



Comisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2021
Home Economics – Scientific and Social
Section A and Answerbook
Ordinary Level

Wednesday 9 June - Afternoon 2:00 – 4:30

200 or 240 marks

Examination Number

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Day and Month of Birth

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For example, 3rd February
is entered as 0302

Centre Stamp

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Instructions

Write your Examination Number and your Day and Month of Birth in the boxes on the front cover.

Write your answers to all parts of the examination into this answerbook.

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

There are three sections to this examination. Questions for **Sections B and C** are supplied separately but your answers must be written in this answerbook.

Section A 30 marks
Answer any **five** questions in this section.
Each question carries 6 marks.

Section B 130 marks
Answer **Question 1** and **one** question from questions 2, 3, 4 and 5.
Question 1 is worth 80 marks.
Questions 2, 3, 4 and 5 are worth 50 marks each.

Section C 40 or 80 marks
Answer **one** elective question **or** question 4 (core) to include **part (a)** and either **part (b) or (c)**.

If you submitted *Textiles, Fashion and Design* coursework for examination, you may only attempt Question 2 from this section.

Electives 1 and 3 are worth 80 marks each.

Elective 2 is worth 40 marks.

Question 4 (core) is worth 80 marks.

Section A**30 marks**

Answer any **five** questions from this section.

Each question carries 6 marks.

Write your answers in the spaces provided.

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

	True	False
Meat contains high biological value protein		
Proteins are large molecules made up of smaller units called amino acids		
Sugar is a source of protein		

2. Using the words listed below, complete the following statements in relation to minerals.

calcium

osteoporosis

iron

A deficiency of calcium in the diet can cause _____.

Vitamin C assists in _____ absorption.

Cheese is a good dietary source of _____.

3. Outline **one** cause of toughness in meat.

Name **two** methods of tenderising meat.

(i)
(ii)

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

	True	False
Peas, beans and lentils are pulse vegetables		
Fruit and vegetables do not contain fibre		
Vegetables have a high water content		

5. Outline **three** healthy eating guidelines for children.

(i)
(ii)
(iii)

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

	True	False
Food is processed to extend its shelf life		
An example of cross contamination is the transfer of bacteria from raw to cooked food		
Cooking food at 50°C kills all bacteria		

7. Listed below are **three** types of flour. Give **one** different culinary use of each.

Type of flour	Culinary use
Self-raising flour	
Wholemeal flour	
Plain white flour (cream)	

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

	True	False
Periodontal/gum disease affects the tissues surrounding the teeth		
A lacto-vegetarian does not eat dairy produce		
A high fibre diet reduces the risk of bowel disease		

9. Match the method of food preservation with the correct definition.

<i>Heat treatment</i>	<i>Dehydration</i>	<i>Freezing</i>
Definition	Method of food preservation	
Boiling fruit, vegetables or a mixture of both with sugar, vinegar and spices		
Using very low temperatures which are unsuitable for enzyme activity and microbial growth		
Preserves food by removing moisture		

10. Give **two** advantages of private health insurance.

(i)
(ii)

Suggest **one** method of payment that could be used to purchase private health insurance.

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11. Outline **two** factors that should be considered when choosing electrical appliances.

(i)
(ii)

How can electrical appliances be disposed of to avoid damage to the environment?

12. Outline **three** different uses of textiles in the home.

(i)
(ii)
(iii)

13. In relation to household expenditure, explain **each** of the following:

Essential expenditure
Discretionary expenditure

14. What information does **each** of the following fabric care symbols convey to the consumer?



www.woolmark.com



www.omo.com



Coimisiún na Scrúduithe Stáit State Examinations Commission

LEAVING CERTIFICATE EXAMINATION 2021

Home Economics – Scientific and Social

ORDINARY LEVEL

Section B and Section C

WEDNESDAY 9 JUNE AFTERNOON 2:00 – 4:30

Section B

130 marks

Answer **Question 1** and **one** question from questions 2, 3, 4 and 5.

Question 1 is worth 80 marks.

Questions 2, 3, 4 and 5 are worth 50 marks each.

Section C

40 or 80 marks

Answer **one** elective question **or** question 4 (core) to include **part (a)** and either **part (b) or (c)**.

If you submitted *Textiles, Fashion and Design* coursework for examination, you may only attempt Question 2 from this section.

Electives 1 and 3 are worth 80 marks each.

Elective 2 is worth 40 marks.

Question 4 (core) is worth 80 marks.

Do not hand this up

Section B**130 marks**

Answer **Question 1** and **one** question from questions 2, 3, 4 and 5.

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

Write your answers in the answerbook containing **Section A**.

Question 1

‘More than a quarter of young people growing up in Ireland are obese or overweight according to the latest *Growing Up in Ireland* survey.’ (www.irishexaminer.com)

The table below shows nutritional information per 100 g, for full fat, low fat and fat free natural yoghurt.

	Full fat natural yoghurt	Low fat natural yoghurt	Fat free natural yoghurt
Energy (kcal)	133 kcal	65 kcal	54 kcal
Fat	9.4 g	1.8 g	0.4 g
of which saturates	5.5 g	1.1 g	0.2 g
Carbohydrates	5.9 g	6.9 g	7.6 g
of which sugars	3.2 g	6.8 g	7.3 g
Fibre	0.3 g	0.5 g	0.5 g
Protein	6.0 g	4.8 g	4.8 g
Salt	0.20 g	0.20 g	0.19 g

- (a) Using the information presented in the table, state which of the yoghurts you would recommend for an obese person.
Give **four** reasons for your choice. (20 marks)
- (b) State **three** causes of obesity. (12 marks)
- (c) Give an account of lipids (fats) under **each** of the following headings:
- classification
 - functions in the body
 - dietary sources. (28 marks)
- (d) Discuss **four** factors to be considered when selecting **and** buying foods to reduce fat intake in the diet. (20 marks)

Question 2

Healthy eating during pregnancy is critical to the baby's growth and development.

- (a) Discuss **four** dietary requirements of pregnant women. (20 marks)
- (b) Having regard to current healthy eating guidelines, set out a menu (3 meals) for one day for a pregnant woman. (18 marks)
- (c) Explain how food labelling assist consumers when buying food. (12 marks)

Question 3

Irish grown vegetables get to our shelves quickly, and so are more nutritious.

- (a) Give an account of (i) the nutritive value **and** (ii) the dietetic value of vegetables. (20 marks)
- (b) Outline:
 - (i) the effects of cooking on vegetables
 - (ii) the guidelines for storing vegetables. (18 marks)
- (c) Suggest **two** interesting ways of including vegetables in the diet of children. (12 marks)

Question 4

Good money management is an important life skill.

- (a) Discuss **four** advantages of planning a household budget for a family. (20 marks)
- (b) Set out a weekly budget plan for a family (two adults and two children) with a net income of €800 a week. (20 marks)
- (c) State **one** advantage and **one** disadvantage of buying goods on credit. (10 marks)

Question 5

We live in an increasingly diverse world, even within our own family structures.

- (a) Describe **each** of the following family structures:
- one parent family
 - nuclear family
 - blended family. (18 marks)
- (b) Discuss the roles **and** responsibilities of adolescents/teenagers within a family. (20 marks)
- (c) Outline why good communication is important between family members. (12 marks)

Section C

40 or 80 marks

Answer **one** elective question **or** question 4 (core) to include **part (a)** and either **part (b) or (c)**.

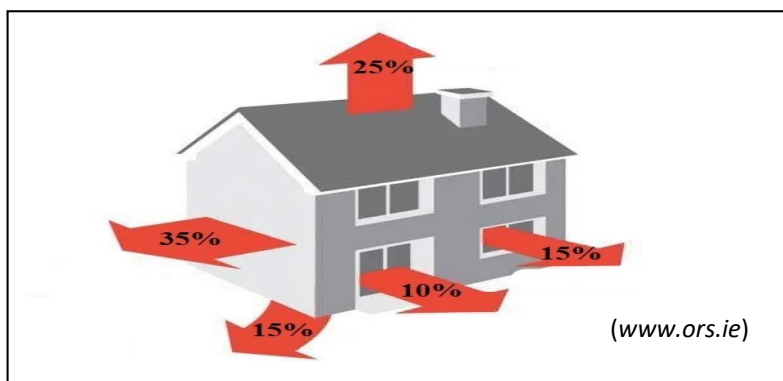
If you submitted *Textiles, Fashion and Design* coursework for examination,
you may only attempt Question 2 from this section.

Write your answer in the answerbook containing **Section A**.

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) The diagram below shows the average heat loss for a family home.



(i) State **four** advantages of having a house well insulated. (20 marks)

(ii) Name **and** describe the method of insulation you would recommend for **each** of the following:

(a) attic (b) walls (c) windows. (15 marks)

(iii) State the advantages **and/or** the disadvantages of solar energy. (15 marks)

and

1.(b) Buying a first home is an exciting adventure.

(i) State the advantages **and** the disadvantages of buying a home of your own. (12 marks)

(ii) Discuss how the housing requirements of a family with children may differ from that of a person living on their own. (18 marks)

or

1.(c) Interior designers help people create their dream home.

(i) Discuss **three** factors to be considered when planning the interior design of a house. (15 marks)

(ii) Explain how soft furnishings can enhance the overall appearance of a room. (15 marks)

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) ‘Fashions fade, style is eternal.’ (*Yves Saint Laurent*)



(www.pinterest.com)

(www.theblacktux.com)

(i) Comment on the suitability of the occasion wear shown above.

Refer to:

(a) shape (b) comfort (c) design features. (18 marks)

(ii) Suggest **one** accessory you could add to enhance either of the above outfits.

Give **one** reason for your choice. (7 marks)

and

2.(b) Today’s consumers are willing to pay more for clothing produced with natural fabrics.

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

- how the fabric is constructed
- properties. (9 marks)

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

or

2.(c) Irish fashion is thriving on the international stage.

(i) Explain how **each** of the following factors may influence a person’s choice of clothing.

(a) function (b) money available (c) cultural influences. (9 marks)

(ii) Discuss the contribution of trendsetters/bloggers to current fashion trends. (6 marks)

Elective 3 – Social Studies – 80 marks

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

3.(a) Education for a child begins at home and is a lifelong process.

(i) Outline how education contributes to the development of the individual.

Refer to **each** of the following:

- physical development
- emotional development
- intellectual development.

(18 marks)

(ii) Give an account of **four** factors that influence the educational achievement of school children.

(20 marks)

(iii) Explain **three** benefits to students of participating in work experience while in second level school.

(12 marks)

and

3.(b) 'Physical activity plays an important role in the lives of children and young people.'

(www.education.ie)

(i) Discuss **three** reasons why leisure is important in today's society.

(15 marks)

(ii) Describe how a person's choice of leisure activities are influenced by **each** of the following:

- cost
- occupation
- age.

(15 marks)

or

3.(c) The impact of unemployment can be long lasting.

(i) Discuss the effects of unemployment on:

- young individuals
- the family
- society.

(18 marks)

(ii) Name **and** give details of **one** voluntary organisation that provides support to the unemployed.

(12 marks)

Question 4 – Core – 80 marks

Candidates selecting this question must answer **4(a)** and either **4(b)** or **4(c)**.

4.(a) The ultimate convenience food, eggs are powerhouses of nutrition.

(www.bbcgoodfood.com)

(i) Give an account of **(i)** the nutritive value **and** **(ii)** the dietetic value of eggs. (20 marks)

(ii) Outline:

- different ways of including eggs in the diet
- the effects of heat on eggs. (18 marks)

(iii) Give **three** reasons for the growing popularity of goods supplied by small Irish food producers. (12 marks)

and

4.(b) ‘Consumers want to hear about discounts and sales, not just products.’

(www.retail-week.com)

(i) Discuss how the following might affect consumers’ decision making when shopping:

- household income
- discount offers
- shopper loyalty schemes. (15 marks)

(ii) State the advantages **and** the disadvantages of online shopping. (15 marks)

or

4.(c) The goal of conflict resolution is not to decide who is right or wrong.

(i) Identify **three** factors which may influence an adolescent’s/teenager’s behaviour. (15 marks)

(ii) Discuss **three** aspects of adolescent/teenager’s behaviour that may lead to conflict in the home. (15 marks)

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