Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Cycle 2022

Marking Scheme

Home Economics

Common 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.

Home Economics

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Marking scheme

Instructions

Therese are **two** sections in this examination paper.

Section A	80 marks	10 questions
Section B	240 marks	3 questions

Answer all questions.

In developing the marking schemes the following should be noted:

- *In many cases only key phrases are given which contain information and ideas that must appear in the candidate's answer in order to merit the assigned marks*
- *The descriptions, methods and definitions in the scheme are not exhaustive and alternative valid answers are acceptable*
- *The detail required in any answer is determined by the context and the manner in which the question is asked, and by the number of marks assigned to the answer in the examination paper. Requirements and mark allocations may, therefore, vary from year to year.*
- *Words, expressions or phrases must be correctly used in context and not contradicted, and where there is evidence of incorrect use or contradiction, the marks may not be awarded.*

Grade	Grading range
Distinction **D**	288 - 320
Higher Merit **HM**	240 - 287
Merit **M**	176 - 239
Achieved **A**	128 - 175
Partially Achieved **PA**	64 - 127
Not Graded **NG**	0 - 63

Section A — 80 marks

Answer all questions.

Question 1

Safety in the home is essential in order to prevent injury.

(a) Describe **two** safety rules to follow when storing cleaning agents in the home. **8**

(2x3) graded (3:2:0)

store out of reach of children or locked in a press; store in a cool dry place; store in original container; if unable to use original container store in a clear glass/plastic container clearly labelled; use containers with child proof locks; etc.

(b) State what information the symbol shown on the bottle gives to the consumer. **(2m)**

this is a hazard symbol; it means that a product is toxic.

(*www.thecatvet.co.uk*)

Question 2

Explain the term cross contamination and give one example of how it can be prevented when preparing or storing food. **(2x4)** **graded (4:2:0)** **8**

Cross contamination transfer of bacteria from raw food to cooked food.

Prevent cross contamination

store food correctly in the fridge e.g. store raw meat and poultry at the bottom of the fridge below ready to eat foods.; never wash raw meat or poultry as this could spread bacteria onto surfaces; wash hands thoroughly after handling raw meat or poultry; wash chopping boards and equipment; use colour coded chopping boards when preparing raw meat, raw fish, cooked meat, vegetables and fruit; wash all surfaces and utensils in hot soapy water or in a dishwasher so cleanse; wash dishcloths and tea towels daily; clean and disinfect surfaces regularly; etc.

Question 3

(a) Identify **two** ways in which a person's diet can affect their teeth. **(2x2)**

Foods rich in calcium, phosphorous and vitamin D such as milk or cheese help to strengthen the teeth; crunchy foods such as raw carrots can help to clean the teeth; too much sugary foods and drinks can cause tooth decay; acid foods; etc. **8**

(b) State **two** guidelines to follow when caring for the teeth. **(2x2)**

brush twice a day using fluoride toothpaste; replace toothbrush when necessary; use dental floss; use mouthwash; visit dentist twice a year; do not use teeth to open bottles; etc.

Question 4

Indicate with a tick (✓) whether each of the following statements is true or false. **(3, 3, 2)**

Cooking	True	False
Conduction is the method of heat transfer used when frying food	✓	
Radiation is the method of heat transfer used when boiling food		✓
Convection is the method of heat transfer used when baking	✓	

8

Question 5

John has been told by his doctor that his cholesterol level is high.

(a) Name **one** health problem associated with high cholesterol. **(2m)**
coronary heart disease; heart attack; high blood pressure; stroke; diabetes; etc.

8

(b) Explain **two** meal planning guidelines to follow when planning meals for a person with high cholesterol. **(2x3) grade (3:2:0)**
follow the food pyramid; reduce consumption of foods high in saturated fats; cut down on salt and salty foods; use lean meat and poultry; meat free days; include a wide variety of fresh fruit and vegetables into the diet; include food high in omega 3; use healthy cooking methods; cut down on take away meals and processed foods; consume high fibre diet; etc

Question 6

Identify the correct word from the following list to complete each of the following sentences. **(4x2)**

8

Amylase **Pepsin** **Peristalsis** **Bile**

1. **Amylase** helps to break down starch in the mouth.
2. **Peristalsis** is the muscular movement in the digestive tract.
3. **Pepsin** begins the breakdown of protein in the stomach.
4. **Bile** breaks fats into droplets in the stomach.

All candidates who attempted Q.6 part 4 were awarded 2 marks for that question due to a technical issue with the phrasing of the question.

Question 7

Explain how the following factors can influence a person's choice of clothing.

(2x4) graded (4:2:0) **8**

Where clothes are made: made locally/support Irish business; transport costs and effects; avoid countries with poor worker rights/working conditions etc.

Other people: family and friends; famous people; fashion designers; social media influencers; sporting people; etc.

Question 8

Explain how the design principle of 'emphasis' is achieved in the room pictured above.

Name of feature only **4 marks**
How emphasis is achieved **4 marks**

drawing attention to a feature in the room; use of colour, lighting, shape or pattern.

(*www.homedit.com*) **8**

Question 9

Water is one of Ireland's most valuable resources.

Describe how water usage in the home could be reduced in each of the following areas:

(3, 3, 2) **8**

Kitchen

Don't wash items under running water; fix faulty dripping taps; use economy wash cycles;

Keep a jug of water in the fridge instead of running the tap; use the plug when washing dishes; don't overfill the kettle; re-use water for watering plants; etc

Bathroom

Have a short shower instead of a bath; do not leave the tap running when washing teeth; use an eco-shower head; use correct toilet flush; etc.

Garden

Install a rain barrel to collect rainwater; use a watering can and not a hose to water plants; choose drought tolerant plants; water plants in the evening to prevent evaporation; fix any leaking hoses; etc

Question 10

'One third of the food we buy ends up in the bin' (*www.stopfoodwaste.ie*)

Explain how food waste can be reduced when selecting, preparing and storing food: **(3, 3, 2)** **8**

Selecting food

Plan meals and make a list before shopping; avoid special offers if they are not planned for; check best before date; buy the amount you need; buy loose foods; check the quality of the food; etc.

Preparing food

Prepare correct quantities; avoid peeling where possible; follow the use by dates and best before dates; freeze foods that are not going to be used; etc

Storing food

Store the oldest to the front of the fridge; use a stock rotation plan; keep perishable foods correctly stored in the fridge; cover foods in the fridge; follow storage instructions on the package; etc.

Section B 240 marks

Answer all questions.

Question 11

(a) Describe **two** benefits of sharing family meals together. **(2x6) graded (6:3:0)**

connect with one another; improves relationships; allows for conversations; improves communication; improves wellbeing; share stories/traditions; improves social skills; gives children a sense of security and stability; share responsibilities; establish good eating habits; etc. **12**

(b) Family meals can be low cost and sustainable when using left-over foods.

(i) Identify **two** food safety points to follow when re-using leftover foods. **(2x4)** **8**

cool quickly and place into fridge within two hours; store covered in the fridge; use within two days; store left over foods in the freezer for no more than two months; thaw frozen leftovers in fridge; should be cooked until piping hot; do not reheat twice; etc.

When left over foods are reheated, they can lose vitamins**.**

(ii) Describe how to increase the vitamin content of meals when using leftover foods. **(1x6) graded (6:3:0)** **6**

serve with fresh vegetables/side salads; serve with sauces/drinks; e.g. Shepherd's Pie with side salad; fish cakes with a salsa; quiche and smoothie; etc.

(c)

Food Processor

Microwave

Choose **one** appliance pictured above. Assess how the appliance you have chosen could help you when preparing food.

Name of appliance: 2 how it helps preparing food: (2x5) graded (5:3:0) **12**

Chosen Appliance Food Processor – dicing vegetable for soup; blending soup; grating cheese for pizza; making base for pizza; chopping nuts for cakes; making breadcrumbs for fish cakes; etc.

Microwave – melting butter/chocolate for baking; defrosting food; cooking vegetables; cooking rice/pasta/potatoes; combination microwave can brown food/grill; etc.

(d) **(i)** State **two** ways the family could use the internet when planning family meals.

(2x3) **6**

finding recipes; making shopping list; online shopping; learning a new dish/skill; setting reminders; calculating costs; checking allergy information, YouTube videos; etc.

(ii) Discuss **three** guidelines parents should follow to protect their children when they are using the internet. **(3x4) graded (4:2:0)** **12**

Set parental controls on all devices search engines platforms; password protect devices; check and research apps before children use them; install antivirus on all devices; check social media; ensure location and tracking is turned off; have regular discussions with children on the safe use of apps and the internet; limit the time on devices at an age-appropriate level; follow children on social media; etc.

(e) The World Health Organisation (WHO) recommends one-hour maximum screen time per day for children under five.

Justify **three** reasons for this recommendation. **(3x4) graded (4:2:0)** **12**

encourages inactivity; may lead to overweight/obesity; affects sleep; less time spent outside/playing; eye strain; poor social skills; poor gross motor skills; behaviour problems; exposed to advertising; brain overactive; etc.

(f) **'**Online shopping continues to grow.' *RTÉ April 2019*

Name **one** law that protects the consumer when shopping online. Describe how the law you have named protects the consumer

Name of law - 4 **describe: (2x4) graded (4:2:0)** **12**

Name of Law Sale of Goods and Supply of Services Act, 1980; Consumer protection Act, 2007; Electronic Commerce Act, 2000; The Consumer Rights Directive, 2014; etc.

Describe how it protects the consumer

Sale of Goods and Supply of Services Act 1980 - good and services are of merchantable quality; fit for purpose; as described, same as sample shown; redress; etc.

Consumer protection Act 2007 - Protects the consumer against false or misleading claims about goods, services or prices. Forbids false or misleading information about the price, previous price or recommended retail price; etc.

Electronic Commerce Act 2000; all electronic signatures/contract/doc have same recognition as written contract; etc.

The Consumer Rights Directive 2014 – clear info before you buy; refund if undelivered; return If changed your mind/faulty; cancel a service; cancel digital purchases; cooling off period; etc.

Question 12

Colm is a physically active Junior Cycle student. He follows a healthy balanced diet and drinks two litres of water every day.

(a) (i) Design a healthy balanced **three-course** breakfast menu for Colm to eat at the weekend. 3 courses x 5m (unhealthy -1m, no drink -1m), Balanced 3m, Correct format 3m **(18m)** **18**

(ii) Describe **three** meal planning guidelines you followed when planning this breakfast menu. **(3x4) graded (4:2:0)** **12**

balanced meal (3 out of 4 food groups); follow the healthy eating guidelines -give a description; accept name of nutrient/ food / function; follow the food pyramid; quick to make; variety of colour/texture/flavours; liked by a teenager; etc.

(b) Colm eats a cereal bar as a snack. Below is a food label of two different cereal bars.

Bar Per serving	**Energy KJ**	**Protein g**	**Fat g**	**Of which is saturated fat g**	**Carbs g**	**Sugar g**	Symbol
Honey and Oat Bar	593 KJ	4.7 g	7.8 g	0.9 g	12 g	4.1 g	
Apple and Raisin Bar	511 KJ	1.7 g	4.6 g	0.5 g	31 g	7.5 g	

(i) Bearing in mind the healthy eating guidelines and using the information in the table above recommend **one** cereal bar for Colm. **name = 1** **1**

Honey and oat bar; Apple and raisin bar

(ii) Justify **three** reasons for your choice **3x7 graded (7:3:0)** **21**

Honey and Oat bar - higher energy count which is good for Colm who is very active; higher in protein good for growth for Colm who is a growing teenager; Lower in sugar extra sugar leads to tooth decay; etc.

Apple and raisin bar - lower amount of saturated fat; higher amount of carbohydrates for heat and energy; Colm might be a vegan so it could be suitable for him as well; etc.

(c) Explain what information the symbol shown gives to the consumer? **(1x6)**

V label - international vegan and vegetarian label; suitable for a vegan; no animal products; eat plant foods; etc. **6**

(d) Outline **two** benefits of including water in the diet. **(2x4)** **8**

prevents dehydration; helps the digestive system; helps remove waste from the body; quenches thirst; essential for all body fluids; transports nutrients etc around the body; regulates body temperature; hard water a source of minerals such as calcium or magnesium and vitamins; etc.

(e) Colm has a new sports kit.

(i) Identify **two** guidelines Colm should follow before he washes his sports kit. **(2x3)** **6**

check care label; remove stains; close all zips/tie drawstrings; empty pockets; sort colours; check for rips; turn inside out; etc.

(ii) Describe **two** ways Colm can be environmentally friendly when washing clothes. **(2x4)** **6**

use an eco-friendly detergent/make your own; use correct amount of detergent; use lower temp; wash in a full load; use special washing bags for fleece; line dry/clothes horse; etc.

Question 13

'Cycling has become a popular family holiday activity'. *(The Irish Times August 2020)*

(a) Discuss **three** benefits of including a cycling activity during a family holiday. **(3x5)** **15**

graded (5:3:0)

sustainable activity; form of exercise; good bonding with the family; reduces stress; safe pathways; out in the fresh air; suitable for all the family/family bikes; etc.

(b) Sunny weather is expected for the holiday. Sunshine is a source of vitamin D.

(i) Recommend **two** food sources of vitamin D. **4**

dairy products; cod liver oil; oily fish; eggs; tinned fish; margarine; fortified breakfast cereals/spreads; mushrooms; etc.

(ii) State **one** function and **one** deficiency associated with Vitamin D. **(4, 4)** **8**

Function: strong teeth and bones; etc.

Deficiency: dental disease; rickets; osteomalacia; osteoporosis/brittle bones; etc.

(c) Recommend **three** ways that families could protect themselves from the sun. **(3x3)** **9**

wear a high SPF sun cream; wear long sleeve tops; wear a hat; wear sunglasses; stay in the shade between 11am-3pm; reapply sun cream after swimming/sweating a lot; etc.

(d) **(i)** Label, sketch and describe how you could upcycle a white cotton tee-shirt for use on the family holiday. Include reference to: colour(s), and stitches in your answer.

Sketch - 6 (6:3:0), Any labels - (2 x3), **18**

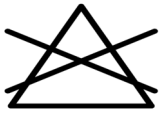
Description (1x6) ref to colour and stitches (6:3:0)

(ii) List **three** pieces of sewing equipment you used to upcycle the t-shirt. **(3x2)** **6**

needles; pins; ripper; scissors; iron; thimble; measuring tape; embroidery thread; etc.

(e) The fabric care label on the t-shirt contains **two** symbols shown below.

Explain what information each symbol gives to the consumer. **(2x4)** **8**



Do not bleach

Tumble dry

(f) Identify **four** different ways the family could make regular savings in order pay for a family holiday. **(4x3)** **12**

bring your own packed lunch; cut down on take away coffees/take-away; walk/cycle instead of taking the car/bus; cancel subscriptions/ membership to unused gym or tv providers; collect lose change; shop around/ use comparison sites; etc