



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination 2018

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 **6th November 2017**.
- Candidates should note ***Information for Candidates*** on page four of this document.

Area of Practice A: Application of Nutritional Principles

Assignment 1

Diet and lifestyle during pregnancy is very important for both the mother and the developing baby's future health.

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning meals for women during pregnancy.

Suggest a range of menus (two courses) suitable for an evening meal for a pregnant woman having regard to the factors identified in your research.

Prepare, cook and serve **one** of the main course dishes from your research.

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

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Assignment 2

A new WHO guideline recommends adults and children to reduce their daily intake of free sugars to less than 10% of their total energy intake. (World Health Organisation, 2015)

With reference to the above statement, discuss the health risks associated with a diet that is high in sugar.

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 sugar in their diet.

Having regard to the factors identified in your research, suggest a range of dessert dishes / modified dessert dishes suitable for a diabetic **or** a person who wishes to reduce their sugar intake.

Prepare, cook and serve **one** of the dessert dishes that you have investigated.

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

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Area of Practice B: Food Preparation and Cooking Processes

Assignment 3

The use of yeast in home baking has become popular as a result of TV cookery programmes.

Carry out research on the use of yeast as a raising agent in home baking.

Refer to: types of yeast used, the underlying principles and examples of dishes.

Investigate and elaborate on the key points that should be observed to ensure success when using yeast in home baking.

Prepare, cook and serve **one** of the dishes (sweet or savoury) from your research.

Evaluate the assignment in terms of **(a)** implementation **(b)** the advantage **or** the disadvantage of baking with yeast at home and **(c)** cost of the dish in comparison to a similar commercial product.

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Area of Practice D: Dishes illustrating the Properties of a Food

Assignment 4

One of the simplest ways to flavour food is to marinate it, and the key to mastering a good marinade includes combining quality ingredients and time.

Carry out research on **each** of the following:

- definition of the term 'marinade' and the different types of marinades
- the reasons for using marinades in food preparation
- the principles underlying the use of marinades
- a range of dishes that illustrate the use of the different marinades investigated.

Prepare, cook and serve **one** of the selected dishes where a marinade is used.

Evaluate the assignment in terms of **(a)** implementation **(b)** the success of the marinade in achieving its intended purpose.

2018

Area of Practice E: Comparative Analysis including Sensory Analysis

Assignment 5

There is a wide range of yogurts available on the Irish food market to suit all tastes and dietary requirements.

Carry out research on the different brands and flavours of yogurt available.

Using **two** different brands of yogurt, both the same flavour, carry out a **paired preference test** to determine which brand of yogurt is preferred by the class group.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the test results obtained.

2018

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.