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. 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>Calcium causes weak bones and teeth.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium is required for blood clotting.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium is necessary for normal muscle contraction.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Using the words listed below, complete the following statements in relation to the effect of heat on protein foods. (6)

   maillard reaction, coagulate, opaque

   Heat causes the protein in eggs to ________________.

   The non-enzymic browning of protein foods is called ________________.

   Fish flesh changes from translucent to ________________ during cooking.

3. Outline two ways in which culture has an impact on the food choices of young people. (6)

   (i) ____________________________________________

   ____________________________________________

   ____________________________________________

   (ii) __________________________________________

   ____________________________________________

   ____________________________________________
4. State **two** functions of Vitamin C.  
   
(i)  

(ii)  

Name **two** good dietary sources of Vitamin C.  

(i)  

(ii)  

5. State **three** lifestyle changes recommended for people at risk of coronary heart disease.  

(i)  

(ii)  

(iii)  

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

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enzymes present in food cause it to decay.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chutney making is a method of preventing food spoilage.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The Food Safety Authority of Ireland is responsible for promoting Irish food nationally and internationally.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
7. Match the types of cheese listed with their corresponding class. (6)

*cheese slices, Parmesan, mozzarella*

<table>
<thead>
<tr>
<th>Classes of cheese</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard cheese</td>
<td></td>
</tr>
<tr>
<td>Soft cheese</td>
<td></td>
</tr>
<tr>
<td>Processed cheese</td>
<td></td>
</tr>
</tbody>
</table>

8. List two desirable characteristics (qualities) of food packaging materials. (6)

(i) ___________________________________________

(ii) ___________________________________________

Name two materials used to package food.

(i) ___________________________________________

(ii) ___________________________________________

9. Using the words listed below, complete the following statements in relation to flame retardant finishes applied to textiles. (6)

*self-extinguish, Proban, flammability*

Flame retardant finishes reduce the ___________________ of a fabric.

____________________ is a flame retardant finish.

Flame retardant finishes cause fabric to ___________________.

10. Name two types of credit available to consumers when buying household goods. (6)

(i) ___________________________________________

(ii) ___________________________________________

State the main advantage of one of the types of credit named.

_____________________________________________

_____________________________________________
11. Explain why loyalty schemes, used by retail outlets, encourage consumers to purchase goods. (6)

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

Name one shopper loyalty scheme.
___________________________________________________________________________

12. Outline two consumer rights. (6)

(i) _______________________________________________________________________

(ii) _______________________________________________________________________

State the function of the Small Claims Procedure.
___________________________________________________________________________
___________________________________________________________________________
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. ‘Iron deficiency remains a common condition in children, with research suggesting many negative effects on the developing child’.

(Siobhan O’Sullivan, Dietician, Our Lady’s Hospital, Crumlin.)

The table below shows the nutritional content of four different meats.

<table>
<thead>
<tr>
<th>Meat</th>
<th>Protein</th>
<th>Fat</th>
<th>Calcium</th>
<th>Iron</th>
<th>Vitamins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>18.1g</td>
<td>17.1g</td>
<td>7mg</td>
<td>1.9mg</td>
<td>B group</td>
</tr>
<tr>
<td>Chicken</td>
<td>24.8g</td>
<td>5.4g</td>
<td>9mg</td>
<td>0.8mg</td>
<td>B group</td>
</tr>
<tr>
<td>Liver</td>
<td>24.9g</td>
<td>13.7g</td>
<td>14mg</td>
<td>8.8mg</td>
<td>B group, C, D</td>
</tr>
<tr>
<td>Pork</td>
<td>15.8g</td>
<td>29.6g</td>
<td>8mg</td>
<td>0.8mg</td>
<td>B group</td>
</tr>
</tbody>
</table>

(a) Why, in your opinion, is iron deficiency a common condition in children? (8)

(b) Using the information provided in the table and having regard to current healthy eating guidelines comment on the nutritional value of the different meats named above. (24)

(c) (i) Give an account of iron under each of the following headings:
- dietary sources
- functions in the body
- effect of deficiency.

(ii) Name one nutrient that is necessary for the absorption of iron. (28)

(d) Describe four ways that the weekly food bill can be reduced when selecting and buying fresh meat and meat products. (20)
2. ‘The obesity time bomb is no longer just ticking – it has exploded, as a nation we are getting fatter by the year’. (Irish Independent, October 2014)

(a) Discuss: (i) the causes of obesity and (ii) the health risks associated with obesity. (20)

(b) Having regard to current healthy eating guidelines, plan a menu (3 meals) for one day for a person who is obese. (18)

(c) Write an informative account of the changes in the Irish diet in the 21st century. (12)

3. Low in calories and packed with goodness, fish is the perfect food.

(a) Give an account of (i) the nutritional value and (ii) the dietetic value of fish. (24)

(b) Name three different methods of cooking fish and explain how one of the cooking methods is carried out. (20)

(c) State the benefit of Omega-3 Fatty Acids in the diet. (6)
4. John and Barry are 1st year college students living in rented accommodation and plan to cook their main meal each day.

(a) Set out the results of a study you have carried out on a small electrical household appliance which would assist John and Barry in carrying out food preparation tasks.

Refer to:
- type of appliance you would recommend and reason for choice
- factors to be considered when selecting the appliance
- guidelines for use. 

(b) Suggest one method of payment that could be used to purchase the appliance and state why this method of payment would be suitable.

(c) Describe the procedure to be followed should a problem occur with the new household appliance.

5. A world without a family would be a very different place, primarily because of the many functions it fulfils.

(a) Discuss each of the following functions of the family:
- physical function
- emotional function
- educational function
- socialisation.

(b) Describe two ways of dealing with conflict within the family.

(c) Explain why good communication is important between family members.
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) Sean and Julie have three young children and are planning to build a new house. The diagram below shows the floor plan for the house.

(i) - Evaluate the suitability of this house plan for Sean, Julie and family.
- Suggest two modifications (changes) that could be made to the house plan in order to cater for family needs in the future. (25)

(ii) Name and describe three professional services used when designing and building a new house. (18)

(iii) Why is it necessary to obtain planning permission when building a house? (7)

and

1.(b) (i) Outline three factors to consider when choosing furniture. (12)

(ii) Name and describe two items of storage furniture suitable for a modern living room. Give reasons for your choice. (18)

or

1.(c) A new system of domestic water charges is being introduced in Ireland for homes that are connected to a public water supply.

(i) Describe three methods of conserving water in the home. (15)

(ii) State the function of each of the following parts of the cold water supply to a domestic house: (i) stop cock, (ii) storage tank and (iii) overflow pipe. (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) Fashion trends for teenagers are quite similar to their adult counterparts, albeit with a more youthful flavour.

(i) Sketch and describe an outfit of your choice that reflects teenage fashion trends. (10)

(ii) Explain how the following elements of design have been applied in the design of the outfit:

- colour
- line
- shape. (15)

and

2.(b) Write a profile of a synthetic / manmade fabric under each of the following headings:

- fibre production
- properties
- fabric construction technique. (15)

or

2.(c) Commercial patterns are full scale tissue paper clothing patterns used when making garments.

(i) List three factors to consider when selecting a commercial pattern. (9)

(ii) State the importance of pressing a garment during construction. (6)
Elective 3 – Social Studies (80 marks)
Candidates selecting this elective must answer 3(a) and either 3(b) or 3(c).

3.(a) Despite success over recent years in raising the number of students who stay in school to do Leaving Certificate, the chart below shows that a significant number of students are dropping out of school at an early age. (Irish Examiner, May 2013)

<table>
<thead>
<tr>
<th>2009 / 2010</th>
<th>Number of students who leave school early</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Year / 2nd Year</td>
<td>1,500</td>
</tr>
<tr>
<td>3rd Year</td>
<td>1,777</td>
</tr>
<tr>
<td>Transition Year</td>
<td>1,064</td>
</tr>
<tr>
<td>5th Year / 6th Year</td>
<td>3,299</td>
</tr>
</tbody>
</table>

(i) Referring to the above chart, discuss four reasons why students drop out of school at an early age. (20)

(ii) Give an account of four major factors that influence the educational achievement of students attending third-level. (20)

(iii) Name and give details of one education initiative that helps to retain young people in school. (10)

3.(b) (i) Discuss the impact of each of the following on family life:
- changes in settlement patterns from rural to urban areas
- reduction in working hours
- improved conditions of work. (20)

(ii) Explain how the rights of young people in part-time work are protected. (10)

or

3.(c) Child care costs are a large financial outlay for working parents.

(i) Identify and describe three child care options that a family with young children could consider. (21)

(ii) Name and give details of one social welfare support / benefit paid to families with children. (9)