Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination, 2009

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

WEDNESDAY, 3 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. State two effects of heat on starch. (6)
   (i) ________________________________________________________________________
   (ii) ________________________________________________________________________

Name two good sources of fibre in the diet.
   (i) _______________________________  (ii) _______________________________

2. Complete the following statement in relation to the digestion of lipids (fats) using the
   words listed below. (6)
   glycerol  lipase  fatty acids
   The enzyme ________________ converts lipids to ________________________ and
   ______________________

3. Outline three changes that have taken place in Irish eating habits from the beginning of the
   twentieth century. (6)
   (i) ________________________________________________________________________
   (ii) ________________________________________________________________________
   (iii) ________________________________________________________________________
4. Outline two functions of Vitamin C in the body. (6)
   (i) __________________________________________________________
   (ii) _________________________________________________________

Name two good dietary sources of Vitamin C.
(i) _________________________________ (ii) _________________________________

5. List two factors that influence the amount of energy required by the body. (6)
   (i) __________________________________________________________
   (ii) _________________________________________________________

Explain the term *Basal Metabolic Rate (BMR).*
____________________________________________________________________________
____________________________________________________________________________

6. In relation to food preservation, indicate with a tick (✓) whether each of the following statements is true or false. (6)

<table>
<thead>
<tr>
<th>Food Preservation</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>Micro-organisms are inactivated by freezing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melons, pears and bananas freeze well</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food should be frozen quickly at –25°C</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

7. List two chemical changes that occur in food during cooking and give one example of each change. (6)

<table>
<thead>
<tr>
<th>Chemical Change</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
</tbody>
</table>
8. Explain the term *lacto-vegetarian.*

____________________________________________________________________________

____________________________________________________________________________

Name **two** protein alternatives suitable for the diet of a vegetarian.

(i) _______________________________  (ii) _______________________________

9. Name **two** fibres commonly used in the manufacture of household textiles.

(i) _______________________________  (ii) _______________________________

Select **one** of the fibres named and state **two** properties of this fibre.

*Fibre* __________________________

*Properties*

(i) ________________________________________________________________________

(ii) ________________________________________________________________________

10. Explain this symbol which may be found on packaging material.

![Recycling Symbol]

List **two** actions a consumer could take in order to conserve the use of energy in the home.

(i) ________________________________________________________________________

(ii) ________________________________________________________________________

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11. Net income is take home pay after deductions have been made. Name two compulsory deductions and two voluntary deductions that may be made from an employee’s salary/wage.

<table>
<thead>
<tr>
<th>Compulsory Deductions</th>
<th>Voluntary Deductions</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
</tbody>
</table>

12. Explain the term *hire purchase.*

____________________________________________________________________________
____________________________________________________________________________

State one advantage and one disadvantage of hire purchase for the consumer.

*Advantage* ________________________________________________________________
____________________________________________________________________________

*Disadvantage* _____________________________________________________________
____________________________________________________________________________
1. ‘The World Health Organisation recommends people to limit their daily consumption of sugars to less than 10% of total energy intake….’

The table below shows the nutritional information per 100g displayed on the packaging of three breakfast cereals.

<table>
<thead>
<tr>
<th>Breakfast Cereal</th>
<th>Carbohydrate (of which sugars)</th>
<th>Protein</th>
<th>Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornflakes (per 100g)</td>
<td>84 g (8g)</td>
<td>7g</td>
<td>0.9g</td>
<td>1.8g</td>
</tr>
<tr>
<td>Weetabix (per 100g)</td>
<td>68.4g (4.4g)</td>
<td>11.5g</td>
<td>2.0g</td>
<td>0.65g</td>
</tr>
<tr>
<td>Cheerios (per 100g)</td>
<td>75.2g (21.6g)</td>
<td>8.1g</td>
<td>3.9g</td>
<td>1.2g</td>
</tr>
</tbody>
</table>

(a) Using the information provided and bearing in mind current healthy eating guidelines, evaluate the nutritional value of the three breakfast cereals referred to in the table above. (15)

(b) Give an account of carbohydrates under each of the following headings:
- functions in the body
- sources in the diet
- properties. (28)

(c) List three culinary uses of sugar. (9)

(d) Suggest two alternatives to the breakfast cereals listed that would be suitable for school-going children. (8)

(e) Describe four ways that the weekly household food bill can be reduced without affecting the nutritional value of family meals. (20)
2. John (25) is a builder with a local firm and works from 8.00am to 5.30pm each day. He likes to watch football on television most evenings. He plays squash once a week. The following is a typical example of his daily food intake.

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast roll</td>
<td>Breakfast roll</td>
<td>Brown bread ham sandwich</td>
<td>Fried steak and chips</td>
</tr>
<tr>
<td>½ litre milk</td>
<td>½ litre milk</td>
<td>Apple</td>
<td>Tinned peas and beans</td>
</tr>
<tr>
<td></td>
<td>Packet of crisps</td>
<td>Packet of crisps</td>
<td>Bowl of ice cream</td>
</tr>
<tr>
<td></td>
<td>Bar of chocolate</td>
<td>Bar of chocolate</td>
<td>A doughnut</td>
</tr>
<tr>
<td></td>
<td>Can of coke</td>
<td>Can of coke</td>
<td>Coffee</td>
</tr>
</tbody>
</table>

(a) Evaluate John’s daily menu under each of the following headings:
- healthy eating guidelines
- nutritional value
- energy value. (24)

(b) Suggest some changes John could make to (i) his lifestyle and (ii) his diet. (16)

(c) Explain the importance of including water in the daily diet. (10)

3. ‘Technological developments have resulted in the emergence of an ever expanding range of appliances for use in the modern home.’

(a) Explain three benefits of sourcing consumer information before purchasing an appliance. (12)

(b) Identify two sources of reliable consumer information. (8)

(c) Set out the results of a study you have carried out on a household appliance with a motor. Refer to:
- type of appliance
- the factors to be considered when selecting the appliance
- design of appliance
- guidelines for use. (30)
4. **Textiles have a wide range of uses both for clothing and household purposes.**

   (a) Comment on the importance of **each** of the following when selecting textiles for clothing:
       - suitability for purpose (use)
       - personal choice
       - aesthetic appeal
       - cost.  

   (b) Describe **four** functions of household textiles.  

   (c) Name and explain the effect of **one** fire-retardant finish.  

5. **‘As life expectancy increases and people live longer, the roles of older people within the family change.’**

   (a) Describe how roles within the family change as parents get older.  

   (b) Discuss the reasons why conflict may arise between adult children and their parents.  

   (c) Explain the importance of good communication within the family.
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) Mary and John Ryan have 2 teenage boys. They live in a semi-detached, two storey house in a small town. They have decided to carry out some re-decoration on their 20 year old home.

(i) Describe how each of the following might influence the Ryan family when planning the redecoration of their house:
   - environmental factors
   - family size and circumstances
   - special needs of family members / friends. (20)

(ii) Design, sketch and label the layout of any one room in the house. (18)

(iii) Identify and comment on two trends currently popular in modern interior design. (12)

and

1.(b) A good lighting system is essential in every home.

(i) Discuss three important points that should be considered when planning lighting systems for the home. (18)

(ii) Name and describe one modern energy efficient light fitting. (12)

or

1.(c) People may have different housing requirements depending on family and economic circumstances.

(i) Discuss how the housing requirements of a family with young children may differ from that of a retired person living alone. (18)

(ii) State three advantages of buying a home of your own. (12)
2.(a) Casual, front-zipped jacket with fur-lined, drawstring hood and two pockets.

(i) Evaluate the design of the jacket shown in the diagram above. Refer to:
   - function (use)
   - comfort when wearing
   - aesthetic appeal.  
   
(ii) Sketch and describe a trousers / pants that is popular with teenagers which would be suitable to wear with the jacket.

(iii) Suggest one fabric suitable for the jacket, giving a reason for your choice.

and

2.(b) Natural fabrics are frequently used by fashion designers.

(i) Write a profile of a natural fabric under each of the following headings:
   - fibre production
   - fabric construction technique.

(ii) Name and describe one colour application method suitable for the fabric.

or

2.(c) Commercial patterns are available in a wide variety of styles and sizes.

(i) Explain three factors that should be considered when selecting commercial patterns.

(ii) Name two important pieces of information found on the pattern envelope.
Elective 3 – Social Studies (80 marks)
Candidates selecting this elective must answer 3(a) and either 3(b) or 3(c).

3.(a) ‘Between 1991 and 2006 the population in rural Ireland increased by 9% but the greater number of people still live in urban areas.’ (Rural Economy Research Centre)

(i) Why, in your opinion, has there been an increase in the number of people living in rural areas between 1991 and 2006? (15)

(ii) Identify and elaborate on some of the reasons why a greater number of people in Ireland live in urban areas. (15)

(iii) Discuss the impact of (a) social change and (b) economic change on family life. (20)

and

3.(b) ‘Many aspects of a person’s life are affected and influenced by the work that they do.’

(i) Discuss three factors that influence a person’s attitude to work. (18)

(ii) Explain how a low level of job satisfaction might affect the individual. (12)

or

3.(c) ‘Poverty is more than not having enough money for material things.’ (Combat Poverty)

(i) Give an account of the reasons why poverty continues to be a feature of Irish society. (18)

(ii) Name and give details of one voluntary initiative which helps to alleviate the effects of poverty in the community. (12)