



Coimisiún na Scrúduithe Stáit State Examinations Commission

JUNIOR CERTIFICATE EXAMINATION, 2018

HOME ECONOMICS

HIGHER LEVEL

THURSDAY, 14 JUNE - MORNING 9.30 - 12.00

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 a label found on a ready-to-cook Vegetarian Lasagne.

READY-TO-COOK VEGETARIAN LASAGNE	
Nutritional information per 100 g cook-chill product	Ingredients: Tomatoes 37%, Courgette 14%, Peppers 11%, Carrot 9%, Onion, Vegetable Stock, Aubergine 3.7%, Feta Cheese 3.7%, Goat's Milk, Vegetable Oil, Garlic, Lasagne Sheets, Salt, Nutmeg.
Energy	109kcal
Fat	5.2 g
of which saturates	2.8 g
Protein	3.8 g
Salt	0.5 g
Carbohydrates	11.2 g
of which sugars	4.1 g
Fibre	1.1 g
	Cooking Instructions: <i>Oven:</i> remove packaging, place in preheated oven 190°C for 20 mins <i>Microwave:</i> 6 mins @ 800W. Allow one minute standing time.



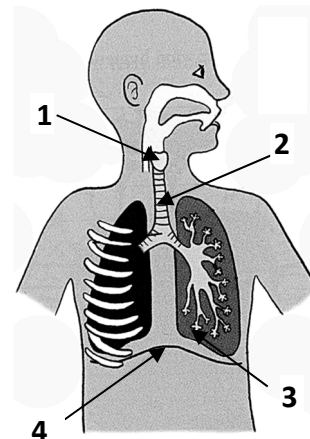
Suitable for vegetarians

- (a) Using the nutritional information given on the label, evaluate the nutritional value of the ready-to-cook Vegetarian Lasagne.
- (b) List **three** groups of convenience foods and give **one** example of **each** group.
- (c) Outline the advantages and the disadvantages of using convenience foods.
- (d) What guidelines should be followed when: **(i)** buying **(ii)** storing and **(iii)** cooking cook-chill products to prevent food poisoning?
- (e) Explain the terms: **(i)** vegan and **(ii)** standing time.
2. (a) Outline the importance of including red meat in a teenager's diet.
- (b) (i) State the causes of toughness in meat.
- (ii) List **four** methods that could be used to tenderise meat.
- (c) (i) Plan and set out a two course dinner menu, to include meat, suitable for a family.
- (ii) Give reasons for your choice of foods.
- (d) Explain the effects of cooking on meat.
- (e) What information does the following symbol convey to the consumer when purchasing meat?



3. (a) State the responsibilities of consumers when shopping for goods and services.
- (b) Outline techniques used by shop owners to encourage consumer spending.
- (c) Describe **three** different situations where a consumer is **not** entitled to redress.
- (d) Identify the benefits to the consumer of each of the following: (i) unit pricing (ii) date stamps (iii) allergy advice on food labels.

4. (a) Name the parts of the respiratory system numbered 1, 2, 3 and 4
- (b) Outline: (i) the position and (ii) the functions of the lungs.
- (c) Describe the gaseous exchange that takes place in the lungs.
- (d) State the harmful effects of smoking on the body.
- (e) Name **two** initiatives taken by the government to discourage people from smoking and describe how these initiatives are effective.



5. (a) Outline the factors that should be considered when planning a child's bedroom.
 - (b) Draw the floor plan of the child's bedroom indicating the position of: (i) the window/s (ii) the door (iii) furniture (iv) lighting (v) heat source.
 - (c) Suggest: (i) a colour scheme (ii) floor covering and (iii) types of storage for the bedroom and give a reason for your choice in each case.
 - (d) Explain the following design principles in relation to room planning: (i) proportion and (ii) rhythm.
6. (a) Sketch and describe a fashionable casual summer top you could make as part of Textile Studies.
 - (b) Suggest suitable fabric/s and give **three** reasons for your choice of fabric/s.
 - (c) Describe **one** method you would use to personalise the garment.
 - (d) Name **two** methods of transferring pattern markings onto fabric.
 - (e) Explain how each of the following can affect the appearance of a garment: (i) diagonal lines and (ii) horizontal lines.

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