Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination, 2013
HOME ECONOMICS – SCIENTIFIC AND SOCIAL
ORDINARY LEVEL

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)

<table>
<thead>
<tr>
<th>Classification of Fat</th>
<th>Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Animal</td>
<td></td>
</tr>
<tr>
<td>Vegetable (Plant)</td>
<td></td>
</tr>
<tr>
<td>Marine</td>
<td></td>
</tr>
</tbody>
</table>

**avocado, sardines, cheese**

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)

<table>
<thead>
<tr>
<th>Coronary Heart Disease</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>A high intake of saturated fats leads to low levels of cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Overweight people are at risk of coronary heart disease</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High salt intake is linked to high blood pressure</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Listed below are three different cooking methods. Name **two** examples of **each**. (6)

<table>
<thead>
<tr>
<th>Moist cooking methods</th>
<th>Dry cooking methods</th>
<th>Frying</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
<td>2.</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear soups and broths are types of thick soups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soup maybe thickened using a liaison</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Croutons are a suitable garnish for soup</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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)

- [Image]
  - [Image]

9. Explain each of the following: (6)

   Gross Income: ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

   Net Income: ______________________________________________________________
   ______________________________________________________________
   ______________________________________________________________

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

    ______________________________________________________________

    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)

<table>
<thead>
<tr>
<th>Safety Feature</th>
<th>Example of use</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

(i) ______________________________________

(ii) ______________________________________

How does merchandising encourage consumer spending?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________
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.

![Average heat loss from a house diagram]

(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:

- attic / roof
- walls. (16)

(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)
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)