



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Certificate 2013

Marking Scheme

Home Economics

Higher Level

Note to teachers and students on the use of published marking schemes

Marking schemes published by the State Examinations Commission are not intended to be standalone documents. They are an essential resource for examiners who receive training in the correct interpretation and application of the scheme. This training involves, among other things, marking samples of student work and discussing the marks awarded, so as to clarify the correct application of the scheme. The work of examiners is subsequently monitored by Advising Examiners to ensure consistent and accurate application of the marking scheme. This process is overseen by the Chief Examiner, usually assisted by a Chief Advising Examiner. The Chief Examiner is the final authority regarding whether or not the marking scheme has been correctly applied to any piece of candidate work.

Marking schemes are working documents. While a draft marking scheme is prepared in advance of the examination, the scheme is not finalised until examiners have applied it to candidates' work and the feedback from all examiners has been collated and considered in light of the full range of responses of candidates, the overall level of difficulty of the examination and the need to maintain consistency in standards from year to year. This published document contains the finalised scheme, as it was applied to all candidates' work.

In the case of marking schemes that include model solutions or answers, it should be noted that these are not intended to be exhaustive. Variations and alternatives may also be acceptable. Examiners must consider all answers on their merits, and will have consulted with their Advising Examiners when in doubt.

Future Marking Schemes

Assumptions about future marking schemes on the basis of past schemes should be avoided. While the underlying assessment principles remain the same, the details of the marking of a particular type of question may change in the context of the contribution of that question to the overall examination in a given year. The Chief Examiner in any given year has the responsibility to determine how best to ensure the fair and accurate assessment of candidates' work and to ensure consistency in the standard of the assessment from year to year. Accordingly, aspects of the structure, detail and application of the marking scheme for a particular examination are subject to change from one year to the next without notice.

SECTION A
80 marks

Answer 20 (twenty) of the following questions. All questions carry equal marks.

1. Give **four** healthy eating guidelines that should be followed in order to promote good health. _____ **4**

(i) reduce sugar, reduce salt

(ii) reduce fat, increase fibre

(iii) increase water, reduce alcohol

(iv) have five fruit or veg every day

2. Explain **each** of the following terms: _____ **4**

(i) **convenience food** a food that has been processed in some way by manufacturers to
make it handier, quicker or easier to prepare at home

(ii) **fortified food** the food product has vitamins and minerals added to it during
processing to replace those that are missing or lost

3. Suggest **four** ways to reduce the intake of salt in the diet. _____ **4**

(i) cut down on salty snacks such as crisps/peanuts

(ii) reduce the use of convenience foods/sauces

(iii) reduce the use of table salt

(iv) cut down on intake of processed meats eg ham

4. Name **two** classes of fish and give **one** example of **each** class. _____ **4**

CLASS OF FISH	EXAMPLE
(i) <i>white</i>	(i) <i>cod, plaice, haddock, sole</i>
(ii) <i>oily</i>	(ii) <i>tuna, sardines, salmon</i>
(iii) <i>shell</i>	(iii) <i>prawns, crab, mussels</i>

10. State **one** advantage and **one** disadvantage of online shopping.

4

(i) **Advantage** no need to travel, goods can be delivered next day to your home,
quick, easy

(ii) **Disadvantage** can be fraudulent, have to return faulty goods by post/courier,
need credit card

11. What is the function of the Office of the Ombudsman?

4

Independent body which investigates complaints made by the public against government

bodies such as An Post, local authorities and the HSE

12. Explain **each** of the following terms in relation to the digestive system:

4

(i) **bile** substance made in the liver that breaks up fat into small pieces for easier
digestion.

(ii) **peristalsis** continuous contraction and relaxation of muscles to move food along the
digestive system.

13. Name **four** types of permanent teeth

4

(i) Incisors (ii) Premolars

(iii) Canines (iv) Molars

14. Explain **two** effects of alcohol abuse on the family.

4

(i) financial difficulties due to cost of alcohol, physical abuse due to
agression

(ii) family rows and upset and breakdown, negative example to children

15. List **four** substances that are transported in the blood.

(i) nutrients, waste products

(ii) carbon dioxide, oxygen

(iii) hormones, heat

(iv) water

4

16. Explain **each** of the following terms in relation to resource management.

(i) **ergonomics** the study of time and motion, sequencing tasks so that the least amount of time and energy are used

(ii) **defrosting** the removal of ice (from the ice box in the fridge/freezer) to allow for efficient working of appliance

4

17. Give **two** examples of primary and secondary colours.

Primary colours	Secondary colours
(i) <i>red, yellow</i>	(i) <i>orange, purple</i>
(ii) <i>blue</i>	(ii) <i>green</i>

4

18. Outline the main steps to follow when cleaning a bedroom.

(i) sequence is important

(ii) tidy, sweep

(iii) dust, vacuum

(iv) wash, polish

4

19. What is the advantage of an energy efficient electrical appliance?

reduces the cost of electricity bills

longer lasting

better for the environment

4

20. Name **two** fabric finishes usually applied to fabric for school jackets.

4

(i) stain repellent, water proof, brushing

(ii) shrink resistant, flame proof, moth proof

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

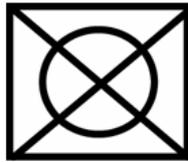
4

Embroidery stitch	Use
(i) <i>satın, long and short</i>	(i) <i>to fill in shapes</i>
(ii) <i>stem, chain</i>	(ii) <i>outline</i>

22. Explain what **each** of the following fabric care symbols indicate:

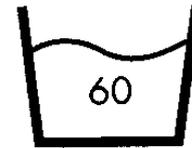
4

(i)



(i) do not tumble dry

(ii)



(ii) machine wash hot

maximum wash

23. Name a stitch suitable for finishing the hem of a garment.

4

Stitch Slip hemming / hemming

24. Suggest a different use for **each** of the following fabrics:

4

(i) **lycra** sportswear, underwear

(ii) **polyester** casual tops, sportswear



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION 2013

HOME ECONOMICS

HIGHER LEVEL

FRIDAY 17 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. MEAT

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. 18

Expect reference to the six nutrients in the table (6 x 3)

Must show comparison

Name of nutrient = 1 mark

Name of nutrient and quantity = 2 marks

Name of nutrient and comparison = full 3 marks

(ii) Give **one** function of **each** of the minerals listed and explain how a deficiency of these minerals can effect the body. 12

Calcium (2 x 3) function – healthy bones and teeth

deficiency – rickets, osteoporosis, teeth decay

Iron (2 x 3) function – production of haemoglobin in red blood cells to carry oxygen around the body

deficiency - anaemia

(b) (i) What is TVP made from? *soya beans* 4 } 10
(ii) Suggest **two** dishes in which TVP can be used. 6 }
spaghetti bolognese, lasagne, shepherd's pie (2 x 3)

(c) Give the advantages of including TVP in the diet. *3 x 3* 9
low in fat, high in protein, convenient, contains fibre, quick to cook, inexpensive

(d) Explain **each** of the following: *(2 x 3)* 6

(i) Lacto vegetarian diet - *do not eat meat, fish or poultry but will eat animal products such as milk, cheese and eggs*

(ii) Vegan diet - *do not eat any animal or animal products (milk, cheese, eggs)*

2. **EGGS**

- (a) Draw and label the structure of an egg. **10**

Diagram 4 marks

Labels 6 x 1 shell, yolk, membrane, air space, chalaza, white

- (b) (i) List **five** culinary uses of eggs and give a **different** example of **each** use. **15**

Uses 2 m

Glazing

Binding

On their own

Garnish

Baking

Coating

Emulsion

Examples 1 m

Scones

Burgers

Boiled

Salad

Sponge

Fish

Mayonnaise

- (ii) Outline the effects of cooking on eggs. (3 x 3) **9**

Protein coagulates, overcooking causes curdling

Lightly cooked eggs are easier to digest, overcooking boiled eggs causes a green ring to form

- (c) Give **four** reasons why eggs are included in the diet. (4 x 2) **8**

Source of protein for growth and repair

Cheap substitute for meat

Suitable for all ages

Easy to digest

Versatile – lots of uses

Quick to cook

- (d) List **five** items of information that must be given on an egg box. (5 x 2) **10**

Name of producer, class, size, origin, number of eggs,

Expiry date, week number, caged or free range

- (e) What are **free range** eggs? **3**

Eggs from hens that are allowed to run free

3. COMPLAINT

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. 3 x 3 **9**

- *Bring school bag and packaging back to the shop*
- *Bring original receipt and/or guarantee*
- *Go to Customer Services desk*
- *Ask politely to speak to manager*
- *State what you expect the shop to do*

- (b) Write Ann's letter of complaint to the shop where the school bag was purchased. 10 x 3 **30**

*Formal letter to include the following:
Ann's address, address of shop, date, dear Sir/Madam,
Explain problem with school bag, date of purchase,
Store of purchase, cost of bag, make and model,
Receipt/guarantee, redress expected, yours sincerely,
Signed Ann.*

- (c) Name **two** organisations Ann could contact if she was not satisfied with the way in which her complaint was handled. 2 x 4 **8**

*Consumer association of Ireland
Small claims court
Citizens Information Bureau
Trade Associations*

- (d) Explain the consumer terms: *redress* **and** *guarantee*. 2 x 4 **8**

*Redress – refund, repair, replacement of a good is faulty
Guarantee – a contract between the manufacturer and the consumer, that a product will be fit for purpose and be satisfactory for a stated length of time, otherwise redress is applied.*

4. FEMALE REPRODUCTION

- (a) Name **and** state the function of any **four** parts of the female reproductive system. **20**

Name 2 m

Function 3 m

Fallopian tubes

where fertilisation takes place

Uterus/womb

where implantation takes place

Ovaries

egg is released during ovulation

Vagina

holds the penis/birth canal

- (b) Outline the changes that occur during the menstrual cycle. 4 x 4 **16**

lasts approx 28 days, days 1-5 bleeding occurs/menstruation, day 14 is ovulation, uterus builds up content, menstruation occurs if fertilisation has not occurred.

- (c) List the guidelines a pregnant woman should follow to ensure a healthy pregnancy. 4 x 3 **12**

Eat a balanced diet, increase iron, increase protein, increase calcium, lots of fresh fruit and vegetables, increase water, exercise, avoid alcohol, avoid smoking, avoid unpasteurised foods, visit the doctor, rest etc.

- (d) Give the function of **each** of the following: *amniotic fluid* **and** *placenta*. **7**

Amniotic fluid (4) – fluid that surrounds the baby in the womb and protects it

Placenta (3) – where the embryo is attached, provides oxygen and nutrients.

5. **SAFETY IN THE HOME**

- (a) List the main causes of accidents in the home. 4 x 3 12
People (careless, forgetful, curious)
Faulty appliances
Badly constructed buildings
Careless storage of harmful chemicals

- (b) Suggest **four** items of fire safety equipment suitable for use in the home. 4 x 3 12
Fire guard, fire blanket, smoke alarm, fire extinguisher

- (c) List the safety guidelines to be followed in order to prevent a fire in the home. 4 x 4 16
Use a fire guard, never put hot ashes in a plastic bin,
don't dry clothes in front of an open fire, don't smoke in bed, never leave candles
unattended, switch off electrical appliances at night/when not in use.

- (d) Outline the procedure that should be followed to ensure the safety of occupants in the event of a house fire 5 x 3 15
Keep calm, alert all occupants in the home, ensure everyone vacates the home,
close doors and windows, do not re enter the building, call the fire brigade

6. **COTTON**

Cotton is a natural fibre.

- (a) List **three** fabrics made from cotton fibre. 3 x 4 **12**

Denim, towelling, poplin, muslin, flannelette, gingham, lawn

- (b) Outline the stages involved in the production of cotton. 3 x 4 **12**

*Pods develop after flowering,
Bolls burst releasing white fluffy fibres,
Bolls are picked, cleaned and graded,
Seeds are removed,
Fibres are combed into parallel strands and spun into thread or yarn,
Yarn is used to make cotton fabric.*

- (c) Name **three** other natural fibres. 3 x 3 **9**

Wool, linen, silk

- (d) Name, sketch and describe a textile based household item that you could make using cotton. **14**

*Name 2
Sketch 6
Describe 6*

- (e) Name **one** fabric often blended with cotton and give **one** advantage of blending fabrics. **8**

*Fabric 4 polyester
Advantage 4 to make polycotton which is easier to launder*

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