Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination, 2018

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

WEDNESDAY, 6 JUNE – AFTERNOON 2:00 to 4:30

280/320 MARKS

Instructions to Candidates

Section A

There are twelve questions in this section.
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.
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.
Answer one elective question, to include part (a) and either part (b) or part (c).

If you submitted Textiles, Fashion and Design coursework for examination, you may only attempt 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. Indicate with a tick (✓) whether each of the following statements is true or false. (6)

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron is essential for the manufacture of haemoglobin in the blood.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anaemia is caused by lack of iron in the diet.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A diet rich in fibre assists the absorption of iron.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Using the words listed below, complete the following statements in relation to vitamins. (6)

- vitamin B
- folic acid
- vitamin K

The primary function of ________________ is to assist blood clotting.

_______________ is necessary for the release of energy from carbohydrate and fat.

Neural tube defects in the unborn baby may be prevented by pregnant women taking ________________.

3. Outline two ways finance (money available) affects food choices among Irish consumers. (6)

(i) __________________________________________________________________________
    __________________________________________________________________________

(ii) __________________________________________________________________________
     __________________________________________________________________________
4. Match each of the sources of lipids (fats) listed below with the correct food. (6)

<table>
<thead>
<tr>
<th>animal</th>
<th>marine</th>
<th>vegetable (plant)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food</td>
<td>Source of Lipids</td>
<td></td>
</tr>
<tr>
<td>Salmon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Olive Oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Butter</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. Identify three health problems that are caused by a diet high in sugar. (6)

(i) ____________________________________________________________

(ii) ___________________________________________________________

(iii) __________________________________________________________

6. Explain why each of the following is important in safe food preparation and cooking: (6)

Food storage __________________________________________________

________________________________________________________________________

Personal hygiene _________________________________________________

________________________________________________________________________

Reheating procedures _____________________________________________

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

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar is used as a preservative when making jam.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quick freezing results in the formation of large ice crystals within the food cell.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chutney is made by boiling fruit and / or vegetables with sugar, vinegar and spices.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

8. Using the words listed below, complete the following statements in relation to food spoilage and food production. (6)

- **bacteria**
- **yeast**
- **enzymes**

Cheese and yoghurt are produced using _________________.

_______________ cause food spoilage in fruit and vegetables.

The biological raising agent used in bread making is _________________.

9. Outline three steps that should be followed when planning a household budget. (6)

(i) ____________________________________________________________________

(ii) __________________________________________________________________

(iii) __________________________________________________________________

Leaving Certificate Examination, 2018
Home Economics – Scientific and Social – Ordinary Level
10. Give one advantage and one disadvantage of buying goods on credit. (6)

Advantage

Disadvantage

Name two types of credit available to consumers when buying a car.

(i) ____________________________ (ii) ____________________________

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

(iii) ____________________________

12. State three ways technology has contributed to greater efficiency in the home. (6)

(i) ____________________________

(ii) ____________________________

(iii) ____________________________
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. Dietary protein is one of the essential nutrients that we must eat every day.

The table below shows the ingredients and nutritional information (per 100 g), of a pre-prepared Beef Lasagne.

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Nutritional Information (per 100 g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chopped tomatoes, beef mince, lasagne sheets, milk, cheese, butter,</td>
<td>Energy 121 kcal</td>
</tr>
<tr>
<td>tomato purée, water, onion, carrot, garlic, celery, sugar, olive oil, salt,</td>
<td>Protein 6.8 g</td>
</tr>
<tr>
<td>pepper, beef stock, basil.</td>
<td>Fats 5.1 g</td>
</tr>
<tr>
<td></td>
<td>Carbohydrate 12.6 g</td>
</tr>
<tr>
<td></td>
<td>of which sugars 3.1 g</td>
</tr>
<tr>
<td></td>
<td>Fibre 1.0 g</td>
</tr>
<tr>
<td></td>
<td>Salt 0.5 g</td>
</tr>
</tbody>
</table>

(a) (i) Using the information presented in the table above and having regard to current healthy eating guidelines, evaluate the nutritional value of the pre-prepared beef lasagne. (20)

(ii) Suggest one suitable accompaniment that could be served with beef lasagne. Give a reason for your choice. (5)

(b) Give an account of protein under each of the following headings:

- classification
- dietary sources
- functions in the body. (26)

(c) Outline three effects of heat on protein foods. (9)

(d) Shopping online for food has become very popular.

Discuss two advantages and two disadvantages of shopping online for groceries (food items). (20)
2. ‘At present it is estimated that 300,000 people in Ireland have osteoporosis.’

(a) Discuss:
   (i) the causes of osteoporosis
   (ii) the effects of osteoporosis on the body. (20)

(b) Having regard to current healthy eating guidelines, set out a menu (3 meals) for one day for a person with osteoporosis. (18)

(c) Give details of three dietary and / or lifestyle changes that will help prevent osteoporosis. (12)

3. Cereals are the staple food of many countries.

(a) Give an account of (i) the nutritive value and (ii) the dietetic value of cereals. (20)

(b) List three cereals.
   Name a different product made from each of the cereals listed. (12)

(c) In relation to cereals:
   (i) explain the difference between white (plain / cream) flour and wholemeal flour
   (ii) outline three guidelines to consider when storing cereal products. (18)
4. Seán and Áine bought a television in a sale. When they unpacked the television, they found the screen was broken. They returned the television to the shop and were refused a refund.

(a) In your opinion, was the shop entitled to refuse a refund to Seán and Áine? Give reasons for your answer. (15)

(b) (i) Name one reliable source of consumer advice available to Seán and Áine.

(ii) Outline the procedure for making a complaint when a problem occurs. (20)

(c) Explain three benefits of the Small Claims Court to the consumer. (15)

5. Each family member has many roles and responsibilities within the family.

(a) Discuss four ways older people (grandparent/s) provide support for other members of the family. (20)

(b) Describe three ways older people can maintain (keep) their independence. (15)

(c) Explain generation conflict. Outline two ways of dealing with generation conflict. (15)
Section C

Answer one elective question from this section.

If you submitted Textiles, Fashion and Design coursework for examination, you may only attempt Question 2 from this section.

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) ‘We value water as a precious natural resource on which the quality of life depends.’
(www.engineersireland.ie)

(i) Explain the function of the following parts of the cold-water system shown above:
- stopcock
- ball valve (ballcock)
- overflow pipe. (18)

(ii) Describe each of the following stages in the water treatment process:
- screening (a) chlorination (b) fluoridation (c) testing. (16)

(iii) Outline four ways of conserving water in the home. (16)

and

1.(b) Proximity to local amenities can add value to a house.

(i) Discuss the benefits of three local amenities for families with young children. (15)

(ii) Give three reasons why renting a house is a more popular choice than buying for some people. (15)

or

1.(c) (i) Outline three factors that a student should consider when selecting furniture for a bedroom. (15)

(ii) Identify and describe three items of storage furniture suitable for a student’s rented accommodation. (15)
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)** ‘A school uniform can play a crucial role in establishing and maintaining the school identity.’

(www.oireachtas.ie)

(i) Comment on the suitability of the uniforms as shown above for primary school students. Refer to:
   - function
   - comfort
   - aesthetic appeal. (18)

(ii) Suggest **two** methods that could be used to apply a crest to the uniform. (7)

and

**2.(b)** Modern fabrics have a variety of finishes applied to them during manufacture.

(i) Explain why fabric finishes are used on fabric. (9)

(ii) Name **and** describe **one** fabric finish. (6)

**2.(c)** ‘A new season means new fashion.’ (www.stellar.ie)

(i) Outline **three** factors that influence fashion changes. (9)

(ii) Describe **two** challenges (difficulties) affecting the growth of the Irish clothing industry. (6)
Elective 3 - Social Studies (80 marks)

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

3.(a) ‘Youth unemployment across Europe remains far too high.’ (Irish Examiner, 2017)

(i) Define unemployment. (6)

(ii) Outline the effects of unemployment on:
- the young adult
- the family
- society. (24)

(iii) Discuss the importance of an educational qualification for young people. (8)

(iv) Name and give details of one programme / course designed to train and upskill the unemployed. (12)

and

3.(b) ‘Empowering women in the workplace is a win-win for us all.’ (Irish Independent, 2017)

(i) Explain three reasons why there is an increase in the number of women in the workplace. (15)

(ii) Outline the advantages and the disadvantages for family life of dual-earners (both parents working). (15)

or

3.(c) ‘Almost two-thirds of the population are now living in urban areas.’ (The Irish Times, 2017)

(i) Discuss three reasons why more people live in urban areas. (15)

(ii) Explain three ways that migration (moving) from rural to urban areas has impacted on life in rural areas. (15)