

Write your Examination Number here

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2017. M47



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2017

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

WEDNESDAY, 7 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 only attempt Elective 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
Lipids (fats) are made up of fatty acids and glycerol.		
Lipids (fats) contain the element nitrogen.		
Omega 3 fatty acids help reduce the risk of heart disease.		

2. Name **three** different sources of fibre in the diet. (6)

- (i) _____
- (ii) _____
- (iii) _____

3. Indicate with a tick (✓) which of the protein foods listed below are of high biological value and which are of low biological value. (6)

Protein Foods	High Biological Value	Low Biological Value
Eggs		
Peas		
Fish		

4. List **two** biological functions of calcium. (6)

(i) _____

(ii) _____

Name **two** good dietary sources of calcium.

(i) _____ (ii) _____

5. Outline **three** healthy eating guidelines for pregnant women. (6)

(i) _____

(ii) _____

(iii) _____

6. Give **two** examples of different foods suitable for **each** of the following methods of cooking. (6)

Methods of Cooking	Example 1	Example 2
Grilling		
Steaming		
Roasting		

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

bran endosperm staple

The largest part of the grain is the _____ which contains the starch.

Cereals are _____ foods in many countries.

The _____ layer is composed mainly of cellulose.

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

	True	False
Food additives prolong (increase) the shelf life of foods.		
Artificial colourings are permitted in baby food.		
The use of food additives is regulated by EU legislation.		

9. State **three** ways the *Sale of Goods and Supply of Services Act (1980)* protects the consumer. (6)

- (i) _____

- (ii) _____

- (iii) _____

10. Outline **two** points to be considered when selecting textiles for the home. (6)

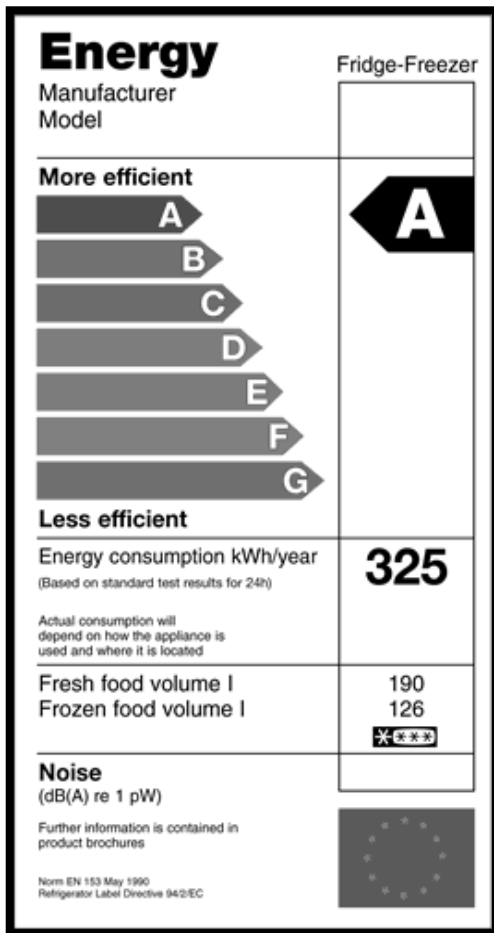
- (i) _____
- (ii) _____

Name **two** fabrics suitable for household textiles.

- (i) _____ (ii) _____

11. Explain **one** benefit of the label below to the consumer.

(6)



(www.which.co.uk)

12. Give **one** example of the following types of pollution.

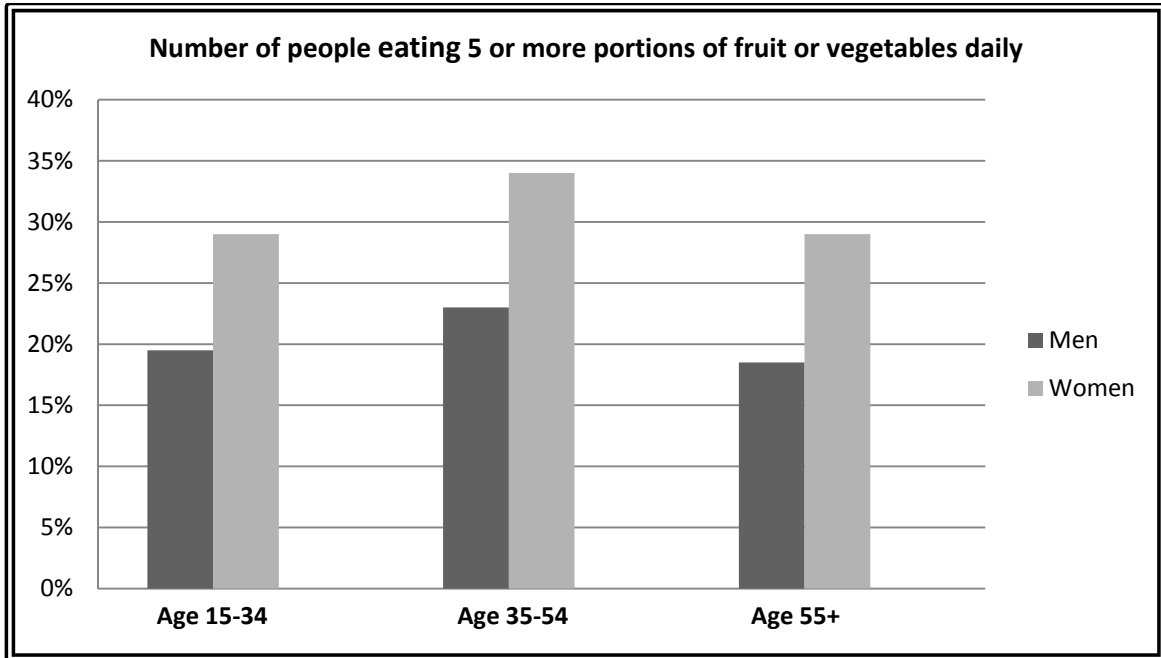
(6)

Types of pollution	Example
Air pollution	
Water pollution	
Noise pollution	

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. 'The World Health Organisation recommends the consumption of at least five portions of fruit or vegetables daily.' (Healthy Ireland Survey, 2015)



- (a) Using the information provided above:
- comment on the table **and** give **one** reason why women consume (eat) more fruit and vegetables than men in **each** of the **three** different age groups. (15)
 - suggest **three** ways that men can increase their daily intake of fruit and vegetables. (12)
- (b) Give an account of Vitamin C under **each** of the following headings:
- dietary sources
 - functions in the body
 - effect of deficiency. (28)
- (c) Vitamin C assists the absorption of nutrients. Name **one** of these nutrients. (5)
- (d) Discuss **four** factors to be considered by consumers when selecting **and** buying pre-prepared (convenience) fruit and vegetables. (20)

2. A breakfast club is a chance for students to have their most important meal of the day. Paul and Lisa attend a breakfast club in their post-primary school. The table below shows the meals eaten by Paul and Lisa on a typical school day.

Breakfast (Breakfast Club)	Bowl of porridge Carton of yoghurt Glass of orange juice
Morning break	Salt and vinegar crisps
Lunch	White bread roll with chocolate spread filling Can of fizzy orange
Dinner	Cheese pizza and chips Chocolate bar Glass of milk

- (a) (i) Comment on the breakfast that Paul and Lisa eat at the breakfast club.
- (ii) Give details of **three** possible diet related problems that may arise if Paul and Lisa continue eating the morning break, lunch, and dinner meals above. (20)
- (b) Suggest an alternative menu for Paul and Lisa's morning break, lunch **and** dinner. (15)
- (c) Discuss **three** factors that affect the food choices of students in post-primary school. (15)

3. 'Your Craft Butcher respects meat as a quality product and will happily provide cookery tips and storage advice to customers.' (www.craftbutchers.ie)

- (a) Give an account of (i) the nutritive value **and** (ii) the dietetic value of meat. (20)
- (b) Outline:
- (i) the effects of cooking on meat
- (ii) the guidelines for storing meat. (16)
- (c) Explain **two** causes of toughness in meat **and** name **two** different methods of tenderising meat. (14)

4. Refrigerators are designed to keep food fresh and assist in reducing food waste.

- (a) Discuss **four** factors that should be considered when selecting a refrigerator for a family. (20)
- (b) Set out the results of a study you have carried out on a refrigeration appliance. Refer to:
- type of refrigeration appliance
 - guidelines for use
 - modern features. (20)
- (c) Outline **two** sources of consumer information available to consumers when purchasing household appliances. (10)

5. The family is one of the most important institutions in our society, and has been subject to rapid and fundamental change.

- (a) Describe **each** of the following family structures:
- nuclear family
 - extended family
 - blended family. (18)
- (b) Discuss **three** ways in which gender roles have changed in the modern family. (15)
- (c) Give **one** reason why it is important to make a will. Outline **three** important features of a valid will. (17)

Section C

Answer **one elective question** from this section.

Candidates who submitted Textiles, Fashion and Design coursework for examination may **only attempt elective 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) Examples of housing styles in Ireland are shown below.



(www.google.com)



(www.plan-a-home.ie)



(www.seandaly.com)

- (i) Discuss **four** factors that may influence a young couple's choice of housing style. (20)
- (ii) Name **and** describe **one** method of insulation you would recommend for **each** of the following areas in a house:
- attic
 - walls
 - windows. (15)
- (iii) State **three** advantages of having a house well insulated. (15)

and

1.(b) Colour is a powerful tool used in design to create a beautiful home.

- (i) Explain how colour can be used to create atmosphere in a family home. (15)
- (ii) Suggest **two** soft furnishings that would enhance the appearance of a newly decorated living room. Give reasons for your choice. (15)

or

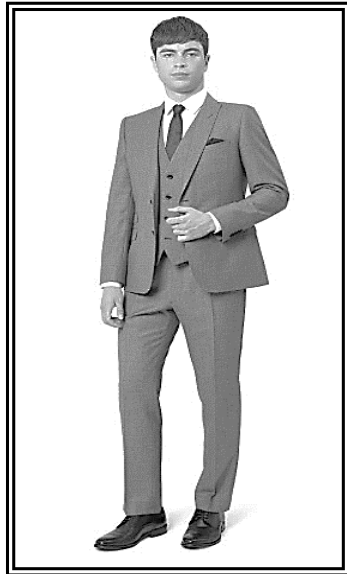
1.(c) 'Electricity is a powerful and versatile energy but can be dangerous if it is not used properly.' (www.esbnetworks.ie)

- (i) Outline **three** guidelines for the safe use of electricity in the home. (15)
- (ii) Recommend **one** type of energy supply (other than electricity) to the home. Give reasons for your choice. (15)

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) The Debs (graduation) is a very important occasion in many teenagers lives.



(www.debs-suits-online.com)



(www.debs-dresses-online.com)

(i) Comment on the suitability of the debs (graduation) outfits as shown above.
Refer to:

- shape
- proportion
- design features.

(18)

(ii) Suggest **one** accessory you could add to enhance either of the above outfits.
Give a reason for your choice.

(7)

and

2.(b) 'Natural fibres are fashionable and the fibre of choice for many young designers.'

(www.wildfibres.co.uk)

(i) Classify natural fibres **and** give **one** example in **each** class.

(8)

(ii) Name **and** describe **one** test to identify a natural fibre.

(7)

or

2.(c) Fashion designers have made fashion a huge industry in the 21st century.

(i) Name **one** Irish fashion designer **and** comment on his / her contribution to Irish fashion.

(6)

(ii) Outline **three** fashion trends currently popular with teenagers.

(9)

Elective 3 - Social Studies (80 marks)

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

3.(a) 'Since the onset of the recession the number of people in poverty in Ireland has increased by more than 100,000. Today there are more than 750,000 people living in poverty in Ireland.'
(*www.socialjustice.ie 2016*)

- (i) Define *poverty*. (6)
- Explain **each** of the following:
- relative poverty
 - absolute poverty. (12)
- (ii) Name **three** groups of people at risk of poverty **and** state the effect of poverty on **each** group. (18)
- (iii) Name **and** give details of **one** voluntary organisation that provides support to people at risk of poverty. (14)

and

3.(b) **Work fills a large part of a person's life.**

- (i) Discuss **three** factors that affect a person's attitude to their work. (15)
- (ii) Outline the benefits of voluntary work to:
- the individual
 - the community. (15)

or

3.(c) 'Early childhood is a really important and exciting phase of a child's life, when they learn so much about themselves, others, and the world around them.'

(*www.limerickchildcare.ie*)

- (i) Name **and** give details of **two** pre-school options available to parents for their children. (15)
- (ii) Discuss **three** advantages of attending pre-school for young children. (15)

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