

Write your Examination Number here

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2016. M47



# Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2016

**HOME ECONOMICS – SCIENTIFIC AND SOCIAL**

**ORDINARY LEVEL**

<b>CENTRE STAMP</b>

**WEDNESDAY, 8 JUNE – AFTERNOON, 2.00 to 4.30**

**280/320 MARKS**

*Instructions to Candidates*

- Section A** There are **twelve** questions in this section.  
Candidates are required to answer any **ten** questions.  
Each question carries **6** marks.  
**Write your answers in the spaces provided on the examination paper.**
- Section B** There are **five** questions in this section.  
Candidates are required to answer **Question 1 and any other two questions**.  
**Question 1** is worth **80** marks.  
**Questions 2, 3, 4 and 5** are worth **50** marks each.  
**Write your answers in the separate answer book provided.**
- Section C** There are **three** questions in this section.  
Candidates are required to answer **one** elective question to include **part (a)** and either **part (b) or part (c)**.  
**Candidates who submitted Textiles, Fashion and Design coursework for examination may attempt only Question 2 from this section.**  
Electives **1** and **3** are worth **80** marks each. Elective **2** is worth **40** marks.  
**Write your answers in the separate answer book provided.**

**You must return your examination paper with your answer book at the end of the examination.**

## Section A

Answer any **ten** questions from this section.  
Each question is worth **6** marks.  
Write your answers in the spaces provided.

1. Indicate with a tick (✓) whether **each** of the following statements is true or false. (6)

	True	False
Protein is the only nutrient that contains nitrogen.		
Excess protein is stored as adipose tissue.		
Protein is necessary for the growth of body cells.		

2. Give **one** dietary source of **each** of the following carbohydrates. (6)

Carbohydrate	Dietary source
Sugar	
Starch	
Fibre	

3. State **two** functions of Vitamin A. (6)

- (i) \_\_\_\_\_  
(ii) \_\_\_\_\_

Name **two** good dietary sources of Vitamin A.

- (i) \_\_\_\_\_ (ii) \_\_\_\_\_

4. List **three** factors that influence the energy requirements of teenagers. (6)

- (i) \_\_\_\_\_  
(ii) \_\_\_\_\_  
(iii) \_\_\_\_\_

5. Name **two** nutrients necessary in the diet to prevent osteoporosis. (6)

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

State **one** lifestyle change that would improve bone health.

\_\_\_\_\_

6. Using the words listed below, complete the following statements in relation to cheese. (6)

*curds, lactic acid, rennin*

In the production of cheese a culture is added to milk to convert the lactose to \_\_\_\_\_ . The enzyme \_\_\_\_\_ changes caseinogen to casein. The mixture is allowed to rest for 30 minutes and separates into \_\_\_\_\_ and whey.

7. Indicate with a tick (✓) whether **each** of the following statements is true or false. (6)

	True	False
Quick freezing at -25°C forms small ice crystals within the food cells.		
Bananas and lettuce are suitable foods for freezing.		
Vegetables are blanched before freezing to destroy enzymes.		

8. Give **two** examples of vegetables in **each** of the following classes. (6)

Classes	Example 1	Example 2
Pulse vegetables		
Root vegetables		
Green vegetables		

9. Explain the term *gross pay*. (6)

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Name **two** compulsory deductions taken from gross pay.

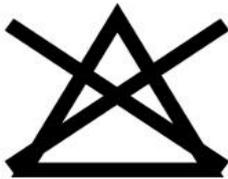
- (i) \_\_\_\_\_ (ii) \_\_\_\_\_

10. What information does **each** of the following fabric care symbols convey to the consumer? (6)



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11. Indicate with a tick (✓) which of the following household appliances has a motor **or** an element. (6)

Household appliance	Element	Motor
Kettle		
Food processor		
Toaster		

12. Name **two** sources of renewable energy. (6)

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

Explain the benefit of renewable energy to the environment.

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## Section B

Answer Question 1 and any other two questions from this section.

Question 1 is worth 80 marks. Questions 2, 3, 4 and 5 are worth 50 marks each.

1. ‘Saturated fat has a bad reputation in recent years, but it might not be entirely deserved. Foods such as milk that are high in SFA (saturated fatty acids) and high in calcium don’t seem to raise harmful cholesterol levels.’ (Paula Mee, *The Irish Times*, July 2015)

The table below shows the nutritional content of two pre-prepared meals.

Pre-prepared meal	Ingredients	Nutritional Information (per serving)	
Fisherman’s pie	Potato, cod, cream, milk, butter, cheese, onion, peas, salt.	Energy	392 kcal
		Fat	18.4 g
		Carbohydrates	37.9 g
		Fibre	3.1 g
		Protein	17.2 g
		Salt	1.9 g
Chicken curry with rice	White rice, chicken, apple, onion, curry powder, garlic, tomato puree, flour, salt.	Energy	524 kcal
		Fat	8.0 g
		Carbohydrates	88.0 g
		Fibre	4.8 g
		Protein	22.0 g
		Salt	1.7 g

- (a) Using the information presented in the table above, state which of the pre-prepared meals you would recommend for a young person involved in sport. Explain **three** reasons for your choice. (20)
- (b) Give an account of lipids (fats) under **each** of the following headings: (28)
- classification
  - functions in the body
  - dietary sources.
- (c) Outline **three** ways an individual can reduce his / her intake of fat. (12)
- (d) Discuss **four** ways consumers can be environmentally aware when shopping and buying food for family meals. (20)

2. **‘Going vegetarian is one of the best things you could do for your health. All the nutrients you need are easily provided in a vegetarian diet.’** (*Vegetarian Society of Ireland, July 2015*)
- (a) Discuss **four** reasons why some teenagers become vegetarian. (20)
  - (b) Having regard to current healthy eating guidelines, set out a menu (3 meals) for one day for a lacto-vegetarian to ensure their nutritional needs are met. (18)
  - (c) Explain **three** guidelines that should be followed when preparing **and** cooking vegetables to retain maximum nutrients. (12)
3. **‘Eggs are great value, easy to cook and a very versatile ingredient for both savoury and sweet dishes.’** (*www.bordbia.ie*)
- (a) Describe **(i)** the nutritional **and (ii)** the dietetic value of eggs. (20)
  - (b) Outline:
    - (i)** the factors to be considered when storing eggs
    - (ii)** the effects of heat on eggs. (20)
  - (c) Describe **two** items of consumer information found on an egg carton (box). (10)

4. **Saoirse is a 1<sup>st</sup> year college student living away from home and sharing a house with two other students. She has a weekly allowance of €220, for all her college expenses including rent, and she cycles to college.**
- (a) Discuss **four** reasons why Saoirse should set out a budget. (20)
- (b) Set out a weekly budget plan showing how Saoirse should allocate her money to ensure her needs and wants are met. (20)
- (c) Suggest **one** suitable savings account that you would recommend for Saoirse. Give **one** reason for your choice. (10)
5. **‘According to the Annual Report of the Registrar General for 2014, some 22,033 marriages were recorded for the year, a 6.6% increase over the figure in 2013.’**  
*(Irish Independent, July 2015)*
- (a) Discuss why marriage is a popular option for couples in Ireland today. (15)
- (b) Discuss **(i)** the rights **and (ii)** the responsibilities of a couple within the marriage relationship. (20)
- (c) Name **and** give an account of **one** option available to couples who are experiencing difficulties in their marriage. (15)

## Section C

Answer **one** question from this section.

Candidates who submitted Textiles, Fashion and Design coursework for examination may attempt **only** Question 2.

### Elective 1 – Home Design and Management (80 marks)

Candidates selecting this elective must answer 1(a) and either 1(b) **or** 1(c).

- 1.(a) **Kitchen design requires careful consideration and planning.**  
The diagram shows the layout of a kitchen.



(www.buzhomedesign.com)

- (i) Evaluate the suitability of the kitchen for a couple with two young children under **each** of the following headings:
- suitability for family use
  - ventilation
  - ergonomics (work triangle).
- (20)
- (ii) Discuss **three** factors which should be considered when choosing heating for the kitchen. (15)
- (iii) Suggest **three** ways to improve the energy efficiency of a kitchen. (15)

**and**

- 1.(b) **The floor makes up a large part of the surface area of any room and thus has a definite effect on the overall appearance of the room.**

- (i) Give an account of **four** factors that should be considered when choosing floor coverings for a family home. (20)
- (ii) Suggest **one** type of floor covering suitable for a family bathroom. State **two** properties of the selected floor covering. (10)

**or**

- 1.(c) **Today less people can afford to buy their own home.**

- (i) Explain why the cost of rental accommodation has increased in urban areas. (12)
- (ii) Name a suitable type of accommodation for **each** of the following people:  
(a) a college student (b) a person with reduced mobility **and** (c) an elderly couple.  
Give **one** reason for your choice in **each** case. (18)

## Elective 2 - Textiles, Fashion and Design (40 marks)

Candidates selecting this elective must answer 2(a) and either 2(b) or 2(c).

2.(a) **Nothing can quite prepare you for the experience of your first office job.**



*(www. pinterest.com)*

(i) Comment on the suitability of the office suits as shown above.  
Refer to:

- function
- comfort
- aesthetic appeal.

(18)

(ii) Suggest **one** fabric suitable for the suit jacket **and** give a reason for your choice. (7)

**and**

2.(b) **Natural fabrics have many advantages over synthetic fabrics.**

(i) Write a profile of a natural fabric under **each** of the following headings:

- fibre production
- how the fabric is constructed.

(9)

(ii) Give **two** advantages of using natural fibres / fabric in clothing. (6)

**or**

2.(c) **‘I love fashion. I think it’s so important because it’s how you show yourself to the world.’** *(Emma Watson, April 2015)*

(i) Explain how the media influences the choice of clothing worn by teenagers. (9)

(ii) Discuss the contribution of modern footwear to current fashion trends. (6)

### Elective 3 - Social Studies (80 marks)

Candidates selecting this elective must answer 3(a) and either 3(b) or 3(c).

**3.(a) Work has a direct impact on resources such as time and money, and affects the amount of each available for family life.**

(i) Explain **each** of the following:

- paid work
- unpaid work
- voluntary work.

(18)

(ii) Discuss the advantages **and** the disadvantage of students working in part-time employment.

(20)

(iii) How does the Protection of Young Persons (Employment) Act, 1996 protect young people in the labour force?

(12)

**and**

**3.(b) Recently, third level colleges have seen a big increase in the number of mature students applying for places on courses.**

(i) Discuss **three** reasons why adults are returning to education.

(18)

(ii) Name **and** give details of **one** initiative available to adults to improve their educational qualifications.

(12)

**or**

**3.(c) Many people are stressed by life, this is why leisure activities are crucial to the development of a good work / life balance.**

(i) Define *leisure*.

(6)

(ii) Describe how family leisure activities are influenced by **each** of the following:

- age
- occupation
- culture
- cost.

(24)

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