



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2013

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 14 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 is the nutritional value of Textured Vegetable Protein (TVP) and lean minced beef.

Food per 100 g	Protein	Fat	Carbohydrate	Minerals	Vitamin	Water
TVP	74 g	2 g	10 g of which fibre 5.5 g	Calcium Iron	B	0
Lean minced beef	23.1 g	14.5 g	0 g	Calcium Iron	B	59 g

- (a) Using the nutritional information given on the table:
- (i) Compare the food value of TVP with lean minced beef.
 - (ii) Give **one** function of **each** of the minerals listed and explain how a deficiency of these minerals can effect the body.
- (b) (i) What is TVP made from?
- (ii) Suggest **two** dishes in which TVP can be used.
- (c) Give the advantages of including TVP in the diet.
- (d) Explain **each** of the following:
- (i) lacto vegetarian diet
 - (ii) vegan diet
2. (a) Draw and label the structure of an egg.
- (b) (i) List **five** culinary uses of eggs and give a **different** example of **each** use.
- (ii) Outline the effects of cooking on eggs.
- (c) Give **four** reasons why eggs are included in the diet.
- (d) List **five** items of information that must be given on an egg box.
- (e) What are **free range** eggs?

3. Ann bought a new school bag and discovered it was damaged when she got home.
- (a) Outline the procedure Ann should have followed when she discovered the school bag was damaged.
 - (b) Write Ann's letter of complaint to the shop where the school bag was purchased.
 - (c) Name **two** organisations Ann could contact if she was not satisfied with the way in which her complaint was handled.
 - (d) Explain the consumer terms: *redress* **and** *guarantee*.
4. (a) Name **and** state the function of any **four** parts of the female reproductive system.
- (b) Outline the changes that occur during the menstrual cycle.
 - (c) List the guidelines a pregnant woman should follow during pregnancy.
 - (d) Give the function of **each** of the following: *amniotic fluid* **and** *placenta*.
5. (a) List the main causes of accidents in the home.
- (b) Suggest **four** items of fire safety equipment suitable for use in the home.
 - (c) List the safety guidelines to be followed in order to prevent a fire in the home.
 - (d) Outline the procedure that should be followed to ensure the safety of occupants in the event of a house fire.
6. Cotton is a natural fibre.
- (a) List **three** fabrics made from cotton fibre.
 - (b) Outline the stages involved in the production of cotton.
 - (c) Name **three** other natural fibres.
 - (d) Name, sketch and describe a textile based household item that you could make using cotton.
 - (e) Name **one** fabric often blended with cotton and give **one** advantage of blending fabrics.

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