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. Name one food source of each of the proteins listed below. (6)

<table>
<thead>
<tr>
<th>Proteins</th>
<th>Food source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casein</td>
<td></td>
</tr>
<tr>
<td>Actin</td>
<td></td>
</tr>
<tr>
<td>Albumin</td>
<td></td>
</tr>
</tbody>
</table>

2. State one function of omega 3 fatty acids in the diet. (6)

Name two different food sources of omega 3 fatty acids.
(i) __________________________  (ii) __________________________

3. Explain food fortification. (6)

Name one fortified food / product and explain how it benefits the consumer.

Fortified food / product __________________________

Benefit __________________________
4. Give three functions of folic acid (folate). (6)
   (i) 
   (ii) 
   (iii) 

5. State two advantages of including tofu in the diet. (6)
   (i) 
   (ii) 

Other than tofu, name two protein alternatives that can be used in a vegan diet.
   (i) 
   (ii) 

6. Write a note on two of the following: (6)
   
   Genetically modified food ____________________________
   ____________________________
   ____________________________

   Organic food / produce______________________________
   ____________________________
   ____________________________

   Added-value food______________________________
   ____________________________
   ____________________________
7. Name the parts A, B and C as shown on the diagram of a yeast cell. (6)

A ____________________________
B ____________________________
C ____________________________

8. In relation to the Hazard Analysis Critical Control Point (HACCP) system, explain each of the following terms. Give one example in each case. (6)

Hazard
____________________________________________________________________
____________________________________________________________________
Example
____________________________________________________________________

Control measure
____________________________________________________________________
____________________________________________________________________
Example
____________________________________________________________________

9. State the purpose of consumer research. (6)
____________________________________________________________________
____________________________________________________________________

Name and describe one method of consumer research.
____________________________________________________________________
____________________________________________________________________
10. Explain each of the following: 

*Life assurance*

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

*Mortgage protection policy*

____________________________________________________________________________
____________________________________________________________________________

11. List two desirable properties of fabric used in upholstered furniture.

(i) ________________________________________________________________

(ii) ________________________________________________________________

What information does the following label convey to the consumer?

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

12. Name one cause of air pollution and state the effect of this pollution on the environment. Explain how air pollution can be reduced.

*Cause*

____________________________________________________________________________

*Effect*

____________________________________________________________________________

*Reduction measure*

____________________________________________________________________________
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. Current intakes of dietary fibre are generally inadequate in adults, with over 80% not meeting the European Food Safety Authority (EFSA) recommendation of 25-30 grams per day.  
   (National Adult Nutrition Survey, 2011)

The chart below provides information on the contribution of different foods to dietary fibre intake in Ireland for adults aged 18-64 years and those over 65 years.

<table>
<thead>
<tr>
<th>Foods</th>
<th>18 - 64 years</th>
<th></th>
<th>≥ 65 years</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>%</td>
<td>grams</td>
<td>%</td>
<td>grams</td>
</tr>
<tr>
<td>Bread and rolls</td>
<td>26</td>
<td>4.8</td>
<td>29</td>
<td>5.4</td>
</tr>
<tr>
<td>Vegetables and vegetable dishes</td>
<td>17</td>
<td>3.3</td>
<td>18</td>
<td>3.2</td>
</tr>
<tr>
<td>Potatoes and potato products</td>
<td>13</td>
<td>2.2</td>
<td>12</td>
<td>2.0</td>
</tr>
<tr>
<td>Fruit and fruit juices</td>
<td>10</td>
<td>2.1</td>
<td>15</td>
<td>3.1</td>
</tr>
<tr>
<td>Breakfast cereals</td>
<td>9</td>
<td>2.0</td>
<td>10</td>
<td>2.1</td>
</tr>
<tr>
<td>Others</td>
<td>25</td>
<td>4.8</td>
<td>16</td>
<td>3.2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>100</td>
<td>19.2</td>
<td>100</td>
<td>19.0</td>
</tr>
</tbody>
</table>

(a) Using the information provided in the chart, comment and elaborate on the contribution of four foods to the intake of dietary fibre with reference to the two categories of people identified above. (24)

(b) Suggest three strategies to increase the intake of dietary fibre in order to meet the European Food Safety Authority (EFSA) recommendation. (12)

(c) Evaluate the benefits of a diet rich in fibre. (15)

(d) Name and give an account of one bowel disease. Refer to symptoms / effects. (9)

(e) Evening work, night shifts and rotating work schedules can have a negative effect on normal meal patterns.

Suggest how individuals who have an irregular work schedule can manage to achieve a healthy balanced lifestyle and good dietary practices. (20)
2. **Fish has long been recognised as one of nature’s best foods and with its rich supply of nutrients it is one of the few foods that can truly be called a superfood.**

   (a) Discuss the nutritive value and the contribution of fresh fish / fish products to the diet. (20)

   (b) **Fish must be used or processed as soon as possible after being caught as spoilage occurs very quickly.**
   Outline the main causes of fish spoilage. (15)

   (c) **Oily fish and fish liver oils can make a significant contribution to a persons’ intake of vitamin D.**
   Give an account of vitamin D and refer to:
   - type / form
   - properties
   - effects of deficiency. (15)

3. **As more women enter the workforce and lifestyles change, global demand for frozen meals and ingredients will grow.** *(Bord Bia, 2013)*

   (a) Outline the benefits of incorporating frozen foods in meal planning. (12)

   (b) Set out details of one method of freezing fresh vegetables.
   Refer to:
   - description of the method used
   - underlying principle involved
   - the effect of freezing on the food. (20)

   (c) Evaluate the role of packaging / labelling in relation to each of the following:
   - suitability for purpose
   - environmental impact
   - as a source of consumer information. (18)
4. ‘While consumers are more optimistic about their financial outlook, they remain cautious, giving due consideration to all types of spend from grocery to big ticket items.’
   (Retail Ireland, September 2014)
   (a) Discuss how consumer shopping patterns have changed over the past 10 years and suggest reasons for such changes. (20)
   (b) Give details of four merchandising techniques used by retailers to maximise consumer spending. (20)
   (c) Name and give details of one statutory agency that protects consumers. (10)

5. As the world’s oldest form of human relationship, the family has survived thousands of years, adapting itself constantly to changing socio-economic conditions and the progress of humanity.
   (a) Analyse the social and economic changes that affect contemporary families. (20)
   (b) Explain how the family can meet the physical and psychological needs of children so that they can contribute to and succeed in a rapidly changing society. (18)
   (c) Discuss the challenges that may be experienced by the parents of a child with special needs. (12)
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) The idea of your own self-build house construction can be a very compelling idea to give you a bespoke dream home tailored to your lifestyle and requirements.

(i) Discuss the factors that influence a family’s choice of location and house style when building a house. (24)

(ii) Outline the procedures involved in obtaining full planning permission. (14)

(iii) Give an account of the specific housing requirements of the following groups:

- people with disabilities
- homeless people. (12)

and

1.(b) A variety of technologies are available for heating houses.

(i) Discuss the options available when choosing a heating system for a new house. (12)

(ii) Describe one type of central heating system suitable for a family home. Refer to:

- type of heating system
- underlying principle
- devices used to control thermal comfort in the home. (18)

or

1.(c) Home office spaces have become very popular as many people now run a business from home.

(i) In relation to lighting:

- outline the principles that should be considered when planning a lighting system for a home office / study
- name and describe one type of lighting suitable for the space. (14)

(ii) Give four guidelines to be considered when choosing furniture to create a functional and aesthetic office space. (16)
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) Fashion trends have evolved through the ages, some have recurred, others have discontinued but all have contributed to fashion today.

(i) Critically evaluate male or female fashion trends of the past decade. (9)

(ii) Sketch and design an outfit that incorporates one current fashion trend. (9)

(iii) In relation to the outfit, give details of:
   • the fashion trend
   • suitability for purpose. (7)

2.(b) Fibres are the basis of all textiles.

(i) Differentiate between regenerated fibres and synthetic fibres and give one example of each. (6)

(ii) Name and describe each of the following:
   • one method of colour application to fabric
   • one method of design application to fabric. (9)

or

2.(c) ‘Fashion fades, only style remains the same.’  
   (Coco Chanel)

(i) Discuss the work of one milliner or fashion designer. (9)

(ii) Evaluate the growing popularity of accessories in completing an outfit. (6)
Elective 3 – Social Studies (80 marks)
Candidates selecting this elective must answer 3(a) and either 3(b) or 3(c).

3.(a) There are 755,570 people living in poverty in Ireland. This is a rise of 55,000 since 2011, over 23,000 of these are children.  
(Social Justice Ireland, November 2015)

(i) Define poverty.  

(ii) In relation to poverty explain each of the following:
- relative poverty
- the poverty line
- the cycle of poverty.  

(iii) Discuss the social and economic reasons why poverty continues to exist in today’s society.  

(iv) Name and give details of one voluntary organisation which works to alleviate poverty in Ireland.  

and

3.(b) Education has a direct effect on the overall development of the child and on the adult they will become.  

(i) Discuss the role of education in the social, emotional and intellectual development of children in their formative years.  

(ii) Name and give details of one statutory education initiative provided for pre-school children.  

or

3.(c) Gender roles are defined by the socio-cultural norms of any society.  

(i) Describe how gender roles have changed within the contemporary family and outline the effect on family members.  

(ii) Discuss the impact of dual earner families on family life with reference to:
- role overload
- role conflict.