Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination, 2011

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

WEDNESDAY, 8 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. Set out in the table are sources of carbohydrates. Match each source with the corresponding classification listed. (6)

   Classification: monosaccharides, disaccharides, polysaccharides

<table>
<thead>
<tr>
<th>Sources</th>
<th>Classification</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cellulose e.g. vegetables</td>
<td></td>
</tr>
<tr>
<td>Glucose e.g. fruit</td>
<td></td>
</tr>
<tr>
<td>Sucrose e.g. table sugar</td>
<td></td>
</tr>
</tbody>
</table>

2. Outline three ways of increasing dietary fibre (non-starch polysaccharide) in the diet of teenagers. (6)

   (i) ____________________________________________
   (ii) ____________________________________________
   (iii) ____________________________________________

3. Complete the following statement in relation to the B group vitamins using the words listed below. (6)

   folic acid, thiamine, energy

   Vitamin B₁ is also known as ____________________.

   Vitamin B₁ is necessary for the release of ____________________ from carbohydrate and fat.

   A woman should take ____________________ during pregnancy in order to prevent neural tube defects in her unborn baby.
4. Indicate with a tick (✓) whether each of following statements is true or false. (6)

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Osteoporosis is a disease of the bones.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A lacto-vegetarian may eat dairy produce.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol in the blood helps to transport fats around the body.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5. In relation to the preservation of food match the following with its function. (6)

pectin, blanching, sugar and vinegar

<table>
<thead>
<tr>
<th>Function</th>
</tr>
</thead>
<tbody>
<tr>
<td>Used as a preservative when making chutney.</td>
</tr>
<tr>
<td>Used to set jam.</td>
</tr>
<tr>
<td>Used to inactivate enzymes when freezing food.</td>
</tr>
</tbody>
</table>

6. Name a suitable raising agent for each of the following dishes. (6)

<table>
<thead>
<tr>
<th>Dishes</th>
<th>Raising Agents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td></td>
</tr>
<tr>
<td>Sponge Cake</td>
<td></td>
</tr>
<tr>
<td>Muffins</td>
<td></td>
</tr>
</tbody>
</table>

Explain the underlying principle of one of the raising agents named above.
7. How should raw meat and chicken be stored in the home in order to prevent cross contamination? Give two points.

(i) __________________________________________________________

(ii) __________________________________________________________

8. Name two different types of pollution and state how each may affect the environment. (6)
Type _____________________________
Effect ________________________________________________________

Type _____________________________
Effect ________________________________________________________

9. This label is used on large electrical appliances such as washing machines. Explain its benefit to the consumer.

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10. Name one shopper loyalty scheme used by supermarkets to encourage shoppers to buy their goods. (6)

Name: ________________________________________________________________

State one advantage and one disadvantage of this loyalty scheme.

Advantage ______________________________________________________________________________________________

Disadvantage ______________________________________________________________________________________________

11. Name one fire retardant finish used on textiles. (6)

____________________________________________________________________________________________

Give two different uses of textiles that have a fire retardant finish applied.

(i) __________________________________________________________________________________________ (ii) __________________________________________________________________________________________

12. Explain and give one example of each of the following consumer terms. (6)

*Essential expenditure* ______________________________________________________________________________________

____________________________________________________________________________________________

Example ______________________________________________________________________________________

*Discretionary expenditure* ______________________________________________________________________________________

____________________________________________________________________________________________

Example ______________________________________________________________________________________
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 table below shows nutritional information per 100 grams for cod and salmon.

<table>
<thead>
<tr>
<th></th>
<th>Protein (per 100g)</th>
<th>Fat (per 100g)</th>
<th>Carbohydrate (per 100g)</th>
<th>Minerals</th>
<th>Vitamins</th>
<th>Energy value (per 100g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cod</td>
<td>18.3g</td>
<td>0.7g</td>
<td>0g</td>
<td>Iron</td>
<td>B group</td>
<td>80 kcal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Phosphorus</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Iodine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salmon</td>
<td>20.2g</td>
<td>11.0g</td>
<td>0g</td>
<td>Phosphorus</td>
<td>A, D,</td>
<td>180 kcal</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Calcium</td>
<td>B group</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Iodine</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(a)  Using the information provided in the table and having regard to current healthy eating guidelines evaluate the dietetic value of cod and salmon. (18)

(b)  Give an account of lipids (fats) under each of the following headings:
- classification
- sources
- functions in the body. (28)

(c)  Explain each of the following:
- essential fatty acids
- the benefit of including omega-3 fatty acids in the diet. (14)

(d)  Discuss two advantages and two disadvantages of online shopping when purchasing food and household products. (20)
2. ‘Goodbye junk food, hello fruit and vegetables.’ (New Scientist 2007)

The chart shows the number of portions of fruit and vegetables that are being eaten by parents and children in the home.

![Chart showing portions of fruit and vegetables eaten in the home](fooddudes.ie)

(a) Current healthy eating guidelines recommend that we eat 5 portions plus of fruit and vegetables each day. Comment and elaborate on the consumption of fruit and vegetables as shown above. (20)

(b) Plan a menu (3 meals to include a packed lunch) for one day for a school-going child. Include fruit/vegetables in each meal. (18)

(c) Explain three guidelines that should be followed when preparing and cooking fruit and vegetables in order to retain maximum nutrients. (12)

3. Eggs are a basic food with their taste, nutritional value and availability matched by their versatility.

(a) Describe the nutritive value of eggs. (20)

(b) Name three different uses of eggs in food preparation and give one example of each use. (18)

(c) Explain how food labelling on eggs and egg cartons is beneficial as a source of consumer information. (12)
4. Tony is the father of two school going children and has recently lost his job. His wife Julie works part-time in an office and earns €100 per week. Tony is now receiving social welfare benefit for his family. Tony and Julie manage the home together.

(a) List three resources, other than money, available to Tony and his family. Explain how each resource contributes to a good management system. (24)

(b) Name two social welfare payments this family may be entitled to other than job seeker’s benefit and children’s allowance. (8)

(c) Discuss how each of the following may affect a family when managing the home:
   - stage in life cycle
   - employment patterns
   - sex / gender roles. (18)

5. Today, couples who experience relationship difficulties have a range of options to choose from in terms of how they move forward with their lives, together or separately.

(a) (i) Explain each of the following options that couples, who are experiencing relationship difficulties, may consider:
   - marriage counselling
   - legal separation
   - divorce. (15)

   (ii) State one advantage and one disadvantage of each option. (18)

(b) (i) Explain why it is particularly important for divorced parents to make a will.

   (ii) Outline three important features of a valid will. (17)
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) Three popular housing styles in Ireland today are shown below.

(i) Comment on the factors that may influence a person’s choice of housing style. Refer to:
   • social factors
   • economic factors
   • environmental factors. (20)

(ii) Identify two specific housing requirements (needs) for an elderly person with limited mobility (movement). (10)

(iii) Discuss two advantages and two disadvantages for a family of living in rented accommodation. (20)

and

1.(b) ‘Average energy use per household in Ireland decreased by 4% between 1995 and 2007.’ (Sustainable Energy Ireland)

(i) Describe one type of home heating system under the following headings:
   • type of heating system
   • fuel / energy source
   • method of heat transfer. (14)

(ii) Name two types of controls used on heating systems and explain how each helps to ensure efficient use of energy. (16)

or

1.(c) (i) Explain why artificial methods of ventilation may be required in the modern home. (12)

(ii) Name and describe one method of artificial ventilation. Explain the underlying principle of the method of ventilation named. (18)
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) End of school graduation and debutante (debs) balls and dances have become very popular with school leaving students in recent years.

(i) Design and sketch an outfit suitable for an end of year graduation ball. (10)

(ii) Suggest suitable fabric/s for your design. Give two reasons for your choice. (9)

(iii) Name and explain one principle of design shown on your sketch. (6)

and

2.(b) Fabric finishes can be permanent, temporary or renewable.

(i) Explain why fabric finishes are used on fabrics. (6)

(ii) Name and describe a fabric finish suitable for use on sportswear and give an example of its use. (9)

or

2.(c) Fashion can be expressed not only in what people wear but also in every aspect of their lives.

(i) Explain how each of the following factors may influence a person’s clothing requirements:
   - available money
   - climate
   - cultural influences. (9)

(ii) State how the media influences current fashion trends. Give two points. (6)
Elective 3 – Social Studies (80 marks)
Candidates selecting this elective must answer 3(a) and either 3(b) or 3(c).

3.(a) Two measurements, consistent poverty and at risk of poverty, are used by the Central Statistics Office to measure poverty in Ireland. Recent data on poverty in Ireland is shown below.

<table>
<thead>
<tr>
<th>Poverty in Ireland 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consistent Poverty</td>
</tr>
<tr>
<td>At Risk of Poverty*</td>
</tr>
</tbody>
</table>

* also known as relative poverty

(i) Explain the term at risk of poverty (relative poverty). (6)

(ii) Discuss four reasons why 14.4% of people in Ireland in 2008 were reported as being at risk of poverty. (24)

(iii) Identify two social groups most at risk of consistent poverty and state the effects of poverty on the groups named. (20)

and

3.(b) ‘Switch off for the kid’s sake.’ (The Irish Times, July 2010)

(i) The above newspaper headline suggests that parents should spend more leisure time with their children. Comment on this statement with reference to:
   • the function of leisure
   • the role of leisure in children’s physical development. (20)

(ii) Describe two factors that may influence the choice of leisure activities engaged in by a family. (10)

or

3.(c) ‘Girls have performed better than boys in almost all subjects in this year’s Junior Cert exams’. (The Irish Times, September 2010)

(i) Discuss three factors that may have contributed to girls outperforming boys in state examinations. (15)

(ii) Outline three benefits to students of undertaking work experience while in second level school. (15)