Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination, 2017

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

WEDNESDAY, 7 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 only attempt Elective 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>Lipids (fats) are made up of fatty acids and glycerol.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lipids (fats) contain the element nitrogen.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Omega 3 fatty acids help reduce the risk of heart disease.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Name three different sources of fibre in the diet. (6)

(i) ______________________________________________________________________

(ii) _____________________________________________________________________

(iii) ____________________________________________________________________

3. Indicate with a tick (✓) which of the protein foods listed below are of high biological value and which are of low biological value. (6)

<table>
<thead>
<tr>
<th>Protein Foods</th>
<th>High Biological Value</th>
<th>Low Biological Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
4. List two biological functions of calcium. (6)
   (i) __________________________________________________________
   (ii) _________________________________________________________

Name two good dietary sources of calcium.
(i) ___________________________ (ii) _____________________________

5. Outline three healthy eating guidelines for pregnant women. (6)
   (i) _________________________________________________________
   (ii) _________________________________________________________
   (iii) _________________________________________________________

6. Give two examples of different foods suitable for each of the following methods of cooking. (6)

<table>
<thead>
<tr>
<th>Methods of Cooking</th>
<th>Example 1</th>
<th>Example 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Steaming</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Roasting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

   | bran | endosperm | staple |

The largest part of the grain is the ____________________________ which contains the starch.
Cereals are ____________________________ foods in many countries.
The ____________________________ layer is composed mainly of cellulose.
8. 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>Food additives prolong (increase) the shelf life of foods.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Artificial colourings are permitted in baby food.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The use of food additives is regulated by EU legislation.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


   (i) ______________________________________________________________________

   (ii) ______________________________________________________________________

   (iii) _____________________________________________________________________

10. Outline two points to be considered when selecting textiles for the home. (6)

    (i) ______________________________________________________________________

    (ii) _____________________________________________________________________

   Name two fabrics suitable for household textiles.

    (i) ___________________________________  (ii) _________________________________
11. Explain one benefit of the label below to the consumer. (6)

![Energy Efficiency Label](www.which.co.uk)

12. Give one example of the following types of pollution. (6)

<table>
<thead>
<tr>
<th>Types of pollution</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Air pollution</td>
<td></td>
</tr>
<tr>
<td>Water pollution</td>
<td></td>
</tr>
<tr>
<td>Noise pollution</td>
<td></td>
</tr>
</tbody>
</table>
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. ‘The World Health Organisation recommends the consumption of at least five portions of fruit or vegetables daily.’ *(Healthy Ireland Survey, 2015)*

(a) Using the information provided above:

(i) comment on the table and give one reason why women consume (eat) more fruit and vegetables than men in each of the three different age groups. (15)

(ii) suggest three ways that men can increase their daily intake of fruit and vegetables. (12)

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

- dietary sources
- functions in the body
- effect of deficiency. (28)

(c) Vitamin C assists the absorption of nutrients. Name one of these nutrients. (5)

(d) Discuss four factors to be considered by consumers when selecting and buying pre-prepared (convenience) fruit and vegetables. (20)
2. A breakfast club is a chance for students to have their most important meal of the day. Paul and Lisa attend a breakfast club in their post-primary school. The table below shows the meals eaten by Paul and Lisa on a typical school day.

<table>
<thead>
<tr>
<th>Breakfast (Breakfast Club)</th>
<th>Morning break</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bowl of porridge</td>
<td>Salt and vinegar crisps</td>
<td>White bread roll with chocolate spread filling</td>
<td>Cheese pizza and chips</td>
</tr>
<tr>
<td>Carton of yoghurt</td>
<td></td>
<td>Can of fizzy orange</td>
<td>Chocolate bar</td>
</tr>
<tr>
<td>Glass of orange juice</td>
<td></td>
<td></td>
<td>Glass of milk</td>
</tr>
</tbody>
</table>

(a) (i) Comment on the breakfast that Paul and Lisa eat at the breakfast club.

(ii) Give details of three possible diet related problems that may arise if Paul and Lisa continue eating the morning break, lunch, and dinner meals above. (20)

(b) Suggest an alternative menu for Paul and Lisa’s morning break, lunch and dinner. (15)

(c) Discuss three factors that affect the food choices of students in post-primary school. (15)

3. ‘Your Craft Butcher respects meat as a quality product and will happily provide cookery tips and storage advice to customers.’ (www.craftbutchers.ie)

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

(b) Outline:
   (i) the effects of cooking on meat
   (ii) the guidelines for storing meat. (16)

(c) Explain two causes of toughness in meat and name two different methods of tenderising meat. (14)
4. Refrigerators are designed to keep food fresh and assist in reducing food waste.

(a) Discuss four factors that should be considered when selecting a refrigerator for a family. (20)

(b) Set out the results of a study you have carried out on a refrigeration appliance. Refer to:
   - type of refrigeration appliance
   - guidelines for use
   - modern features. (20)

(c) Outline two sources of consumer information available to consumers when purchasing household appliances. (10)

5. The family is one of the most important institutions in our society, and has been subject to rapid and fundamental change.

(a) Describe each of the following family structures:
   - nuclear family
   - extended family
   - blended family. (18)

(b) Discuss three ways in which gender roles have changed in the modern family. (15)

(c) Give one reason why it is important to make a will. Outline three important features of a valid will. (17)
Section C

Answer one elective question from this section.

Candidates who submitted Textiles, Fashion and Design coursework for examination may only attempt elective 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) Examples of housing styles in Ireland are shown below.

(i) Discuss four factors that may influence a young couple’s choice of housing style. (20)

(ii) Name and describe one method of insulation you would recommend for each of the following areas in a house:

- attic
- walls
- windows. (15)

(iii) State three advantages of having a house well insulated. (15)

and

1.(b) Colour is a powerful tool used in design to create a beautiful home.

(i) Explain how colour can be used to create atmosphere in a family home. (15)

(ii) Suggest two soft furnishings that would enhance the appearance of a newly decorated living room. Give reasons for your choice. (15)

or

1.(c) ‘Electricity is a powerful and versatile energy but can be dangerous if it is not used properly.’ (www.esbnetworks.ie)

(i) Outline three guidelines for the safe use of electricity in the home. (15)

(ii) Recommend one type of energy supply (other than electricity) to the home. Give reasons for your choice. (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) The Debs (graduation) is a very important occasion in many teenagers lives.

(i) Comment on the suitability of the debs (graduation) outfits as shown above. Refer to:
   - shape
   - proportion
   - design features. (18)

(ii) Suggest one accessory you could add to enhance either of the above outfits. Give a reason for your choice. (7)

and

2.(b) ‘Natural fibres are fashionable and the fibre of choice for many young designers.’

(i) Classify natural fibres and give one example in each class. (8)

(ii) Name and describe one test to identify a natural fibre. (7)

or

2.(c) Fashion designers have made fashion a huge industry in the 21st century.

(i) Name one Irish fashion designer and comment on his / her contribution to Irish fashion. (6)

(ii) Outline three fashion trends currently popular with teenagers. (9)
Elective 3 - Social Studies (80 marks)

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

3.(a) ‘Since the onset of the recession the number of people in poverty in Ireland has increased by more than 100,000. Today there are more than 750,000 people living in poverty in Ireland.’

(i) Define poverty. (6)

(ii) Name three groups of people at risk of poverty and state the effect of poverty on each group. (18)

(iii) Name and give details of one voluntary organisation that provides support to people at risk of poverty. (14)

3.(b) Work fills a large part of a person’s life.

(i) Discuss three factors that affect a person’s attitude to their work. (15)

(ii) Outline the benefits of voluntary work to:

• the individual
• the community. (15)

3.(c) ‘Early childhood is a really important and exciting phase of a child’s life, when they learn so much about themselves, others, and the world around them.’

(i) Name and give details of two pre-school options available to parents for their children. (15)

(ii) Discuss three advantages of attending pre-school for young children. (15)