

Write your Examination Number here

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2013. M47



# Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2013

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

WEDNESDAY, 5 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 attempt only 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. Match **each** of the foods listed below with the correct classification of fat (lipids). (6)

*avocado, sardines, cheese*

Classification of Fat	Food
Animal	
Vegetable (Plant)	
Marine	

2. Use the words listed below to complete the following statements in relation to vitamin A. (6)

**hypervitaminosis, rhodopsin, night blindness**

Vitamin A is necessary for the production of \_\_\_\_\_ a pigment in the retina of the eye.

A deficiency of Vitamin A causes \_\_\_\_\_.

\_\_\_\_\_ can occur through over-use of dietary supplements containing Vitamin A.

3. In relation to Coronary Heart Disease (CHD) indicate with a tick (✓) whether **each** of the following statements is true **or** false. (6)

Coronary Heart Disease	True	False
A high intake of saturated fats leads to low levels of cholesterol		
Overweight people are at risk of coronary heart disease		
High salt intake is linked to high blood pressure		

4. Listed below are three different cooking methods. Name **two** examples of **each**. (6)

Moist cooking methods	Dry cooking methods	Frying
1.	1.	1.
2.	2.	2.

5. Name **two** of the main nutrients found in skimmed milk. (6)

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

Name **two** heat treatments applied to milk to extend its shelf life.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

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

	True	False
Clear soups and broths are types of thick soups		
Soup maybe thickened using a liaison		
Croutons are a suitable garnish for soup		

7. Identify **two** conditions required for the growth of micro-organisms. (6)

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

State **one** use of micro-organisms in food production.

\_\_\_\_\_

8. Explain **each** of the textile care symbols shown below. (6)







9. Explain **each** of the following: (6)

Gross Income: \_\_\_\_\_


Net Income: \_\_\_\_\_


10. Name **one** provider of private health insurance. (6)

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State **two** advantages of private health insurance.

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

11. Name **two** safety features used in electrical appliances **and** give an example of the use of **each**. (6)

Safety Feature	Example of use

12. Name **two** merchandising (marketing) techniques. (6)

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_

How does merchandising encourage consumer spending?

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## 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. Following the guidelines of the new food pyramid and being active gives people the best chance of being healthy and well. *(Food Safety Authority, 2012)*



- (a) Discuss the role of the food pyramid as a source of information on healthy eating. (16)
- (b) Give an account of proteins under **each** of the following headings:
- composition
  - classification
  - dietary sources
  - functions in the body. (32)
- (c) Explain the following properties of protein **and** give an example of **each**:
- denaturation
  - coagulation. (12)
- (d) Discuss **four** ways that consumers may reduce their food bill when purchasing *protein foods*. (20)

2. **‘Every function and process in the body requires energy.’**

- (a) Discuss **three** factors which effect a person’s daily energy requirement. (12)
- (b) In relation to persons with high energy requirements, set out:
- **four** important meal planning guidelines that should be followed **and**
  - a menu for **one** day (to include three meals **and** snacks). (30)
- (c) Comment on the growing popularity of the use of food supplements. (8)

3. **Buying large household appliances is a big financial commitment.**

- (a) Outline **four** factors that should be considered when selecting large household appliances. (16)
- (b) Set out the results of a study you have carried out on a refrigeration appliance. Refer to:
- description of appliance
  - modern features
  - guidelines for use
  - energy efficiency rating. (24)
- (c) State **one** advantage **and** **one** disadvantage of buying goods on credit. (10)

4. **Jane bought Peter a jacket for his birthday. The jacket was a perfect fit for Peter but he did not like the style of it. Jane went back to the shop to return the jacket and get a refund but the retailer would only give her a credit note.**

(a) Was Jane entitled to her money back? Explain. (10)

(b) Outline the procedure that should be followed when making a complaint when a problem occurs with a product or service. (12)

(c) Name **and** explain **four** consumer rights. (16)

(d) Discuss **three** ways the consumer can help protect the environment. (12)

5. **While the family is the basic unit of nearly every society, it differs in form.**

(a) Explain **each** of the following family structures:  
• nuclear family  
• extended family  
• blended family. (15)

(b) Comment on:  
(i) the importance of independence for elderly people in the family **and**  
(ii) how the state supports the independence of elderly people. (20)

(c) Explain what you understand by *generation conflict* **and** state **two** ways of dealing with conflict. (15)



## Section C

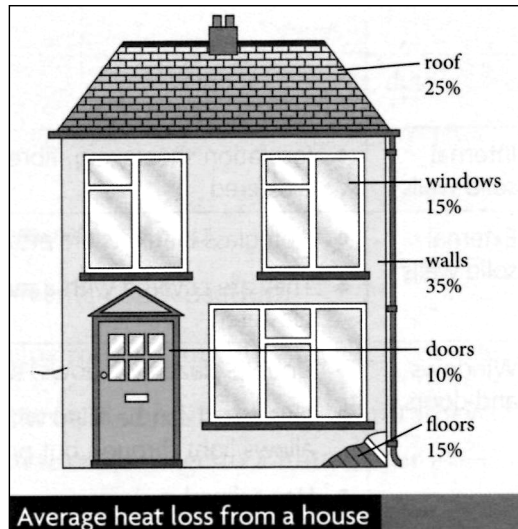
Answer one question from this section.

Candidates who submitted Textiles, Fashion and Design coursework for examination may only attempt 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) The diagram below shows the heat loss from a family home.



- (i) State, giving a reason, the **two** areas of this house that should be prioritised for insulation. (12)
- (ii) Name **and** describe the method of insulation you would recommend for **each** of the following: (16)
- attic / roof
  - walls.
- (iii) State **three** advantages of having a well insulated home. (12)
- (iv) Describe **two** ways that thermostats are used to maximise the efficient use of energy in the home. (10)

**and**

- 1.(b) (i) Identify **and** discuss **three** factors to be considered when selecting wall finishes for a kitchen in a new house. (18)
- (ii) State the advantages **and** the disadvantages of ceramic floor tiles. (12)

**or**

1.(c) **Hugh rise in home rentals, a total of 29% were renting accommodation in 2011 up 47% from 2006.**

*(The Irish Times, November 2012)*

- (i) Discuss why renting a home is currently a popular housing option. (12)
- (ii) Identify **and** elaborate on **three** key considerations that should be taken into account when selecting accommodation to rent. (18)

## 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) Finding the best clothes to wear when taking exercise is complicated due to the wide range of fashion wear available and the use of technologically advanced fabrics that hold moisture away from the body.**

(i) Sketch **and** describe an outfit suitable for a leisure/outdoor activity of your choice. (9)

(ii) Evaluate the outfit with regard to:

- function (use)
- fashion appeal
- cost
- care.

(16)

**and**

**2.(b) Natural fibres such as wool and linen are frequently used by Irish fashion designers.**

Give an account of **one** natural fabric under the following headings:

- fibre production
- properties
- how fabric is constructed.

(15)

**or**

**2.(c) Whether you want to design your own clothes or start a fashion label, designing clothes requires creativity and dedication.**

(i) Discuss **three** key factors that should be considered when designing an outfit. (9)

(ii) List **three** functions of clothing. (6)

### **Elective 3 – Social Studies (80 marks)**

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

#### **3.(a) Education assists the individual in achieving his / her true potential.**

- (i) Discuss the role of education in contributing to the development of the individual. Refer to **each** of the following:
- physical development
  - emotional development
  - moral development
  - intellectual development. (24)
- (ii) Summarise **four** factors that a parent should consider when choosing a pre-school. (16)
- (iii) Give details of **one** government scheme that supports the provision of pre-school education. (10)

**and**

#### **3.(b) The rate of unemployment among the under 25's rose to almost 40% in 2011. The census found that more than 82,000 of those under 25 were out of work.**

*(Irish Independent, July 2012)*

- (i) Discuss the negative effects of unemployment on **each** of the following:
- young adults
  - families with young children. (18)
- (ii) Unemployment often results in people living in poverty. Explain the difference between relative poverty **and** absolute poverty. (12)

**or**

#### **3.(c) In the midst of an economic downturn, more and more people are asking what can be done to better our own communities.**

- (i) Discuss, giving examples, how voluntary work can contribute to a community. (15)
- (ii) Assess the impact (positive **and** negative) on family life where there is one parent in paid employment. (15)

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