



Annual Examinations for Secondary Schools 2014

FORM 4

HOME ECONOMICS

MARKING SCHEME

Section A

- 1. a. i.** Thiamin 0.4mg
Riboflavin 0.5mg
Niacin 6.1mg (½ mark x 3, ½ mark x 3 = 3 marks)
- ii.** The Vitamin B group (1 mark)
- iii.** *Any two from:*
meat; fish; eggs; pulses and dairy products (1 mark)
- iv.** Carbohydrate (1 mark)
- v.** The B group of vitamins helps facilitate the release of energy from carbohydrate foods.
(2 marks)

2. a. Any six from:

- Soups and broths
- Stews and casseroles
- Hot/cold salads
- Stir-fries
- Drinks/shakes/smoothies
- Eaten as snacks
- Added to packed lunches
- Used in dips

Give credit for other valid suggestions.

(½ mark x 6 = 3 marks)

b. Any four from:

- When possible choose fresh fruit and vegetables.
- Choose fruit and vegetables which are really fresh, possibly from the vegetable market.
- Choose those which are free from blemishes, damage and disease.
- Green vegetables must be crisp, bright and not wilted.
- Make good use of fruit and vegetables in season.
- Freeze fresh fruit and vegetables for future use.
- Blanch vegetables before freezing.
- Handle fruit and vegetables lightly to avoid bruising.
- Remove fresh fruit and vegetables from packaging before storing.
- Check before storing.
- Store salad vegetables in the vegetable drawer in the refrigerator.
- Store potatoes and onions in a cool dry place with a good circulation of air.
- Do not store fresh fruit and vegetables for a long time.
- Store frozen vegetables and fruit at the correct temperature.
- Store frozen fruit and vegetables in strict rotation.
- Store frozen fruit and vegetables before the 'best before' date.

Give credit for other valid suggestions.

Note that every answer given is to refer to both buying and storing.

(1 mark x 4 = 4 marks)

3. a. Example:

Type of Meat	Cooking Method	Accompaniment
Whole Chicken	Boiling	Mashed potatoes and broccoli
Chicken Breast	Stir-frying	Stir-fried carrots and peppers
Beef cubes (tough cut)	Stewing	Stewed potatoes, carrots and peas
Tender beef slices	Grilling	Lettuce, cucumber and tomato salad
Leg of lamb	Roasting	Roast potatoes
Beef mince	Baking (burgers)	Bun and salad

Give credit for other valid suggestions.

(1 mark x 6 = 6 marks: for Cooking Method)

(1 mark x 6 = 6 marks: for Accompaniment)

b. *Example:*

Heat Transfer	Method of Cooking
Radiation	Grilling / Bar-b-que
Conduction	Boiling / Steaming
Convection	Baking

Give credit for other valid suggestions.

($\frac{1}{2}$ mark x 3 = 1 $\frac{1}{2}$ marks)

c. *Any four from:*

- To destroy harmful bacteria and make it safe to eat.
- To soften it and make it easier to digest.
- To improve its taste.
- To improve its colour.
- To improve its smell.

Give credit for other valid reasons.

(1 mark x 4 = 4 marks)

d. *Example:*

Nutrient	Main Function
• Protein	• For growth and repair of cells and tissue
• Fat	• For warmth and energy
• Vitamin A	• For healthy eyesight

Give credit for other valid suggestions.

($\frac{1}{2}$ mark x 3 = 1 $\frac{1}{2}$ marks: for Nutrient)

(1 mark x 3 = 3 marks: for Main Function)

e. *Any three from:*

- Choose a clean butcher shop.
- Choose meat and poultry which does not look dry.
- When possible, choose local fresh meat and meat products.
- Choose a cut of meat suitable for the cooking method you intend to use.
- Keep in mind that tough cuts of meat are much cheaper than the tender cuts and are just as nutritious.
- Transport and store meat correctly after purchase.

Give credit for other valid suggestions.

(1 mark x 3 = 3 marks)

Section B

4.a. 2

7

6

3

1

4

5

(1 mark x 7 = 7 marks)

b. *Any two from:*

pizza, chelsea buns, hot cross buns, tea rings

Give credit for other uses.

(½ mark x 2 = 1 mark)

c. ...tap the underside of the bread and if it sounds hollow the bread is cooked.

(1 mark)

d. 4

2

6

5

9

7

1 (Given as an example)

3

8

(½ mark x 8 = 4 marks)

5.a. i. *Example:*

Breakfast

Fresh orange juice

Mid-morning snack

Light yoghurt/fresh fruit

Midday meal

Water

Teatime

A fresh fruit

Evening meal

Steamed fresh fish with steamed vegetables

Give credit for other valid suggestions.

(1 mark x 5 = 5 marks)

ii. **Example:**

Any two from:

- Foods chosen are not rich in saturated fats and sugar.
- Dishes chosen are easy to digest.
- Foods are not high in calorific value.

Give credit for other valid reasons.

(2 marks x 2 = 4 marks)

b. Any three from:

- avoid smoking
- eat more fruit and vegetables
- take a daily stroll
- take up a hobby/pastime which will keep him occupied

Give credit for other valid suggestions.

(1 mark x 3 = 3 marks)

c. i. Meals on wheels.

(1 mark)

- ii. Meals on Wheels** is a service whereby hot meals are delivered to the homes of individuals who are unable to purchase or prepare their own meals. Many of the recipients are the elderly or persons with special needs. The meals are delivered by van in a special polystyrene container.

Award full marks only for a full answer.

(2 marks)

6.a. Hire purchase.

Advantage

Any one of:

- Gives you time to save the money if you cannot afford to pay cash.
- A large sum of money is not taken out of your budget at one go.

Cash on delivery.

Advantage

Any one of:

- Quick method of payment.
- Cash is free from additional charges.

(1 mark x 2 = 2 marks)

Hire purchase.

Disadvantage

Any one of:

- There could be an additional charge for the service.
- If you fail to keep up your payments, the lender may reclaim the good.

Cash on delivery.

Disadvantage

Any one of:

- Cash does not offer any protection if lost or stolen.
- Not ideal to use when buying expensive items as a large sum of money is taken out of your planned budget.

Give credit for other valid suggestions.

(1 mark x 2 = 2 marks)

b.

3. Date of purchase written here



1. The Appliance Shop

2. The sum of two hundred and sixty euro and twenty five cents only

5. Signature

4. €260.25

Deduct 1 mark if only is not added to answer no 2.

(1 mark x 5 = 5 marks)

c. i. Savings account

(1 mark)

ii. **Any one of:**

- Enables him to deposit and withdraw money whenever he needs to.
- He is issued with a debit card.
- Interest is paid annually on the balance.

(2 marks)

7.a. **Packed** - dried fruit, dried beans, sweets

Canned - purees and juices as in tomato puree

Baked - bread, biscuits, cakes, buns

Give credit for other valid products.

(½ mark x 6 = 3 marks)

b. i. **Picture A** - On-line shopping **Picture B** – Door-to-door salesperson

(1 mark x 2 = 2 marks)

ii. This is the time given to the buyer to reconsider whether to retain the product or give it back to the seller. **(1 mark)**

iii. **Any two from:**

- The consumer has plenty of time to check the product for any faults.
- Items bought on impulse and not really required can be returned.
- You are guaranteed your money back as cash.

(1 mark x 2 = 2 marks)

c. He can collect points from his purchases and use to exchange them to obtain the wok.

(1 mark)

8.a. **Using tools**

Any one of:

- Use them properly.
- Take extra caution with electrical tools.
- Store in a safe place when not in use.
- Use them for the purposes for which they are intended.

Driving in and out of the garage.

Any one of:

- He must always know where John is before he drives into the garage.
- He must never allow John to enter into the garage when he is using the car.

Storing chemicals.

Any one of:

- He should keep them out of reach.
- He should always keep them in their own container.
- He should keep them locked when not required.

Give credit for other valid suggestions.

(1 mark x 3 = 3 marks)

b. i. Watering plants

Any one of:

- Some are poisonous.
- Others can scratch.
- Some can produce an allergic reaction if touched.

Swimming in a pool

- There is the danger of drowning.

Using garden tools

- Can cause cuts and bruises.

Using pesticides

- Can cause poisoning.

Playing on a garden swing

- A bang on the head with the swing can cause head injuries.

(1 mark x 5 = 5 marks)

ii. Any three preventive measures from:

Watering plants

- Keep out of reach of young children.
- Cut back any prickly plants.

Swimming in a pool

- Empty when not in use.
- Fence off.

Using garden tools

- Place in the shed when no longer required.
- Keep out of reach of children.

Using pesticides

- Should only be used when children are not present.
- Container should be kept locked.

Playing on a garden swing

- Should not allow children to use it if unsupervised.
- Children should be kept away from the motion of the swing.

Give credit for other suitable preventive measures.

(1 mark x 3 = 3 marks)