS
Protein Group	
Fruit / Vegetable Group	
Milk Group	
Cereal / Bread Group	

3. (a) What is a consumer?

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(b) List **three** guidelines that consumers should follow when shopping.

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

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

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

(c) This is an example of a barcode that can be found on many products.



Why are barcodes used?

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(d) List **three** items of information that you would expect to find on a receipt.

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

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

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

(e) Explain the term '*bulk buying*'.

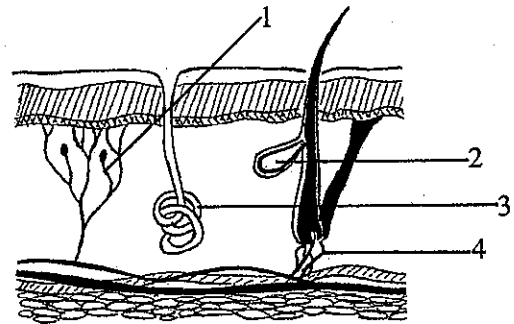
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4. (a) Name the parts of the skin labelled 1, 2, 3 and 4.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_



- (b) Give **three** functions of the skin.

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

- (c) What causes body odour?

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

- (d) List **five** guidelines that you would follow to ensure good personal hygiene.

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

5. Your family has moved house and needs to buy a new cooker.

(a) What type of cooker would you recommend?

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(b) List the points that should guide you when choosing the cooker.

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(c) Suggest some ways to save energy when using the cooker.

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(d) Describe how you would clean the cooker.

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(e) Why is good ventilation necessary when cooking?

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