



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2017

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 **7th November 2016**.
- Candidates should note ***Information for Candidates*** on page four of this document.

Area of Practice A: Application of Nutritional Principles

Assignment 1

The early years of life are a period of rapid growth and a healthy diet is critical for normal development. During this time, children establish their eating behaviours and food preferences.

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning meals for children aged between two and five years. Include reference to the modifications that should be made to dishes to ensure that they are suitable for young children.

Bearing in mind these considerations, suggest a menu for **one** day (three meals and snacks) suitable for children of this age group.

Prepare, cook and serve the main course of the main meal of the day.

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

2017

Assignment 2

Iron deficiency is the most common mineral deficiency worldwide, with women and children being the most susceptible. (World Health Organisation, 2015)

With reference to the above statement, identify and discuss **(i)** the causes and **(ii)** the effects of iron deficiency anaemia.

Investigate and elaborate on the nutritional needs and meal planning guidelines that should be considered when planning and preparing meals for those who wish to increase the intake of iron in their diet.

Having regard to the factors identified in your research, suggest 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.

2017

Area of Practice B: Food Preparation and Cooking Processes

Assignment 3

Consumers need to be well informed on food safety practices when purchasing, storing and preparing food. They should know common food safety hazards and how to manage food safety.

Carry out research on

- the importance of food safety for the consumer
- common food safety hazards
- practices to ensure that food is safe to eat
- dishes that require special adherence to safe food practices.

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

Evaluate the assignment in terms of **(a)** a critical appraisal of the dish cooked and **(b)** how the safe food practices adhered to ensured the dish was safe to eat.

2017

Area of Practice C: Food Technology

Assignment 4

Ireland has the 3rd highest consumption of ice cream per capita in Europe. (An Bord Bia)

Carry out research on **two types** of commercially prepared ice-cream (one economy and one luxury/premium) with reference to brand, ingredients, nutritive information, cost and packaging. Investigate **two** different methods of making ice cream (in the home) and explain the underlying principle in each case.

Prepare and make **one** ice cream using one of the methods that you have investigated. Include details of the type of packaging you would recommend for storage in the freezer.

Evaluate the assignment in terms of **(a)** implementation **(b)** practicability and **(c)** cost in comparison to a similar commercial ice cream.

2017

Area of Practice E: Comparative Analysis including Sensory Analysis

Assignment 5

Commercially prepared pizzas are very popular due to their convenience and the wide range available.

Carry out research on the different types of pizza available (i.e. brands, types, cost).

Cook **three** commercially prepared pizzas. The pizzas should have the same toppings and be of the same thickness but the brands should be different.

Carry out a **preference ranking test** to determine which pizza is the preferred choice within your group.

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

2017

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.