

Write your Examination Number here

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2014. M47



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2014

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

WEDNESDAY, 4 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. In relation to fats indicate with a tick (✓) whether each of the following statements is true **or** false. (6)

	True	False
Fats contain the element nitrogen.		
Essential fatty acids are made in the body.		
Omega-3 fatty acids are found in oily fish.		

2. Name the two classes of vitamins **and** state one example of each class. (6)

Class	Example
1.	1.
2.	2.

3. List two biological functions of iron. (6)

(i) _____

(ii) _____

Name two good dietary sources of iron.

(i) _____ (ii) _____

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

	True	False
Diabetes can be caused by sedentary lifestyles and unhealthy diets.		
Bowel disease is caused by eating high fibre foods.		
A person is considered obese when his/her weight is 20% or more above the recommended weight.		

5. Tick (✓) which of the following nutrients is **not** found in cheese. (6)

Protein	Vitamin C	Calcium

List **two** effects of cooking on cheese.

- (i) _____
- (ii) _____

6. Using the words listed below complete the following statements in relation to the preparation and cooking of meat. (6)

denaturation, mincing, collagen

_____ helps to break up the fibres of tougher cuts of meat.

During cooking _____ is converted to gelatine and meat becomes tender.

Colour changes from red to brown due to the _____ of myoglobin.

7. Identify **three** changes in the eating habits of Irish people in recent years. (6)

- (i) _____
- (ii) _____
- (iii) _____

8. Explain the term *added value foods*. (6)

Give **two** examples of added value foods sold in supermarkets.

(i) _____

(ii) _____

9. Named below are three parts of a microwave oven. Match **each** part with the function stated. (6)

wave guide, turntable, magnetron

Function	Part
Changes the electrical energy into microwave energy.	
Guides the microwaves into the oven.	
Rotates to help even cooking of food.	

10. Explain the term *PAYE*. (6)

Give **two** examples of how PAYE contributions are used by the government.

(i) _____

(ii) _____

11. Name **one** natural fibre and **one** synthetic fibre. (6)

Natural Fibre	Synthetic Fibre

Explain why natural fibres are commonly used in household textiles.

12. Name **one** statutory body and **one** voluntary body / agency concerned with consumer protection. (6)

Statutory body _____

Voluntary body / agency _____

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 illustrates the carbohydrate, protein and fat content of a range of ready-made meat dishes. (*FSAI website*)

Dish	Carbohydrate	Protein	Fat
Beef Lasagne	11.8g	8.1g	8.9g
Sweet & Sour Chicken & Rice	20.0g	6.8g	0.4g
Cheese Burger	27.1g	14.2g	3.2g

- (a) Using the information presented in the table above, state which dish you would recommend for a family meal. Explain **three** reasons for your choice. (18)
- (b) Give an account of carbohydrates under **each** of the following headings:
- classification
 - dietary sources
 - functions in the body
 - properties. (30)
- (c) Outline **three** ways an individual can ensure an adequate intake of fibre in his/her diet. (12)
- (d) Discuss how **each** of the following could influence the consumer when buying fresh fruit and vegetables:
- cost
 - skills
 - time available for preparation
 - storage space. (20)

2. **For most consumers, milk and dairy products form a significant part of a well balanced diet.**
- (a) Give an account of the nutritive value **and** the dietetic value of milk. (20)
 - (b) Explain the difference between whole milk, skimmed milk and fortified milk. (12)
 - (c) Having regard to current healthy eating guidelines, and the need for teenage girls to increase their intake of calcium, plan a menu (3 meals) for one day for a teenage girl. (18)
3. **Nothing says comfort like a steaming bowl of freshly made soup.**
- (a) Name **two** classes of homemade soup **and** give **one** example of **each** class. (14)
 - (b) Outline:
 - (i) the range of convenience soups available to the consumer
 - (ii) the advantages **and** disadvantages of convenience soups. (24)
 - (c) Evaluate the role of food labelling in assisting the consumer when purchasing convenience soups. (12)

4. Paul and Geraldine are responsible consumers planning to buy a new home.

- (a) Explain how **each** of the following could influence Paul and Geraldine when planning to buy their new home:
- cost
 - size and type of house / apartment
 - location / environment
 - trends in housing developments. (20)
- (b) (i) Name **two** different types of pollution that can cause problems for householders.
- (ii) State the effect on the environment of **each** type of pollution named. (20)
- (c) Identify and give details of **one** initiative aimed at promoting a clean green environment. (10)

5. Different cultures have different marriage customs, with many symbolising the same thing; the couple starting a new life together.

- (a) Explain **three** ways in which marriage customs may differ between cultures. (18)
- (b) Discuss **four** conditions required to make a marriage legally valid in Ireland. (20)
- (c) Outline the role of **each** of the following in relation to marriage preparation:
- the school
 - marriage preparation courses. (12)

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) The diagrams below show a meter box and miniature circuit breakers.



Meter Box



Miniature Circuit Breakers

- (i) Explain how electricity enters the home. Include reference to the meter box **and** the miniature circuit breakers. (18)
- (ii) In relation to electricity explain **each** of the following:
- fuse
 - kilowatt per hour (kWh)
 - voltage. (12)
- (iii) Outline **four** guidelines for the safe use of electricity in the home. (20)

and

1.(b) **Amenities are as important as good quality housing and need to be in place early in the life of a new community.**

- (i) Discuss the provision of amenities in new housing developments. (12)
- (ii) Give details of the housing requirements for **each** of the following:
- a young single person
 - a retired couple
 - a family with young children. (18)

or

1.(c) **Good natural lighting in the home saves electricity, decreases eye strain and makes people feel better physically and psychologically.**

- (i) Describe **three** ways by which the amount of natural light entering a home may be maximised (increased). (15)
- (ii) Give an account of the factors that should be taken into account when planning the lighting system for a teenager's study bedroom. (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 first impression you make on a potential employer is the most important one, that is why it is important to dress professionally for an interview regardless of the work environment.

- (i) Sketch **and** describe a two piece outfit suitable to wear for a job interview. (12)
- (ii) Suggest a suitable fabric for the outfit **and** give a reason for your choice. (6)
- (iii) Name **and** explain one principle of design shown in your sketch. (7)

and

2.(b) Hobbies can be turned into businesses in recessionary times.

- (i) Discuss the role played by small businesses **and** cottage/home based industries in the Irish fashion industry. (9)
- (ii) Describe two career opportunities in the clothing and fashion industry. (6)

or

2.(c) Fabrics may be treated with specific fabric finishes for a variety of reasons.

- (i) Explain why fabric finishes are used when manufacturing fabrics. (5)
- (ii) Name **and** describe two fabric finishes. (10)

Elective 3 - Social Studies (80 marks)

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

3.(a) In Ireland in the early 1960's just 5% of women were in paid employment, now 56% of women work outside the home. (*Irish Times, June 2013 MRBI Poll 2013*)

- (i) Discuss **four** factors that have contributed to 56% of women being in paid employment in Ireland today. (20)
- (ii) Discuss the impact of dual-earner families on family life.
Refer to:
- role overload
 - role conflict
 - distribution of parental and homecare responsibilities. (20)
- (iii) Write an informative note on Family Income Supplement (FIS). (10)

and

3.(b) Having less money to spend has impacted on consumers' lifestyles and leisure habits.

- (i) Evaluate the importance of leisure for all family members **and** state the impact of the recession on family leisure activities. (20)
- (ii) Outline how leisure activities may contribute to the development of the individual. (10)

or

3.(c) 'People are living in poverty if they do not have enough money to do the things that most people in Ireland take for granted.' (*Combat Poverty Agency*)

- (i) Discuss **four** of the main reasons why poverty continues to be a feature of Irish society. (20)
- (ii) Name **and** give details of **one** national voluntary agency that provides support to those at risk of poverty. (10)

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