

# HOME ECONOMICS

## Key Words and Equipment



An Roinn Oideachais  
agus Scileanna  
Department of  
Education and Skills

**PDST**  
Professional Development  
Service for Teachers | An Tseirbhís um Fhorbairt  
Ghairmiúil do Mhúinteoirí

 Junior  
Certificate  
School  
Programme

# HOME ECONOMICS VOCABULARY CARDS

**Keywords with pictures to trigger your memory.  
A revision tool for Junior Cycle Home Economics.**

*This is not an exhaustive list of equipment used in Home Economics*

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*Published by*

Professional Development Service for Teachers (PDST)  
Junior Certificate School Programme

Blackrock Education Centre, Kill Avenue, Dún Laoghaire, Co. Dublin  
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First Published 2020

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The Professional Development Service for Teachers (PDST), The Junior Certificate School Programme (JCSP), the Literacy and Numeracy Strategy, the Demonstration Library Project and the Delivering Equality of Opportunity in Schools (DEIS) Action Plan are funded by the Teacher Education Section of the Department of Education and Skills (DES).

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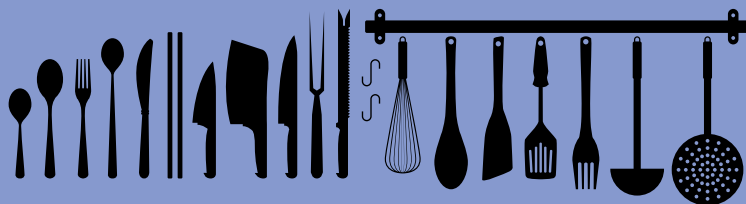
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# FOOD AND CULINARY



# HYGIENE



**Wear an apron**



**Tie back hair or wear a hairnet**



**No jewellery or nail varnish**



**Wash hands in warm soapy water**

# SAFETY



Fire extinguisher



Fire blanket



First Aid kit



Oven gloves

# ADVICE



**Curl in fingers  
when chopping**



**Keep handles of saucepans  
/ frying pans / woks  
turned / faced inwards**



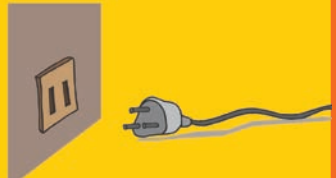
**Ensure to turn off hob/  
oven once finished**



**Mop up spills  
immediately**



**Never mix  
electricity and water**



**Ensure no flexes  
are trailing**

# HAZARD SYMBOLS



Harmful irritant



Corrosive



Highly flammable



Toxic



Environmentally  
damaging



Explosive

# WEIGHING & MEASURING



## Weighing scales

Weighing solid/dry food:  
gram (g) and kilogram (kg)



## Measuring jug

Measuring liquid: litres (l)  
and millilitres (ml)



Teaspoon (tsp)



Tablespoon (tbsp)



# BAKING



## Weighing scales

To weigh solid/dry food e.g. flour



## Measuring jug

To measure liquid e.g. milk



## Sieve

Removes lumps and adds air



## Mixing bowl

For mixing ingredients together

# BAKING



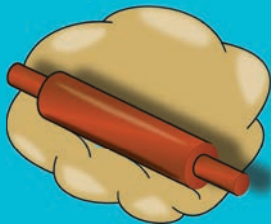
**Wooden spoon**

For mixing/stirring ingredients



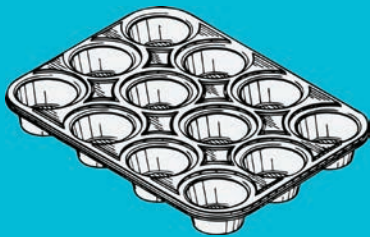
**Spatula**

For folding/mixing ingredients



**Rolling pin**

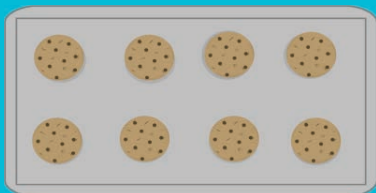
To roll out pastry/dough



**Bun tray**

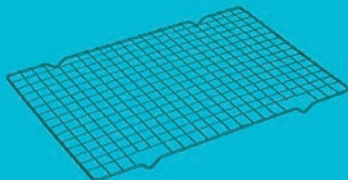
For baking buns

# BAKING



## Baking tray

Tray used for baking food on  
e.g. cookies



## Wire tray/cooling rack

For cooling food e.g. bread



## Whisk/Balloon whisk

For whisking liquid e.g. eggs



## Pastry brush

To put a glaze on baked goods  
e.g. eggs/milk on scones

# COOKING



**Saucepan**

Boiling food e.g. potatoes



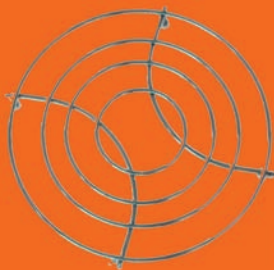
**Frying pan**

For frying food e.g. sausages



**Wok**

For stir frying food



**Pot stand**

To prevent worktops and surfaces from being burnt

# COOKING



## Sharp knife

To chop food



## Chopping board

For chopping food on e.g. vegetables



## Colander

To drain water from food  
e.g. pasta



## Kettle

To boil water  
e.g. stock

# COOKING



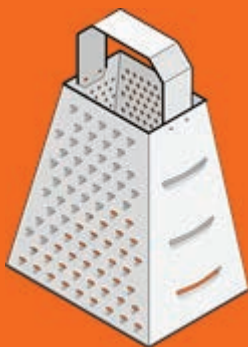
## Peeler

To peel the skin off food  
e.g. carrots



## Garlic crusher

Crushes garlic



## Grater

To grate food e.g. cheese



## Cutlery

Knife, fork and spoon

# ELECTRICAL EQUIPMENT



## Electric whisk

For whisking food quickly



## Food processor

Finely chops food



## Hand blender

Liquidises food e.g. for soups



## Blender

Blends food e.g. fruit for smoothies

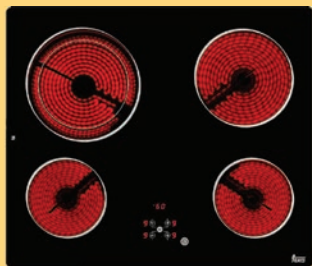
# COOKING/KITCHEN EQUIPMENT



Electric cooker



Gas cooker



Electric hobs



Gas hobs



# COOKING/KITCHEN EQUIPMENT



Oven



Microwave oven



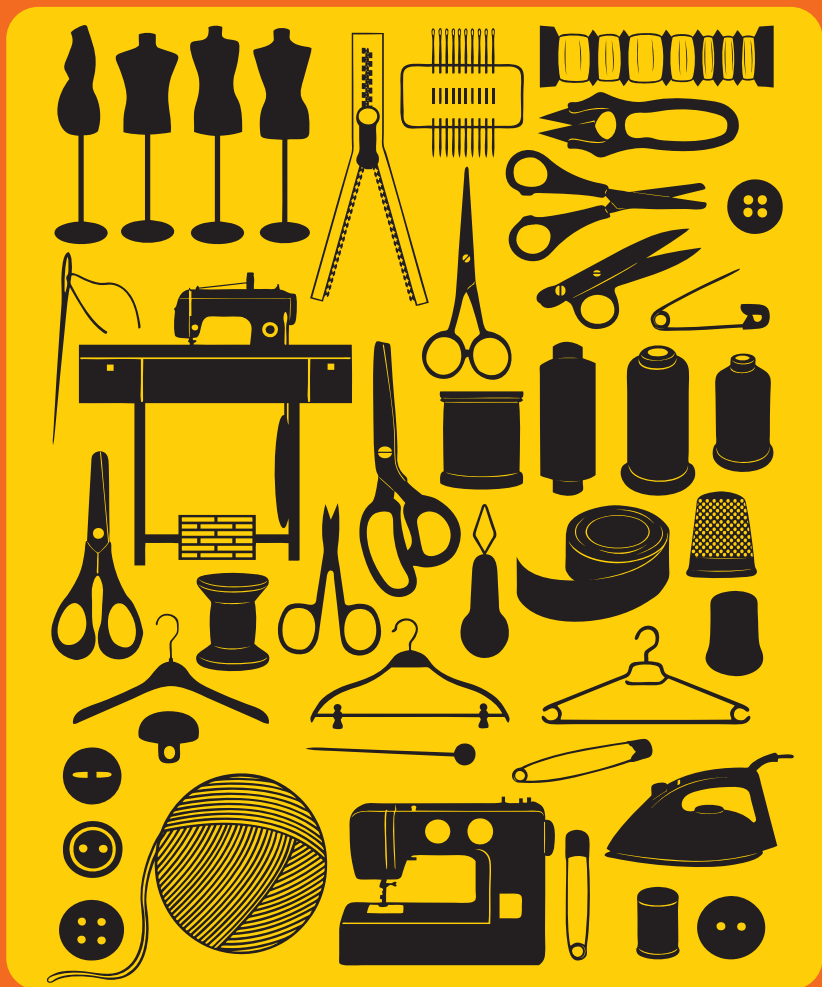
Grill



Barbeque

# 2

# TEXTILES & CRAFTS



# SEWING EQUIPMENT



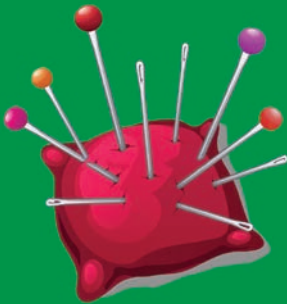
## Measuring tape

For measuring length and width of fabrics



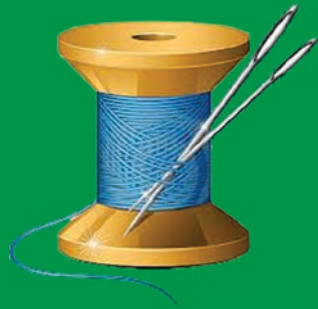
## Tailors chalk

To draw measurements onto fabric



## Pins

To hold fabric pieces in place



## Needles and spool of thread

To sew designs/to sew fabrics together

# SEWING EQUIPMENT



## Scissors

To cut fabric



## Pinking shears

Scissors that cut into a zig-zag shape



## Thimble

To protect the finger when sewing



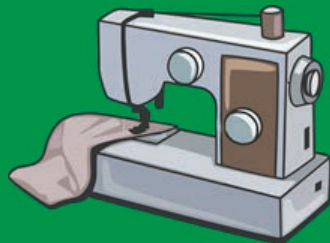
## Seam ripper

To rip out threads



## Sewing box

To hold/store small sewing equipment and fabrics



## Sewing Machine

To sew fabrics together

# EACNAMÁÍOCHT BHAILE

## Eochairfhocail agus trealamh



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# EACNAMAÍOCHT BHAILE

Eochair Fhocail le pictiúir chun cabhrú le cuimhne.  
Áis athbheithnithe san Eacnamaíocht Bhaile  
don tSraith Shóisearach.

*Arna fhoilsiú ag*

an tSeirbhís um Fhorbairt Ghairmiúil do Mhúinteoirí  
Clár Scoile an Teastais Shóisearaigh

Ionad Oideachais na Carraige Duibhe, Ascaill na Cille,  
Dún Laoghaire, Co. Bhaile Átha Cliath. Guthán: 01 2365000  
Ríomhpost: jcsp@pdst.ie Suíomh Idirlín: www.jcsp.ie

Foilsithe den chéad uair in 2020

Cóipcheart ©PDST, JCSP

Maoiníonn an Rannán um Oiliúint Múinteoirí de chuid na Roinne Oideachais agus Scileanna an tSeirbhís um Fhorbairt Ghairmiúil do Mhúinteoirí (An tSFGM), Clár Scoile an Teastais Shóisearaigh (CSTS), Tionscadal na Leabharlainne Taispeána agus Plean Gnímh Comhionannas Deiseanna á Sholáthar I Scoileanna.

Gach ceart ar cosaint.

Is é is cuspóir leis an bhfoilseachán seo cur leis an teagasc agus leis an bhfoghlaím i gClár Scoile an Teastais Shóisearaigh. Ní ceadmhach aon chuid den fhoilseachán seo a atáirgeadh, a stóráil i gcóras aisghabhála ná a tharchur ar aon mhodh nó slí ar mhaithe le sochar tráchtála gan cead a fháil roimh ré ón bhfoilsitheoir.

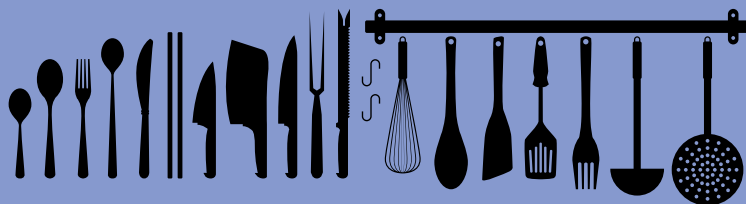
Rinneadh gach iarracht a chinntiú go bhfuil eolas cruinn sa leabhar seo. Mar sin féin, ní bheidh aon dliteanas ar anAn tSFGM, ar an CSTS, ar a ngníomhairí ná ar na húdair i dtaca le aon chailiteanas nó damáiste a bhainfidh do léitheoirí de thoradh aon eolais atá sa leabhar seo.

*Údar*

*Ciara Sloan*

*Coláiste Cnoc an Phóbhairne, Nás na Ríogh, Co. Chill Dara*

# BIA AGUS CÓCAIREACHTA



# SLÁINTEACHAS



Cuir  
naprún ort



Ceangail siar gruaig fhada  
nó caith eangach ghruaige



Ná caith aon seodra  
ná vearnais ingne



Nigh do lámha  
le huisce te agus  
gallúnach



# SÁBHÁILTEACHT



Múchtóir dóiteáin



Fluid dóiteáin



Fearas garchabhrach



Miteán oighinn

# COMHAIRLE



Tabhair aire do do mhéara agus tú ag gearradh bia



Coinnigh cosa sáspan isteach



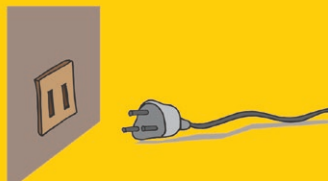
Múch an t-iarta agus an t-oigheann nuair nach bhfuil siad in úsáid



Glan suas aon doirteadh ar an bpointe



Ná measc leictreachas agus uisce le chéile



Seachain fleisceanna sraoilleach

# GUAIS SÁBHÁLA



Céimiceáin  
Ghreannacha



Damáiste don  
chomhshaol



Ábhar inlasta



Tocsaineach

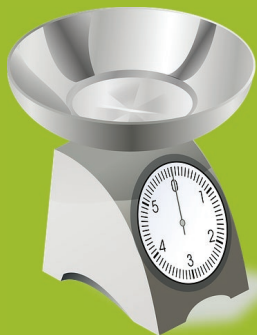


Creimneach



Ábhar Pléascach

# AG MEÁ AGUS AG TOMHAS



## Meá

Bia a mheá: gram(g) agus cileagram (cg).



## Crúiscín tomhais

Leachtach a mheá: lítear (l) agus millilítear (ml)



## Taespúnóg (tsp)



## Spúnóg bhoird (spbh)

# BÁCÁIL



## Meá

Bia a mheá m.sh. plúr



## Crúiscín tomhais

Leachtach a mheá m.sh. bainne



## Criathar

Cnapáin a bhaint de agus aer a chur leis



## Babhla measctha

Comhábhair a mheascadh le chéile

# BÁCÁIL



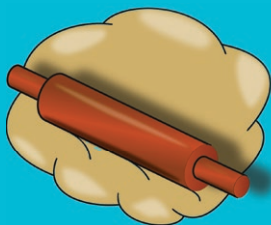
## Spúnóg adhmaid

Comhábhair a mheascadh/a  
chorraí le chéile



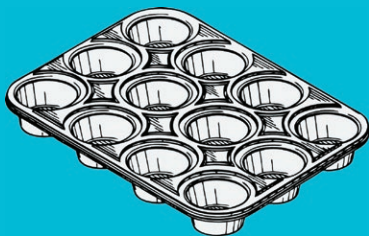
## Spadal

Comhábhair a mheascadh  
go réidh



## Crann fuinte

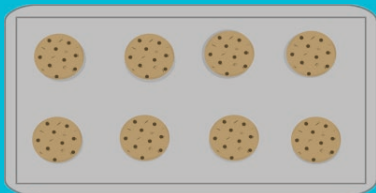
Taosrán/taos a rolladh



## Múnlán borróg

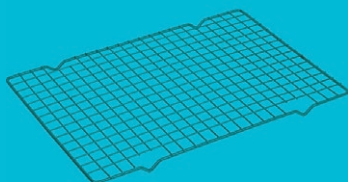
Borróga a bhácáil

# BÁCÁIL



## Stán bácála

Tráidirí bácála, m.sh. Briosaí



## Tráidire sreinge

Bia a fhuarú m.sh. Arán



## Greadtóir/Greadtóir balúnach:

Leachtach a ghreadadh  
m.sh. uibheacha



## Scuab thaosráin

Bia bácáilte a ghlórnú m.sh.  
uibheacha/báinne ar sconáí

# CÓCAIREACTH



## Sáspan

Bia a fhiuchadh m.sh. prataí



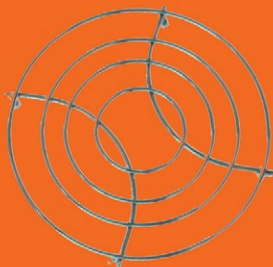
## Friochtán

Bia a fhriochadh m.sh. ispíní



## Wok

Bia a shuaithefhriochadh



## Triantán adhmaid

Dó cuntair oibre a sheachaint



# CÓCAIREACTH



**Scian ghéar**  
Bia a ghearradh



**Clár mionghearrtha**  
Trealamh do ghearradh bia  
m.sh. glasraí



**Síothlán**  
Bia a shileadh m.sh pasta



**Citeal**  
Uisce a bheiriú m.sh. stoc

# CÓCAIREACTH



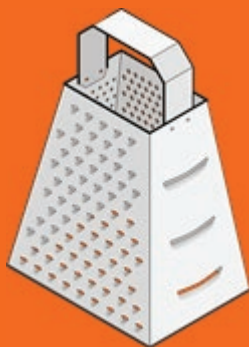
## Scamhaire

An craiceann a bhaint de bia  
m.sh. cairéidíní



## Mionbhrúiteoir gairleoge

Gairleog a bhrú



## Grátálaí

Bia a ghrátáil m.sh. cáis



## Sceanra

Scian, forc agus spúnóg

# TREALAMH LEICTREACH



## Greadtóir meicniúil

Bia a bhuaileadh go tapa



## Próiseálaí bia

Bia a ghearradh go mion



## Cumascóir láimhe

Leacht a dhéanamh de bhia  
m.sh. anraith



## Cumascóir

Bia a mheascadh, mar shampla  
torthaí le haghaidh caoineog

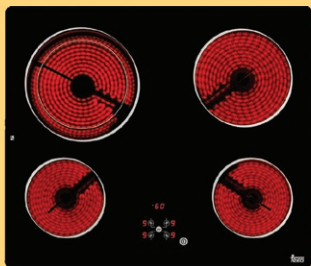
# TREALAMH CISTINE



Cócaireán leictreach



Cócaireán gáis



Iartaí leictreacha



Iartaí gáis

# TREALAMH CISTINE



Oigheann



Oigheann  
micreathonnach



Gríosacán



Beárbaiciú

# TEICSTÍLEACH AGUS CEARDAÍOCHT



# TREALAMH FUÁLA



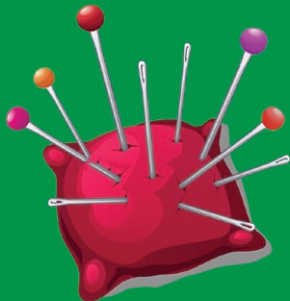
## Miosúr

Fad agus leithead fabraice a thomhas



## Cailce táilliúra

Tomhais a tharraingt ar fhabric



## Biorán (pin)

Fabraicí a choinneáil ina áit



## Snáthaid fuála agus spól snátha

Fabrica a fhuáil le chéile

# TREALAMH FUÁLA



## Siosúr

Fabraic a ghearradh



## Siosúr scealptha

Siosúr fiarláin



## Méaracán

Do mhéara a chosaint agus tú ag fuáil



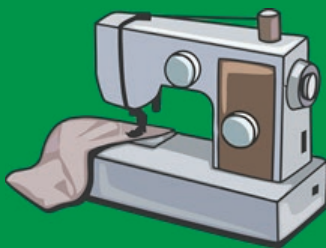
## Roiseoir greamanna

Snáth a stróiceadh



## Bosca fuála

Trealamh fuála agus fabraic a stóráil



## Inneall fuála

Fabraic a fhuáil le chéile