



## Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination 2021

# Home Economics - Scientific and Social

Food Studies Assignments (20% of Total Marks)

### General Directions to Candidates

- Assignments are common to Higher and Ordinary Level.
- All candidates (Higher and Ordinary) are required to complete and present a record of any **four** assignments for examination.
- Candidates are required to present the record of each assignment in the official food studies coursework journal issued by the State Examinations Commission.
- The date for completion of coursework is **3rd November 2020**.
- Candidates should note 'Information for Candidates' on page four of this document.

## Area of Practice A: Application of Nutritional Principles

### Assignment 1

*Healthy eating combined with regular physical activity can help a person live a full, active life, preserving independence into older age.*

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning and preparing meals for older people.

Bearing in mind these considerations, investigate a range of menus (two courses) suitable for the main meal of the day for older people.

Prepare, cook and serve one of the main courses that you have investigated.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the specific requirements of the assignment.

2021

### Assignment 2

*It is estimated that each person in Ireland is consuming approximately 166% of the salt that they need per day.* (Irish Nutrition & Dietetic Institute)

Identify the health risks associated with a diet that is high in salt.

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning and preparing meals for people who wish to reduce salt in their diet.

Bearing in mind these factors, investigate a range of menus (starters and main courses) suitable for the main meal of the day for this group of people.

Prepare, cook and serve one of the main courses that you have investigated.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the specific requirements of the assignment.

2021

## Area of Practice B: Food Preparation and Cooking Processes

### Assignment 3

*Careful selection of cooking equipment will help you to cook healthy meals at home.*

Select either a wok or a steamer and research:

- the different types available
- the reasons for its popularity
- the key points necessary for successful use of the equipment
- foods/dishes that can be cooked using this item of equipment.

Prepare, cook and serve one of the dishes that you have investigated using the selected item of equipment.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the advantages and/or the disadvantages of using this item of equipment.

2021

## Area of Practice C: Food Technology

### Assignment 4

*Fruit and vegetables can be preserved by making chutneys and relishes. These piquant or spicy condiments can be served with food to add flavour.*

Investigate:

- fruit and vegetables that can be preserved by making chutneys/relishes
- how this method of preservation is carried out
- the underlying principles involved
- possible problems which may arise
- containers and labelling that can be used.

Using your choice of fruit/vegetables, prepare and pot a chutney or relish.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the practicability of making homemade chutneys/relishes.

2021

## Area of Practice D: Properties of a Food

### Assignment 5

*Due to their inherent properties, eggs are a versatile ingredient used in sweet and savoury dishes.*

Carry out research on the properties of eggs and explain the underlying principle in each case. Identify dishes that illustrate the culinary use of each property.

Prepare, cook and serve one of the dishes that you have investigated, which has eggs as a key ingredient.

Evaluate the assignment in terms of **(a)** implementation and **(b)** success in applying the selected property/properties when making the dish.

2021

## Information for Candidates

- The Practical Coursework undertaken must be recorded in the official journal issued by the State Examinations Commission. **Do not insert any extra material or subdivide the lines.** Examiners will only mark what is presented on the pages of the journal itself.
- Each candidate is required to include his/her PPSN number, date of birth and the school roll number on the cover of this journal.
- In relation to each assignment attempted, candidates are required to:
  - record the area of practice and the assignment number
  - report the coursework completed in relation to each assignment using prescribed headings referred to as “*Recording Criteria*” as set out in the journal.
- In relation to the Practical Applications component of the assignments the dishes selected:
  - must meet the requirements of the assignment and be identified in the assignment investigation
  - must be attempted only once; dishes cannot be repeated, or partially modified and repeated, across assignments
  - should include as broad a range of applications possible appropriate to the assignment
  - should incorporate the use of fresh foods and avoid the overuse of convenience foods.

**If the above conditions are not fulfilled, marks will be lost.**

- All Food Studies Practical Coursework Journals presented for assessment must be the candidate’s own individual work (verified by the candidate and the class teacher). Any secondary materials (e.g. books, journals, web sites etc.) used must be acknowledged.
- Candidates must carry out all practical coursework, during class time and under the supervision of the Home Economics class teacher. Teacher demonstration is not acceptable. All journal work must be produced under the supervision of the Home Economics teacher. If the coursework is not completed under the teacher’s supervision, he/she will not be able to validate the work as being a candidate’s own individual work when requested by the State Examinations Commission to do so.
- Candidates may undertake the practical work relating to an assignment in pairs or in the case of Area of Practice E, in groups. However, the written recorded account of the assignment must be the candidate’s own individual work. **Direct copying of material from other sources, other than essential references e.g. definitions, is not acceptable.** Where there is evidence of collaboration in the recording of any aspect of an assignment, the marks for the assignment work presented will be disallowed.
- Where assignment work cannot be verified as the candidate’s own individual work, the State Examinations Commission will take appropriate action. This often results in the work presented being deemed invalid and marks awarded in respect of it being discounted when determining the overall result.
- Any incidence of suspected copying, improper assistance from another party, plagiarism or procurement of work prepared by another party will be thoroughly investigated and candidates are liable to have penalties imposed as provided for in the Rules and Programme for Secondary Schools. The penalties include loss of the subject, to loss of the entire examination in all subjects, to being debarred from the Certificate Examinations in subsequent years.  
There may be serious consequences for any other party involved in improperly assisting you as the Education Act 1998 provides for certain criminal offences in relation to the conduct of the examinations.
- Teachers and school authorities are familiar with the requirements to ensure that practical coursework is valid for examination purposes. Candidates should comply fully with all requests that they may make that are designed to enable them certify that the work presented for examination is a candidate’s own individual work.  
Responsibility for complying with the examination requirements rests with the candidate. If the above requirements are not followed your teacher and the school authority will have no choice but to bring this matter to the attention of the State Examinations Commission.