

Write your Examination Number here

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2012. M 48



# Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2012

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

HIGHER LEVEL

<b>CENTRE STAMP</b>

WEDNESDAY, 6 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. Give one main function of sodium in the diet. (6)

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List two good dietary sources of sodium.

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

2. Explain each of the following terms. (6)

- (i) *Low-density lipoproteins (LDL)* \_\_\_\_\_

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- (ii) *High-density lipoproteins (HDL)* \_\_\_\_\_

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3. Explain the role of emulsifiers in food production. (6)

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4. What are *speciality foods* and give **two** examples of such foods. (6)

(i) *Speciality foods* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(ii) *Examples* \_\_\_\_\_

5. Complete the following table in relation to alternative (novel) protein foods. (6)

	Source	Product
Plant		
Micro-organisms		

6. Name **three** methods of heat transfer and give **one** example of a method of cooking that illustrates the use of each. (6)

Method of Heat Transfer	Cooking Method

7. Identify **three** major sectors of the Irish food industry. (6)

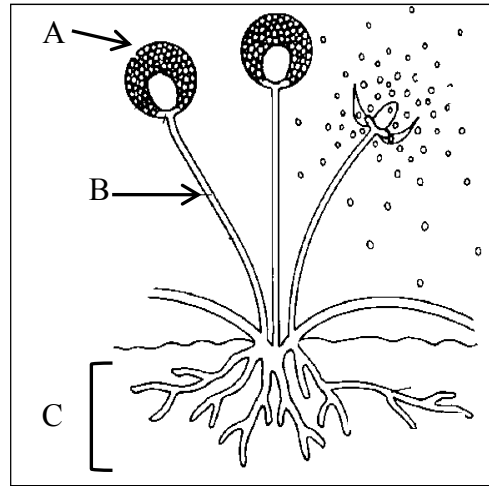
(i) \_\_\_\_\_  
(ii) \_\_\_\_\_  
(iii) \_\_\_\_\_

8. In relation to moulds, identify parts A, B and C as shown on the diagram. (6)

A \_\_\_\_\_

B \_\_\_\_\_

C \_\_\_\_\_



9. Outline the protection provided to the consumer by the Consumer Information Act, 1978. Give **two** points. (6)

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

\_\_\_\_\_

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

\_\_\_\_\_

10. Outline **two** benefits of private health insurance. (6)

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

\_\_\_\_\_

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

\_\_\_\_\_

11. In relation to consumer research, differentiate between each of the following **two** methods: (6)

(i) *Desk Research* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(ii) *Field Research* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. Explain energy labelling in relation to household appliances. (6)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name **two** household appliances which carry an energy label.

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

## 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. **‘Food-based dietary guidelines’ is the complete scientific term for a set of healthy eating messages provided for a population, in terms of how much and which types of foods to eat for good health.**  
*(Food Safety Authority of Ireland, FSAI)*

New recommendations for food-based guidelines for healthy eating in Ireland were devised by the FSAI. An extract relating to the recommended servings per day for two food groups (bread/cereals and fruit & vegetables) is presented in the table below.

Age		5-13 years		14-18 years		19-50 years		51+ years	
Gender		Male	Female	Male	Female	Male	Female	Male	Female
Bread, Cereals etc. Servings	Moderately active	3-5	3-4	5-7	4	5-7	4-5	4-5	3-4
	Sedentary	3-5	3-4	4-5	3	4-6	3-4	4	3
Fruit & Vegetables Servings		5	5	5-6	5	5-7	5-6	5	5

- (a) In relation to the **two** food groups referred to in the table, comment and suggest reasons for the variations in the recommendations made. (24)
- (b) Give an account of carbohydrates and refer to:
- the chemical structure of a monosaccharide
  - the formation of disaccharides
  - the hydrolysis of sugar to include inversion. (24)
- (c) Discuss the importance of balancing energy intake and energy output. (12)
- (d) Identify and discuss contemporary trends in food shopping practices. (20)

2. 'Almost six in ten people are aware of the "five or more a day message" but on average Irish people claim to be eating only three portions of fruit and vegetables a day.'

*(Bord Bia)*

- (a) Discuss the options available to consumers when selecting and purchasing fruit and vegetables. (12)
- (b) Give details of the nutritional significance **and** the contribution to the diet of either fruit **or** vegetables. (20)
- (c) Give an account of Vitamin A under **each** of the following headings:
- biological functions
  - effects of deficiency
  - properties. (18)

3. 'Food safety is a right not a privilege.' *(SafeFood, 2007)*

- (a) To ensure that food is safe to eat, discuss the importance of **each** of the following:
- food storage
  - cooking and reheating procedures
  - kitchen hygiene. (24)
- (b) Name **one** method of home preservation that involves the application of heat **and** explain the principle involved. (16)
- (c) Outline the role of the Department of Agriculture, Food and the Marine in food safety. (10)

4. **‘Buying a home is one of the most significant financial decisions you will make in your lifetime.’**  
*(www.myhome.ie)*

- (a) Discuss the factors which influence individual and family housing choices. Refer to **each** of the following:
- economic factors
  - national housing policy
  - trends in housing developments. **(24)**
- (b) Name and describe **one** type of mortgage available to potential house buyers. **(14)**
- (c) Name and give details of **one** Local Authority scheme available to people in need of housing **(12)**

5. **‘Today more than ever before, young people are recognised as having rights.’**  
*(Unicef)*

- (a) Outline **four** rights of children within the family. **(12)**
- (b) Discuss **each** of the following:
- the difficulties that the family unit may experience when a child has special needs **and**
  - the difficulties that the family unit may experience when a parent has special needs. **(24)**
- (c) Write an informative note on the Childcare Act, 1991. **(14)**



## Section C

Answer one elective question from this section.  
Candidates who submitted Textiles, Fashion and Design coursework  
for examination may attempt only 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) ‘If each of us becomes aware of our own power when it comes to energy efficiency and use it properly, we can collectively make a big difference to ourselves, our pockets and to the environment.’ *(Sustainable Energy Authority of Ireland)*
- (i) Discuss **four** factors that should be considered when choosing a heating system for a new house. (16)
- (ii) Describe **one** type of central heating system suitable for a family home and include reference to:
- fuel/energy source
  - working principle to include methods of heat transfer
  - impact on the environment. (24)
- (iii) Explain, giving examples, how levels of thermal comfort in the home can be controlled. (10)

**and**

- 1.(b) (i) Discuss the importance of adequate ventilation in a house. (15)
- (ii) Recommend **one** method of artificial ventilation suitable for a kitchen **and** describe the working principle of the method recommended. (15)

**or**

- 1.(c) **Interior design involves determining the structure of a space, the needs of the occupants and the style that best suits both.**
- (i) State, giving examples, how **each** of the following may impact on the interior design of the home:
- function of the room
  - cost
  - environmental awareness. (18)
- (ii) Explain **two** elements of design and give an example of the application of **each** in interior design. (12)

**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) ‘The economic climate and a fresh approach to fashion, has succeeded in turning many more fashion hounds towards the vintage fashion rails.’**

*(www.stylebible.ie)*

- (i) Assess the effects of socio-economic influences on the clothing industry. **(15)**
- (ii) You have been invited to attend a friend’s 18<sup>th</sup> birthday party with a 1980’s theme. Sketch and describe the outfit you would wear to the party. **(10)**

**and**

- 2.(b)** (i) Discuss why blended fabrics are popular in modern clothing. **(6)**
- (ii) Set out the results of a study you have undertaken on **one** blended fabric. Refer to:
- name
  - properties
  - uses. **(9)**

**or**

**2.(c) Fabric construction methods influence the appearance, properties and performance of the fabric.**

In relation to textile manufacture, name and describe **each** of the following:

- **one** fabric construction technique
- **one** method of colour application
- **one** method of design application. **(15)**

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

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

- 3.(a) The high level of joblessness and the continuing threat of unemployment are among the biggest issues adversely affecting the Irish economy. Figures released by the Central Statistics Office show that the standardised jobless rate increased to 14.4% in October 2011. Among those signing on were 93,013 Jobseeker’s Benefit claimants and 301,333 Jobseeker’s Allowance claimants.

	2006	2007	2008	2009	2010	2011
<i>Unemployment rates in Ireland</i>	4.4%	4.5%	6.4%	11.8%	13.7%	14.2%

*(Seasonally adjusted standardised unemployment rates. Central Statistics Office)*

- (i) Having regard to the information provided above, discuss unemployment in Ireland. (20)
- (ii) Analyse how **each** of the following has impacted on current rates of unemployment:
- geographical location
  - the global economy
  - the level of demand for products and services. (20)
- (iii) Name and give details of **one** statutory response to creating employment. (10)

**and**

- 3.(b) Using your leisure time wisely will have long term benefits.

- (i) Define leisure **and** discuss its value in today’s society. (18)
- (ii) Discuss the factors that can influence a person’s choice of leisure activities. (12)

**or**

- 3.(c) (i) Discuss the principle factors that can affect a family’s requirements for childcare. (12)
- (ii) Name and evaluate **two** types of childcare options that are available to parents. (18)

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