

Introduction

The sample material presented has been prepared to support teacher professional development. It offers a broad indication of types and formats of assessment items that might be used to assess the learning outcomes in the Junior Cycle Home Economics specification at common level, but it is not a complete set of the types and formats that may be used. The items included should be read as examples of individual pieces of assessment material; they do not constitute full or partial examination papers. They are not full or partial questions from an examination paper, neither do they attempt to replicate how the examination paper might be laid out, for example, as an integrated booklet that includes the questions and the space for the student's responses.

The Junior Cycle Home Economics Specification and Assessment Guidelines can be found on www.curriculumonline.ie

Question

At the 2019 Electric Picnic festival, the Body and Soul Village had an area where trainee knitters sat cross legged on the grass, knitting brightly coloured scarves that would later be donated to the Simon community.



State **two** benefits of this activity for the knitters or others

1. _____

2. _____

Question

The picture below shows a poster from Safefood. The poster suggests swapping juice for water to reduce the amount of sugar in the diet of children.



(a) Identify **two** reasons why it is important to reduce sugar in the diet of children.

1. _____

2. _____

(b) Suggest **two** other pieces of dietary advice you would give to someone trying to reduce their sugar intake.

1. _____

2. _____

Question

The design brief process in room planning

- (a) The image below demonstrates the principles of design in a room.



- (i) Select **two** principles of design and explain what each principle means.

1. _____

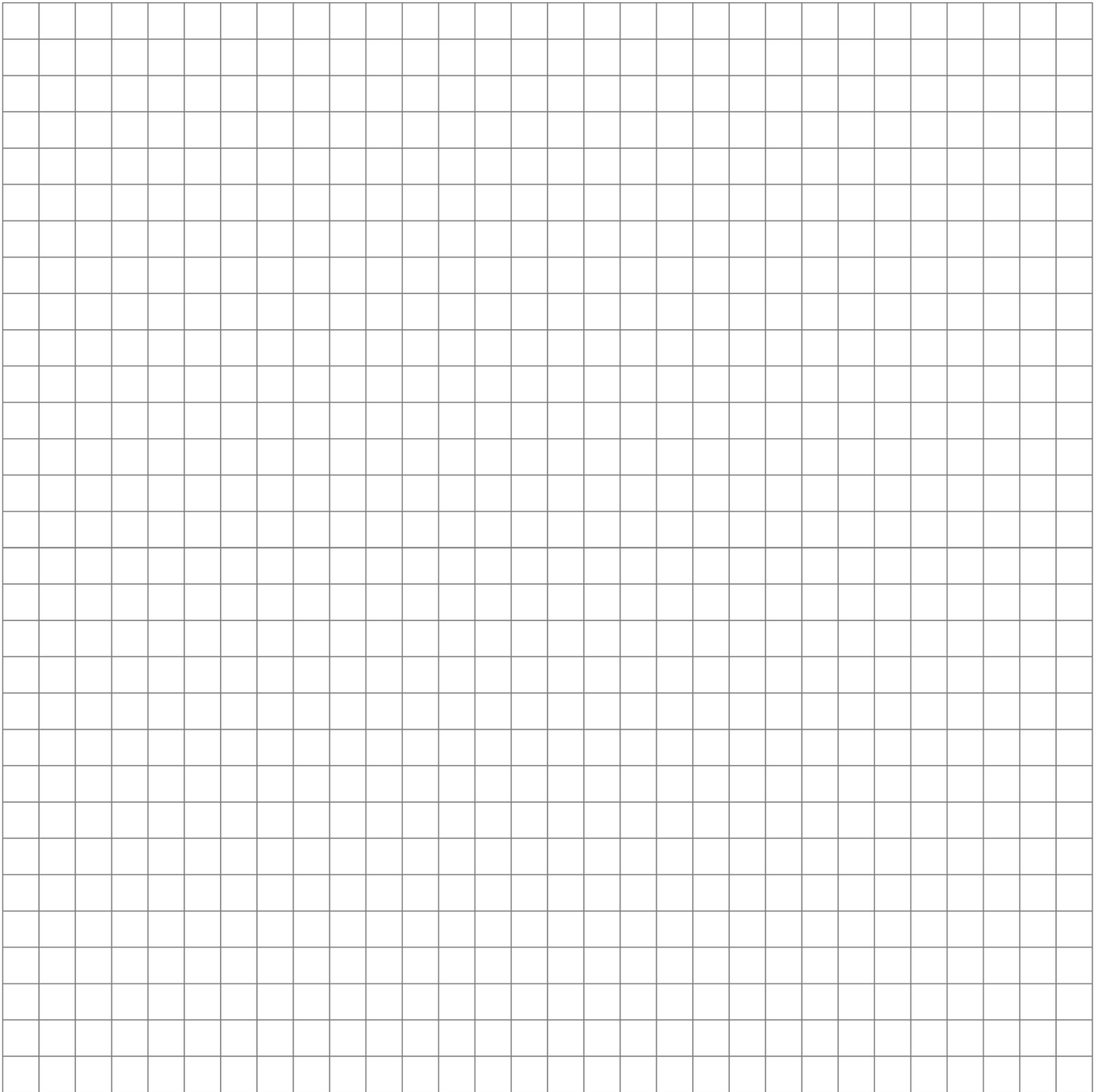
2. _____

- (ii) Suggest where one of your chosen principles can be seen in the picture and give a reason for your suggestion.

Junior Cycle Home Economics Sample Questions

(b)(i) Design and label a north facing study-bedroom suitable for a teenager.

Include: windows, door, lighting, heating and storage.

A large grid of graph paper for drawing a room design. The grid consists of 20 columns and 30 rows of small squares.

1 block = $\frac{1}{4}$ inch

(ii) Suggest a suitable wall and floor covering for the study-bedroom.

	Wall covering	Floor covering
Type		
Colour		
Reason for choice		

(c) You decide to upcycle an item that would suit the newly designed room using textile materials you have at home already.

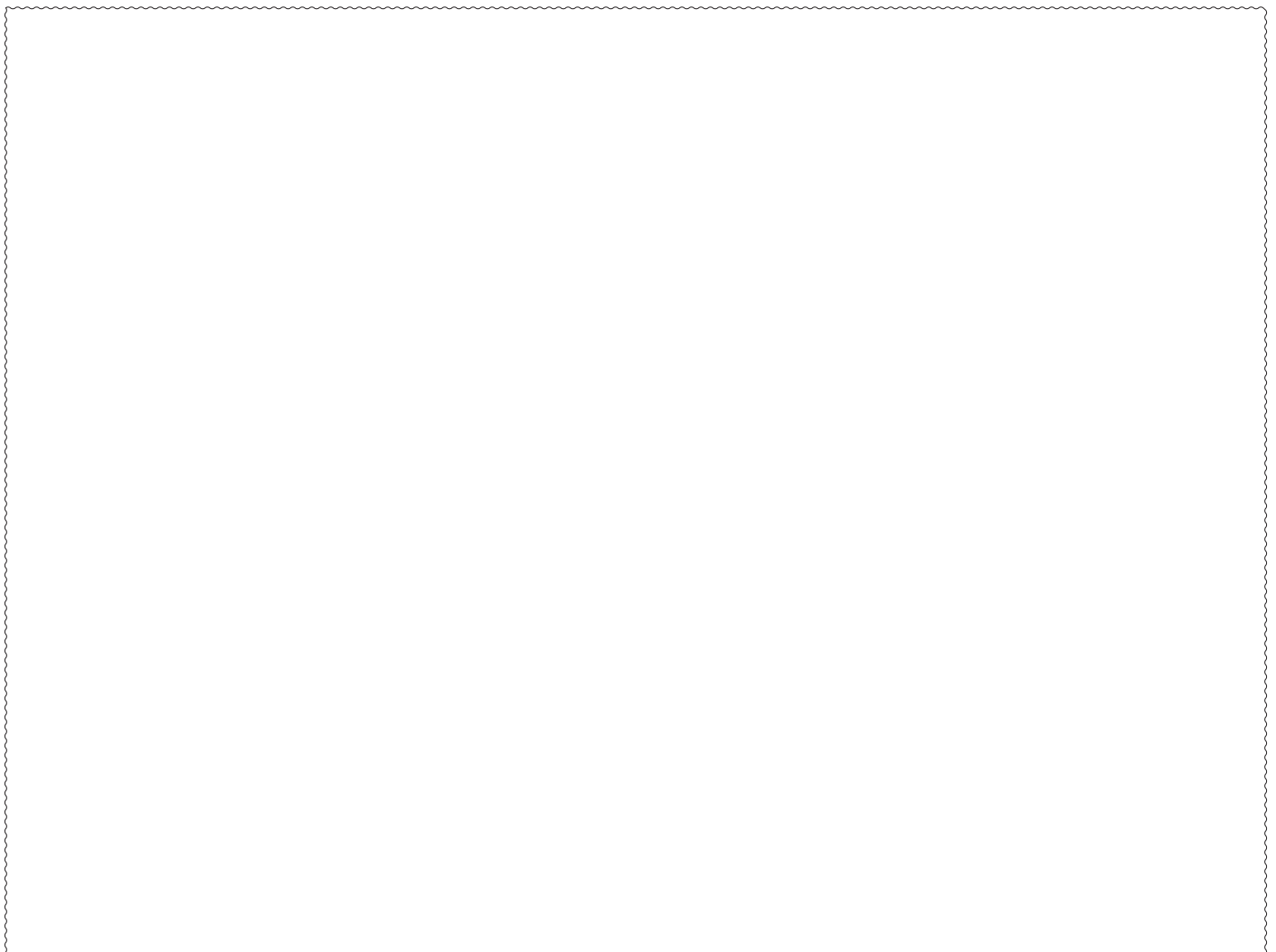
(i) Name **two** possible textile items you could make.

1. _____

2. _____

(ii) Select **one** and give a reason for your choice.

(iii) Draw and label the finished textile item you have chosen to upcycle to suit the study-bedroom



(iv) Name **one** machine stitch which could be used in making the upcycled item and suggest another use for the stitch you selected.

Machine stitch _____



Suggest another use for the stitch

(d) Upcycling is one way of being sustainable in the home.

Describe **one** other way sustainability could be demonstrated in the study-bedroom.

Question

Identify **three** factors that affect your food choices

1.

2.

3.

Question

Dishwashers use energy and increase household bills.

Describe **three** guidelines for consumers when choosing, using and disposing of dishwashers in order to protect the environment



1.

2.

3.

Question

Managing family health and resources

Sam is a student in secondary school. Below is an example of what Sam eats in a day.

SAM'S DAILY MEALS			
Breakfast	Lunch	Dinner	Snacks
Sam skips breakfast in order to get to school on time.	White roll with breaded chicken and coleslaw Bottle of water	Roast beef with tinned peas, gravy and chips Jelly and ice-cream Glass of milk	Crisps Apple

- (a)(i) Evaluate Sam's food choices considering the nutritional needs of a teenager using the healthy eating guidelines.

(ii) Recommend **two** changes Sam could make to their diet to promote good health. Give a reason for each change

Change to diet	Reason
1.	
2.	

(b) Sam lives 2km from school and gets the bus every morning. Sam gets collected after study at 6 p.m. After dinner Sam spends time on their mobile phone.

(ii) Suggest **two** changes to Sam in order to make their lifestyle healthier. Give a reason for each suggestion.

Change to lifestyle	Reason
1.	
2.	

Junior Cycle Home Economics Sample Questions

(c) Sam lives in a busy household. Families use technology to help manage homelife and household resources.

(i) Describe **three** ways that technology can be used to manage resources in the home

1. _____

2. _____

3. _____



(ii) Outline **one** advantage and **one** disadvantage of technology in the home.

Advantage	
Disadvantage	

Question



Identify **three** safety hazards in the kitchen above. Explain why you would consider each hazard a danger

Safety hazard	Explanation

Question

This is a recipe for apple crumble

INGREDIENTS

150g *plain flour*
75g *brown sugar*
75g *butter*
2-3 *cooking apples*
25g *caster sugar*
1Tsp *cinnamon*



SERVING SUGGESTION

Cream

(a) Using the food pyramid evaluate how healthy is this recipe

(b) Recommend **two** modifications to make this dish healthier. Explain why you made each recommendation.

Modification	Explanation

Question

Consumer Choice

Rice is a popular ingredient because it is versatile and inexpensive.

Microwave Long Grain Rice

INGREDIENTS

*Cooked Long Grain Rice 97 %
(water, Long Grain rice)
Sunflower oil*



COOKING PRECAUTIONS

*Take care when opening the pouch
as hot steam may escape*

Easy Cook Rice

INGREDIENTS

Long Grain Rice



(a) Displayed on the supermarket shelf is the pricing.

Cost per 250g	€0.59
Cost per 100g	€0.24
Cost per Kilo	€1.19
Cost per 100g	€0.12



Which product is better value for money? Give a reason for your answer.

(b) The vegan symbol is displayed on both products.

(i) Explain the term **vegan**.



(ii) Identify **two** other foods suitable for a vegan.

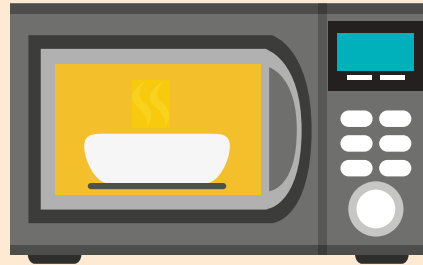
1.

2.

(c) The microwaveable rice says to “take care when opening the pouch as hot steam may escape”.
Why does it say this?

(d)

Andy has just purchased a new microwave.
On the second use the timer stops working.
Andy returns to the shop looking for a refund,
but the staff say it is not their responsibility.



(i) List **two** responsibilities Andy has as a consumer.

1. _____
2. _____

(ii) Outline **one** Irish consumer law that protects Andy in this situation.

Name of law

Describe how the law protects Andy

(iii) Identify **one** consumer agency that Andy could go to for advice about the faulty microwave.

Question



- (a) Price and fit are **two** main considerations when we buy new clothes. Why should sustainability also be a consideration?

- (b) Recommend how consumers can make more sustainable choices when choosing clothing.

Question

Meal planning

Cookery has become popular with bloggers

Imagine you are a blogger.

One of the recipes you share is very popular with teenagers: cheese, ham and pineapple pizza.

(a)(i) Describe **one** reason why this pizza would be suitable for the nutritional needs of a teenager?

(ii) Explain how you might modify the pizza to make it suitable for a vegan or coeliac.

(b) As a blogger you have tried lots of pizzas.

Describe **three** advantages of serving homemade pizzas over commercial (shop bought) pizzas.

1. _____

2. _____

3. _____

(c) You are hoping to win the *Reduce Food Waste Blogger Awards*.

(i) Explain what is meant by the term **food waste**.



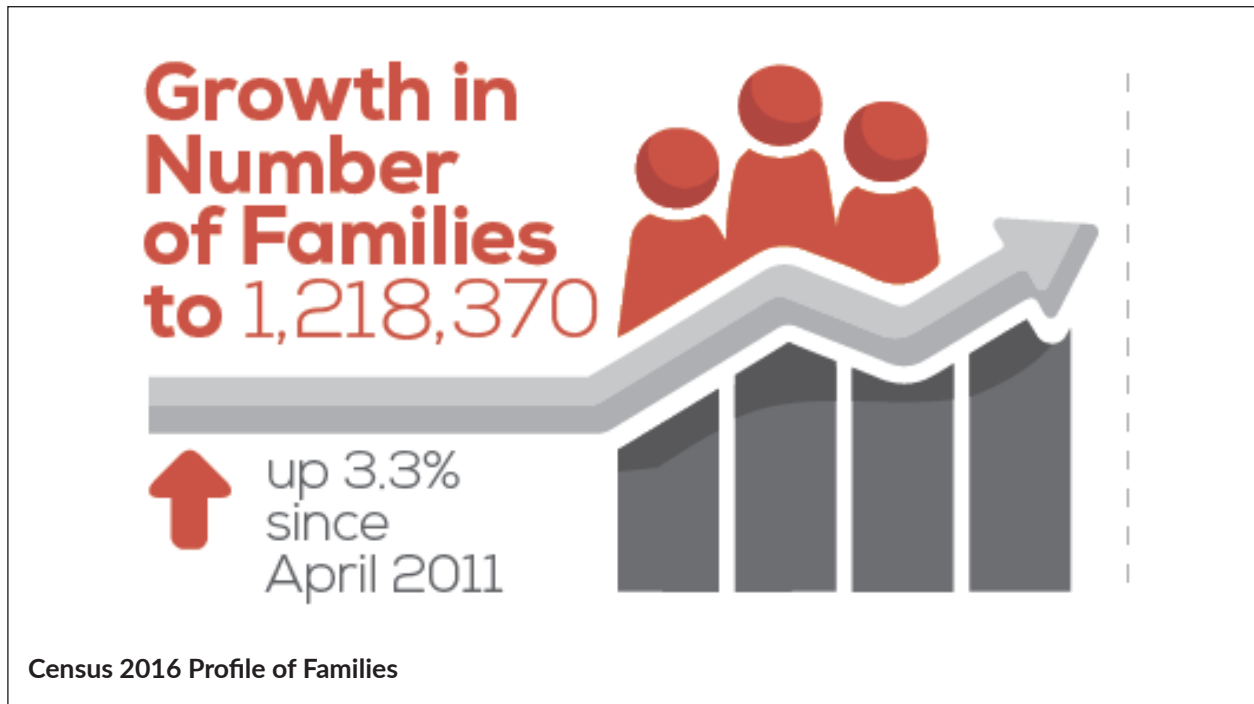
(ii) Recommend **two** changes a household can make to reduce food waste.

1. _____

2. _____

Question

Between 2011 and 2016 the number of families has risen in Ireland.



(a) Describe **three** different types of family structures.

1. _____

2. _____

3. _____

Question

Managing Resources

Toni works in a phone shop and earns €450 per week. Toni eats lunch every day in a local coffee shop. Toni enjoys going to the gym, concerts and the cinema and enjoys shopping after work. Toni rents a room which costs €500 per month. Toni is planning to go travelling abroad for a three-week backpacking holiday next summer and has decided to plan a budget.

(a)(i) Explain the term **budget**.

(ii) List **three** reasons why Toni should make budget.

1.

2.

3.

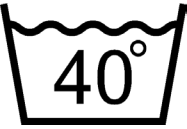
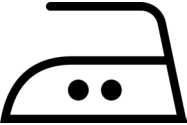
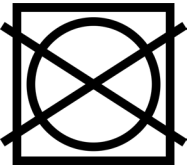
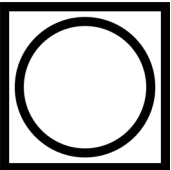
(iii) Suggest **two** changes Toni could make to their weekly spend to save money.

1. _____

2. _____

(b) Toni is thinking about what to pack when travelling and is not sure what the symbols on the care label mean.

(i) Explain what each symbol means on a care label:

(ii) Explain how care labels can be used by Toni:

When selecting clothes to pack before travelling.

When washing and drying clothes in an environmentally friendly way.

Question



Here is our family's healthy to do list for this week:

1. Drink a litre of water a day
2. Take time to be mindful

Identify **three** other ways a family can promote a healthy lifestyle.

1. _____
2. _____
3. _____

Question

A typical Irish home has a carbon footprint of about 11 tonnes, which is one of the highest in Europe.



(a) What is meant by carbon footprint?

(b) Describe **three** actions you can take to reduce your carbon footprint in the home.

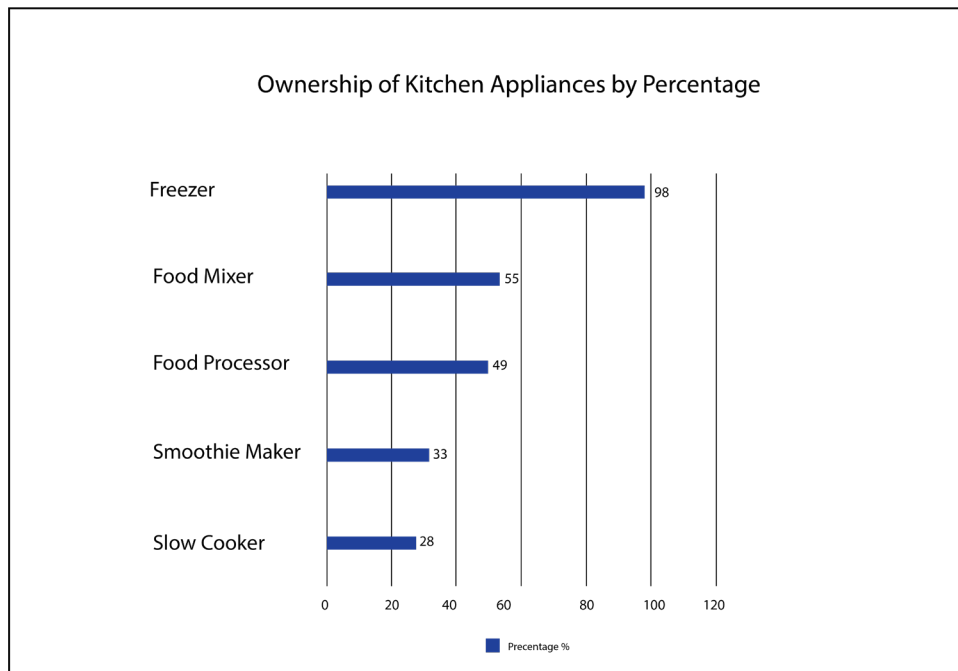
1.

2.

3.

Question

Technology in the home



- (a) Select **three** kitchen appliances from the bar chart above and discuss one advantage of each.

Name of Appliance	Advantage

(b) Choose **one** appliance from above.

(i) Name **two** food items you could make using this appliance:

1.

2.

(ii) Outline **one** safety rule to follow when using this appliance.

- (c) Technology has transformed family life but should be used wisely.
12% of internet users use smart household equipment or appliances

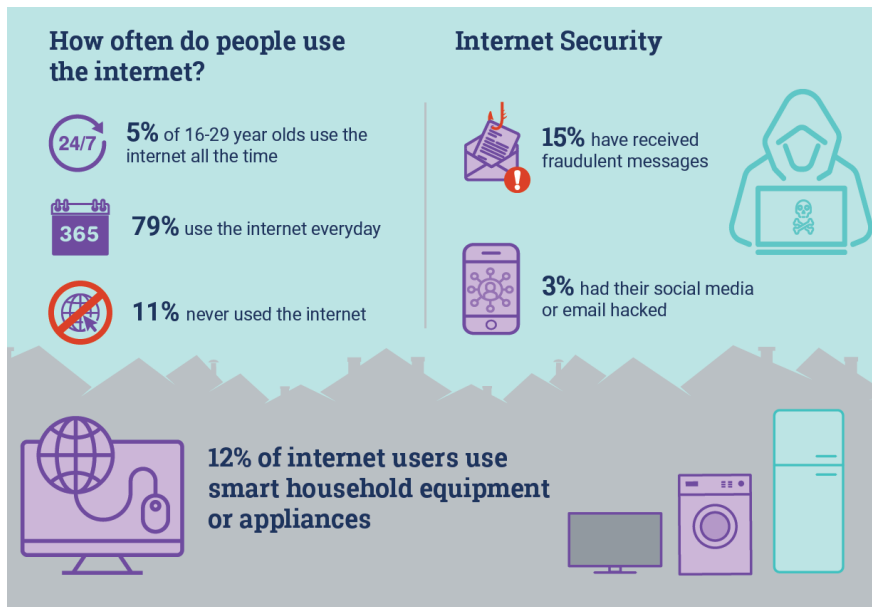


Image adapted from the CSO

<https://www.cso.ie/en/releasesandpublications/ep/p-isshh/informationstistics-households2019/>

- (i) What is meant by **smart technology**.

- (ii) State **two** uses of smart technology for the family in the home

1.

2.

(d)

5% of 16-29 year olds use the internet all the time.



(i) Describe **two** reasons why it is important to limit screen time.

1. _____

2. _____

(e) Identify **three** ways teenagers can stay safe online.

1. _____

2. _____

3. _____

Question

One in five teenagers skip breakfast which can cause worry or conflict in families.

Teenagers have lots of reasons why they skip breakfast.

Parents have lots of reasons why teenagers should eat breakfast.

(a)(i) Explain **two** reasons why a parent would want a teenager to eat breakfast?

1. _____

2. _____




(ii) What advice you would give to families to avoid conflict at breakfast?

1. _____

2. _____

3. _____

Breakfast cereal is popular amongst families for breakfast

Nutrition per serving (without milk)				
Breakfast cereal	Energy	Sugar	Fibre	Salt
<p>Oats</p> 	111 kcal	0.3g	2.7g	0.01g
<p>Frosted flakes</p> 	119 kcal	11g	0.8g	0.23g
<p>Wheat biscuits</p> 	136 kcal	1.6g	3.8g	0.1g

(i) Using the information in the table evaluate each of the breakfast cereals using the healthy eating guidelines.

- (ii) Joe an active sporty teenager. Joe has studied Home Economics. Which breakfast cereal should Joe choose and why based on what he has learned about healthy eating?

- (i) Using Joe's chosen breakfast cereal, plan a healthy, balanced breakfast menu that Joe can have before school.

