Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination, 2016

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

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. 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>Protein is the only nutrient that contains nitrogen.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Excess protein is stored as adipose tissue.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein is necessary for the growth of body cells.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Give one dietary source of each of the following carbohydrates. (6)

<table>
<thead>
<tr>
<th>Carbohydrate</th>
<th>Dietary source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td></td>
</tr>
<tr>
<td>Starch</td>
<td></td>
</tr>
<tr>
<td>Fibre</td>
<td></td>
</tr>
</tbody>
</table>

3. State two functions of Vitamin A. (6)

(i) __________________________________________

(ii) __________________________________________

Name two good dietary sources of Vitamin A.

(i) ____________________________ (ii) ____________________________

4. List three factors that influence the energy requirements of teenagers. (6)

(i) __________________________________________

(ii) __________________________________________

(iii) __________________________________________
5. Name **two** nutrients necessary in the diet to prevent osteoporosis. (6)

(i) ______________________________  (ii) ______________________________

State **one** lifestyle change that would improve bone health.

_____________________________________________________________________

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

*curds, lactic acid, rennin*

In the production of cheese a culture is added to milk to convert the lactose to
________________________________. The enzyme __________________ changes caseinogen to
casein. The mixture is allowed to rest for 30 minutes and separates into ____________ and whey.

7. 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>Quick freezing at -25°C forms small ice crystals within the food cells.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bananas and lettuce are suitable foods for freezing.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables are blanched before freezing to destroy enzymes.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
8. Give two examples of vegetables in each of the following classes. (6)

<table>
<thead>
<tr>
<th>Classes</th>
<th>Example 1</th>
<th>Example 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulse vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Root vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green vegetables</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

9. Explain the term *gross pay*. (6)

__________________________________________________________________________
__________________________________________________________________________

Name two compulsory deductions taken from gross pay.

(i) _______________________________ (ii) _______________________________

10. What information does each of the following fabric care symbols convey to the consumer? (6)

![Symbol 1]

__________________________________________________________________________

![Symbol 2]

__________________________________________________________________________
11. Indicate with a tick (✓) which of the following household appliances has a motor or an element. (6)

<table>
<thead>
<tr>
<th>Household appliance</th>
<th>Element</th>
<th>Motor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kettle</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Food processor</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toaster</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

12. Name two sources of renewable energy. (6)

(i) _________________________________  (ii) _________________________________

Explain the benefit of renewable energy to the environment.

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
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. ‘Saturated fat has a bad reputation in recent years, but it might not be entirely deserved. Foods such as milk that are high in SFA (saturated fatty acids) and high in calcium don’t seem to raise harmful cholesterol levels.’ (Paula Mee, The Irish Times, July 2015)

The table below shows the nutritional content of two pre-prepared meals.

<table>
<thead>
<tr>
<th>Pre-prepared meal</th>
<th>Ingredients</th>
<th>Nutritional Information (per serving)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fisherman’s pie</td>
<td>Potato, cod, cream, milk, butter, cheese, onion, peas, salt.</td>
<td>Energy 392 kcal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fat 18.4 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Carbohydrates 37.9 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fibre 3.1 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Protein 17.2 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salt 1.9 g</td>
</tr>
<tr>
<td>Chicken curry with rice</td>
<td>White rice, chicken, apple, onion, curry powder, garlic, tomato puree, flour, salt.</td>
<td>Energy 524 kcal</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fat 8.0 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Carbohydrates 88.0 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fibre 4.8 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Protein 22.0 g</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Salt 1.7 g</td>
</tr>
</tbody>
</table>

(a) Using the information presented in the table above, state which of the pre-prepared meals you would recommend for a young person involved in sport. Explain three reasons for your choice. (20)

(b) Give an account of lipids (fats) under each of the following headings:

- classification
- functions in the body
- dietary sources. (28)

(c) Outline three ways an individual can reduce his / her intake of fat. (12)

(d) Discuss four ways consumers can be environmentally aware when shopping and buying food for family meals. (20)
2. ‘Going vegetarian is one of the best things you could do for your health. All the nutrients you need are easily provided in a vegetarian diet.’ (Vegetarian Society of Ireland, July 2015)

(a) Discuss four reasons why some teenagers become vegetarian. (20)

(b) Having regard to current healthy eating guidelines, set out a menu (3 meals) for one day for a lacto-vegetarian to ensure their nutritional needs are met. (18)

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

3. ‘Eggs are great value, easy to cook and a very versatile ingredient for both savoury and sweet dishes.’ (www.bordbia.ie)

(a) Describe (i) the nutritional and (ii) the dietetic value of eggs. (20)

(b) Outline:
   (i) the factors to be considered when storing eggs
   (ii) the effects of heat on eggs. (20)

(c) Describe two items of consumer information found on an egg carton (box). (10)
4. Saoirse is a 1st year college student living away from home and sharing a house with two other students. She has a weekly allowance of €220, for all her college expenses including rent, and she cycles to college.

(a) Discuss four reasons why Saoirse should set out a budget. (20)

(b) Set out a weekly budget plan showing how Saoirse should allocate her money to ensure her needs and wants are met. (20)

(c) Suggest one suitable savings account that you would recommend for Saoirse. Give one reason for your choice. (10)

5. ‘According to the Annual Report of the Registrar General for 2014, some 22,033 marriages were recorded for the year, a 6.6% increase over the figure in 2013.’

(Irish Independent, July 2015)

(a) Discuss why marriage is a popular option for couples in Ireland today. (15)

(b) Discuss (i) the rights and (ii) the responsibilities of a couple within the marriage relationship. (20)

(c) Name and give an account of one option available to couples who are experiencing difficulties in their marriage. (15)
Section C

Answer one 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) Kitchen design requires careful consideration and planning.
The diagram shows the layout of a kitchen.

(i) Evaluate the suitability of the kitchen for a couple with two young children under each of the following headings:
   - suitability for family use
   - ventilation
   - ergonomics (work triangle). (20)

(ii) Discuss three factors which should be considered when choosing heating for the kitchen. (15)

(iii) Suggest three ways to improve the energy efficiency of a kitchen. (15)

1.(b) The floor makes up a large part of the surface area of any room and thus has a definite effect on the overall appearance of the room.

(i) Give an account of four factors that should be considered when choosing floor coverings for a family home. (20)

(ii) Suggest one type of floor covering suitable for a family bathroom. State two properties of the selected floor covering. (10)

or

1.(c) Today less people can afford to buy their own home.

(i) Explain why the cost of rental accommodation has increased in urban areas. (12)

(ii) Name a suitable type of accommodation for each of the following people:
   (a) a college student (b) a person with reduced mobility and (c) an elderly couple.
   Give one reason for your choice in each case. (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) Nothing can quite prepare you for the experience of your first office job.

<i>(www. pinterest.com)<i>

(i) Comment on the suitability of the office suits as shown above. Refer to:

- function
- comfort
- aesthetic appeal. (18)

(ii) Suggest one fabric suitable for the suit jacket and give a reason for your choice. (7)

2.(b) Natural fabrics have many advantages over synthetic fabrics.

(i) Write a profile of a natural fabric under each of the following headings:

- fibre production
- how the fabric is constructed. (9)

(ii) Give two advantages of using natural fibres / fabric in clothing. (6)

or

2.(c) ‘I love fashion. I think it’s so important because it’s how you show yourself to the world.’ (Emma Watson, April 2015)

(i) Explain how the media influences the choice of clothing worn by teenagers. (9)

(ii) Discuss the contribution of modern footwear to current fashion trends. (6)
Elective 3 - Social Studies (80 marks)
Candidates selecting this elective must answer 3(a) and either 3(b) or 3(c).

3.(a) Work has a direct impact on resources such as time and money, and affects the amount of each available for family life.

(i) Explain each of the following:
- paid work
- unpaid work
- voluntary work. (18)

(ii) Discuss the advantages and the disadvantage of students working in part-time employment. (20)


3.(b) Recently, third level colleges have seen a big increase in the number of mature students applying for places on courses.

(i) Discuss three reasons why adults are returning to education. (18)

(ii) Name and give details of one initiative available to adults to improve their educational qualifications. (12)

or

3.(c) Many people are stressed by life, this is why leisure activities are crucial to the development of a good work / life balance.

(i) Define leisure. (6)

(ii) Describe how family leisure activities are influenced by each of the following:
- age
- occupation
- culture
- cost. (24)