



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Junior Cycle Final Examination 2026

Home Economics

Common Level

Wednesday 10 June Morning 9:30 - 11:00

320 marks

Examination Number

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Date of Birth

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For example, 3rd February
2005 is entered as 03 02 05

Centre Stamp

Instructions

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

Section A	80 marks	10 questions
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Section B	240 marks	3 questions
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Answer all questions.

Write your answers in blue or black pen. You may use pencil for graphs, sketches and diagrams only.

Write your answers in the spaces provided in this examination booklet.

This examination booklet will be scanned and your work will be presented to an examiner on screen. Anything that you write outside of the answer areas may not be seen by the examiner.

There is extra space at the back of the examination booklet. Label any extra work clearly with the question number and part.

You must return this examination booklet at the end of the examination.

Section A

80 marks

Answer all questions.

Question 1



State **one** function of each of the following nutrients.

Nutrient	Function
Calcium	
Iron	
Vitamin A	
Vitamin B	



Question 2

You are involved in a poster campaign to highlight the importance of health and wellbeing among teenagers.

Describe **two** key features of teenage health and wellbeing that should be included in the poster.

1.
2.

Question 3 Coronary heart disease is a leading cause of death worldwide.



Explain the term coronary heart disease.

State **two** ways that a person can reduce their risk of developing coronary heart disease.

1.
2.

Question 4 Many factors influence fashion trends.



Discuss **two** factors to consider when choosing an outfit for a family wedding.

1.
2.

Question 5 To prevent fabric fraying, a seam finish should be applied to the raw edges.

Name **one** seam finish.

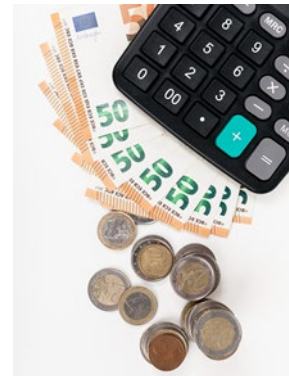
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Describe how to apply the seam finish you have named.

Question 6 A budget is a plan that helps people manage money.

Explain each of the following budgeting terms.



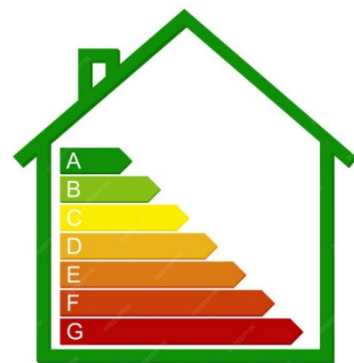
Gross income

Discretionary expenditure

Question 7 A garnish is used to decorate a dish.

Suggest **one** different garnish for each of the following dishes.

Dish	Garnish
Vegetable soup	
Chicken curry and rice	
Chocolate brownies	
Porridge	



Question 8 Reducing energy use in the home can save money on electricity bills.

Describe **two** ways that households can be more energy efficient.

1.
2.

Question 9



Indicate with a tick (✓) whether each statement is true or false.

	True	False
Horizontal lines on a wall can make the room look wider		
Orange is a primary colour		
Carpet is a good choice for kitchen flooring		
Smooth textures help to make a room feel cosy		



Question 10 Following food safety guidelines can reduce the risk of food poisoning.

Explain the term cross-contamination.

State **one** way of preventing cross-contamination when preparing or storing food.

Answer all questions.

Question 11

Ann and Paul Green have two children, Siobhán (12) and John (14). Ann is a stay at home parent and she cares for her elderly mother who has osteoporosis.

- (a) There are many different forms of the family.



Explain each of the following:

Nuclear family

Blended family

- (b) (i) Discuss why it is important to have positive relationships with family members.



- (b) (ii) Describe **two** ways of strengthening relationships with family members.

1.
2.

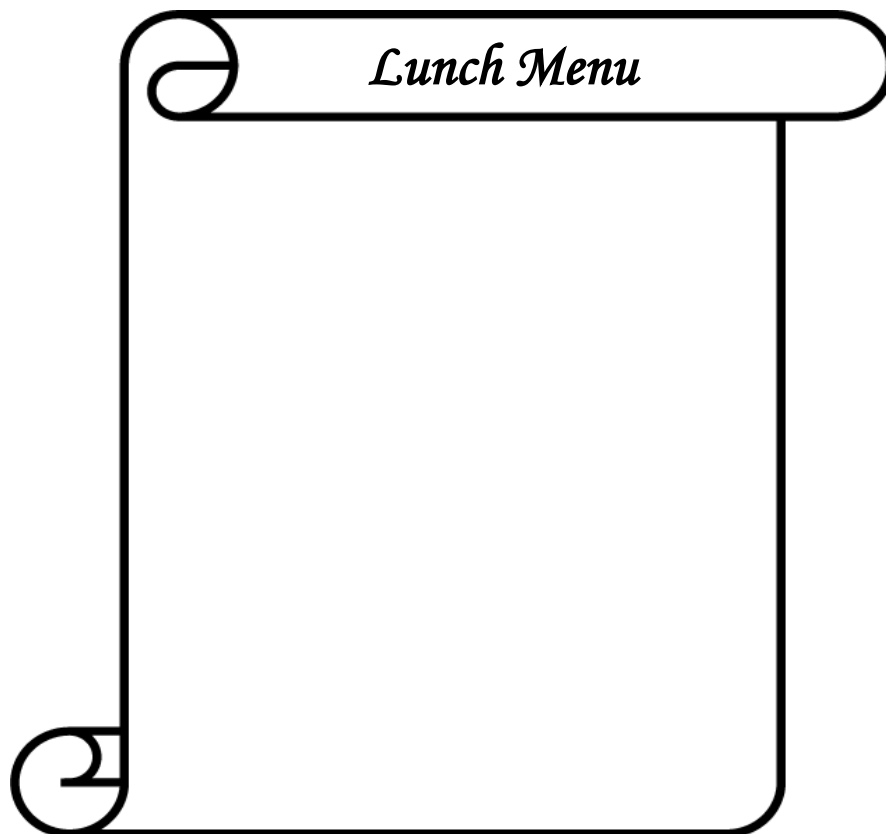
- (c) Ann's mother has osteoporosis (a diet-related disease).

- (i) What is osteoporosis?

- (ii) Outline **two** guidelines that should be followed to reduce the risk of developing osteoporosis.

1.
2.

- (d) (i) Design a lunch menu with a drink suitable for a person who has osteoporosis.



- (ii) Describe **three** meal planning guidelines you followed when planning the lunch menu.

1.
2.
3.

(e) Accidents can occur in the home.

Outline **three** ways a home can be made safe for all family members.

1.
2.
3.



Question 12 Part-baked white bread rolls can be very handy in a hurry.

Bake at home white bread rolls		Nutritional Information		
		Typical Values	Per 100g	Per roll (approx.68g)
		Energy (kcal)	281 kcal	191 kcal
		Fat (g)	1.3 g	0.9 g
		of which saturates (g)	0.3 g	0.2 g
		Carbohydrates (g)	56.5 g	38.4 g
		of which sugars (g)	3.2 g	2.2 g
		Fibre (g)	3.7 g	2.5 g
		Protein (g)	9.0 g	6.1 g
		Salt (g)	1.13 g	0.77 g
Baking instructions Oven: 180 – 200°C / Gas Mark 6 - 7 Pre-heat oven. Place bread rolls directly on to the middle shelf of the oven. Bake for 10 - 12 mins until brown. Can be cooked in an air fryer.		Ingredients Wheat flour, water, yeast, salt, antioxidant.		
Best before 12 NOV 2026 300g		Allergy advice Contains gluten Suitable for vegetarians		
		Storage instructions Store in a cool dry place. Suitable for freezing.		



(a) Explain each of the following shown on the label above:

Pre-heat oven

Gluten

(b) Using the information on the label shown, evaluate the nutritional value of the bread rolls.

1.
2.
3.
4.



- (c) (i) Food labels are present on pre-packaged food items.
Discuss the importance of food labels to the consumer.

1.
2.



- (ii) There are many different types of materials used to package food.
Name **two** types of packaging material and assess a different environmental impact of using each type you have named.

Name of packaging material 1:
Impact:

Name of packaging material 2:
Impact:

(d) Freezing is an effective way of preserving leftover bread and reducing food waste.

(i) State **two** guidelines that should be followed when freezing leftover foods.

1.
2.

(ii) Outline the steps that should be frequently carried out to have an organised and clean freezer.

1.
2.



(e) What information does this symbol give to the consumer?

Question 13

- (a) Homes have become busy places and technology is increasingly used in the home to support individual and family lifestyles.



- (i) Describe **three** different ways that technology can be used in the home.

1.
2.
3.

- (ii) Discuss **one** positive and **one** negative impact of technology on young people.

Positive impact

Negative impact

- (a) (iii) Discuss **three** responsible online behaviours to ensure personal safety when using the internet.

1.
2.
3.



- (b) There are a wide variety of convenience foods available today and these can be useful for busy families.

- (i) Explain the term convenience food.

Name **two** different types of convenience foods.

1.

2.

- (b) (ii) Discuss **one** advantage and **one** disadvantage of using convenience foods.

Advantage

Disadvantage

- (c) Fabric embellishments have become more detailed with the development of technology.

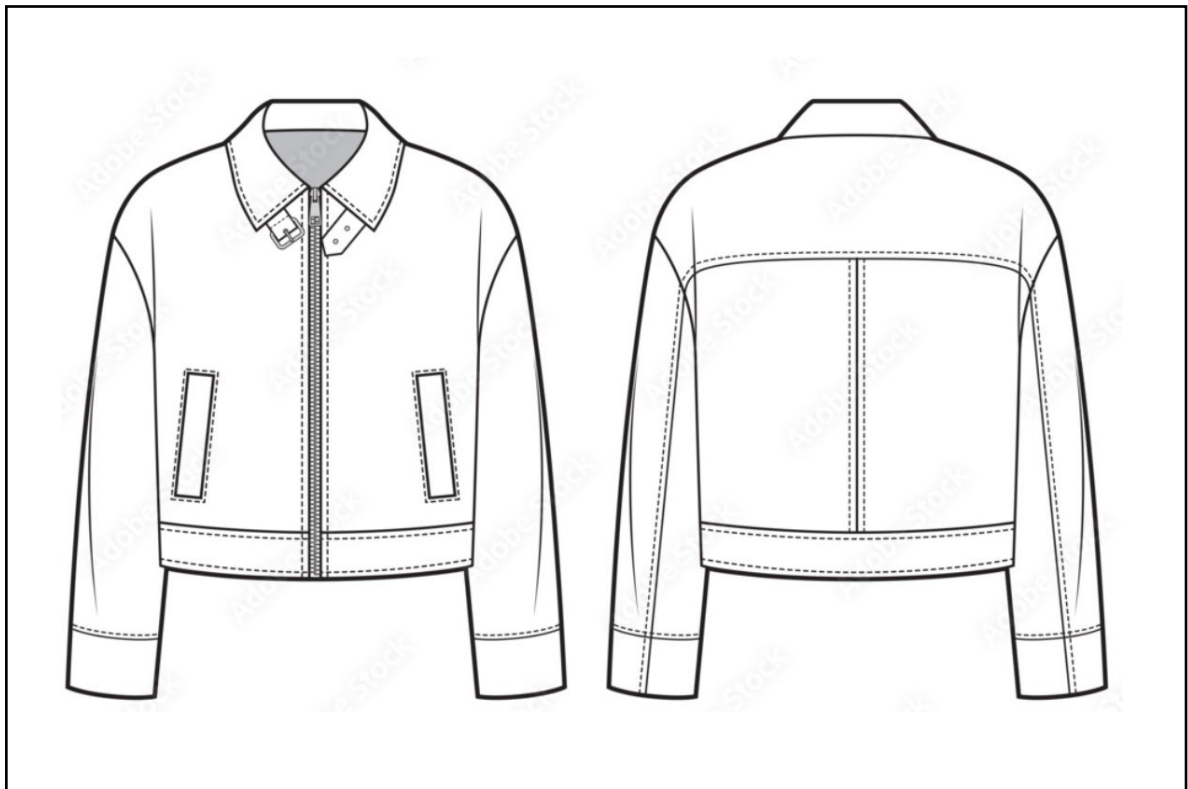
- (i) Explain the textile term fabric embellishment.

Fabric embellishment

- (ii) Describe how you would care for an item of clothing that has a fabric embellishment.

1.
2.

- (d) Sketch **two** different fabric embellishment techniques that could be used to design this jacket.



Describe how you would apply each of the fabric embellishments sketched.

Description
1.
2.

Label all work clearly with the question number and part.

[illegible]

Acknowledgements

Images

Images on page 3: <https://www.istockphoto.com/photo/hands-holding-fresh-berries-gm122205990-17238567>

(Accessed: 22 April 2025) <https://www.pngwing.com/en/free-png-zoevw> (Accessed: 22 April 2025)

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Images on page 5: <https://www.sewessential.co.uk/blog/how-to-finish-seams-5-techniques-every-sewer-should-know/> (Accessed: 3 December 2024) https://www.freepik.com/free-photo/bank-notes-coins-with-calculator_8274694.htm#fromView=image_search_similar&page=1&position=24&uuid=e531217e-38da-4c1f-94e3-3f98b1d0012a&query=money+and+calculator (Accessed: 13 October 2025)

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(Accessed: 22 April 2025) https://www.shutterstock.com/image-vector/recycle-sign-vector-illustration-set-packaging-2495190081?irclid=3uxRu6UM8xyKW6zXdv3gi2t%3AUksU8Qwlb2gMxo0&irgwc=1&pl=2022575-560528&utm_campaign=RNB%20Graphics&utm_content=560528&utm_medium=Affiliate&utm_source=2022575&utm_term (Accessed: 22 April 2025)

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