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

Include: windows, door, lighting, heating and storage.
(ii) Suggest a suitable wall and floor covering for the study-bedroom.

<table>
<thead>
<tr>
<th>Wall covering</th>
<th>Floor covering</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Type</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Colour</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Reason for choice</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(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.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sam skips breakfast in order to get to school on time.</td>
<td>White roll with breaded chicken and coleslaw</td>
<td>Roast beef with tinned peas, gravy and chips</td>
<td>Crisps, Apple</td>
</tr>
<tr>
<td></td>
<td>Bottle of water</td>
<td>Jelly and ice-cream</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Glass of milk</td>
<td></td>
</tr>
</tbody>
</table>

(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.**

<table>
<thead>
<tr>
<th>Change to diet</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
</tbody>
</table>

(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.**

<table>
<thead>
<tr>
<th>Change to lifestyle</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
</tbody>
</table>
(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.

<table>
<thead>
<tr>
<th>Advantage</th>
<th>Disadvantage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Question

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

<table>
<thead>
<tr>
<th>Safety hazard</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Question

This is a recipe for apple crumble

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>150g plain flour</td>
</tr>
<tr>
<td>75g brown sugar</td>
</tr>
<tr>
<td>75g butter</td>
</tr>
<tr>
<td>2-3 cooking apples</td>
</tr>
<tr>
<td>25g caster sugar</td>
</tr>
<tr>
<td>1Tsp cinnamon</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Modification</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Question

Consumer Choice

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

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

<table>
<thead>
<tr>
<th></th>
<th>Microwave Long Grain Rice</th>
<th>Easy Cook Rice</th>
</tr>
</thead>
<tbody>
<tr>
<td>INGREDIENTS</td>
<td>Cooked Long Grain Rice 97% (water, Long Grain rice)</td>
<td>Long Grain Rice</td>
</tr>
<tr>
<td></td>
<td>Sunflower oil</td>
<td>VEGAN</td>
</tr>
<tr>
<td>COOKING PRECAUTIONS</td>
<td>Take care when opening the pouch as hot steam may escape</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Cost per 250g</th>
<th>€0.59</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Cost per 100g</td>
<td>€0.24</td>
</tr>
<tr>
<td></td>
<td>Cost per Kilo</td>
<td>€1.19</td>
</tr>
<tr>
<td></td>
<td>Cost per 100g</td>
<td>€0.12</td>
</tr>
</tbody>
</table>

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

(a) Describe three different types of family structures.

1. 

2. 

3. 

Census 2016 Profile of Families
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:

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="40%C2%B0" alt="Symbol 1" /></td>
<td></td>
</tr>
<tr>
<td><img src="iron" alt="Symbol 2" /></td>
<td></td>
</tr>
<tr>
<td>![Symbol 3](no iron)</td>
<td></td>
</tr>
<tr>
<td><img src="twist" alt="Symbol 4" /></td>
<td></td>
</tr>
</tbody>
</table>
(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.

________________________________________________________________________

________________________________________________________________________

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

1. 

2. 

3. 

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
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.

<table>
<thead>
<tr>
<th>Name of Appliance</th>
<th>Advantage</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
(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

(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

<table>
<thead>
<tr>
<th>Breakfast cereal</th>
<th>Energy</th>
<th>Sugar</th>
<th>Fibre</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oats</td>
<td>111 kcal</td>
<td>0.3g</td>
<td>2.7g</td>
<td>0.01g</td>
</tr>
<tr>
<td>Frosted flakes</td>
<td>119 kcal</td>
<td>11g</td>
<td>0.8g</td>
<td>0.23g</td>
</tr>
<tr>
<td>Wheat biscuits</td>
<td>136 kcal</td>
<td>1.6g</td>
<td>3.8g</td>
<td>0.1g</td>
</tr>
</tbody>
</table>

(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.