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# Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2019

**HOME ECONOMICS – SCIENTIFIC AND SOCIAL**

**HIGHER LEVEL**

<b>CENTRE STAMP</b>

**WEDNESDAY, 5 JUNE – AFTERNOON 2:00 to 4:30**

**280/320 MARKS**

## *Instructions to Candidates*

**Section A** There are **twelve questions** in this section.

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.

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.

Answer **one** elective question, to include **part (a)** and either **part (b) or part (c)**.

If you submitted *Textiles, Fashion and Design* coursework for examination, you may only attempt 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 this 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 lipids, explain each of the following properties: (6)

Hydrogenation \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Plasticity \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Suggest **three** meal planning guidelines that should be considered when preparing meals for a person with Coronary Heart Disease (CHD). (6)

(i) \_\_\_\_\_

\_\_\_\_\_

(ii) \_\_\_\_\_

\_\_\_\_\_

(iii) \_\_\_\_\_

\_\_\_\_\_

3. Health conditions can result from a mineral deficiency in the diet. Identify **one** mineral in each case. (6)

Health Condition	Mineral
Osteomalacia	
Dry, flaky skin	
Goitre	

4. In relation to eggs, explain each of the following: (6)

Organic \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lecithin \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Differentiate between each of the following methods of smoking fish. (6)

Cold smoking \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hot smoking \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Describe **one** physical and **one** chemical change that occur during the cooking of food. (6)

Physical change \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Chemical change \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. State **three** biological functions of water. (6)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

8. Explain each of the following types of diabetes. (6)

Type1: Insulin dependent \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Type 2: Non-insulin dependent \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9. Name **three** statutory bodies concerned with consumer protection. (6)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

10. Outline the function of each of the following parts of a microwave oven. (6)

Magnetron \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Transformer \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**11.** In relation to the environment, explain and give an example of each of the following: (6)

Renewable resource \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Example \_\_\_\_\_

Non-renewable resource \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Example \_\_\_\_\_

**12.** Explain how consumers can contribute to sustainable waste management. (6)

(i) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(ii) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

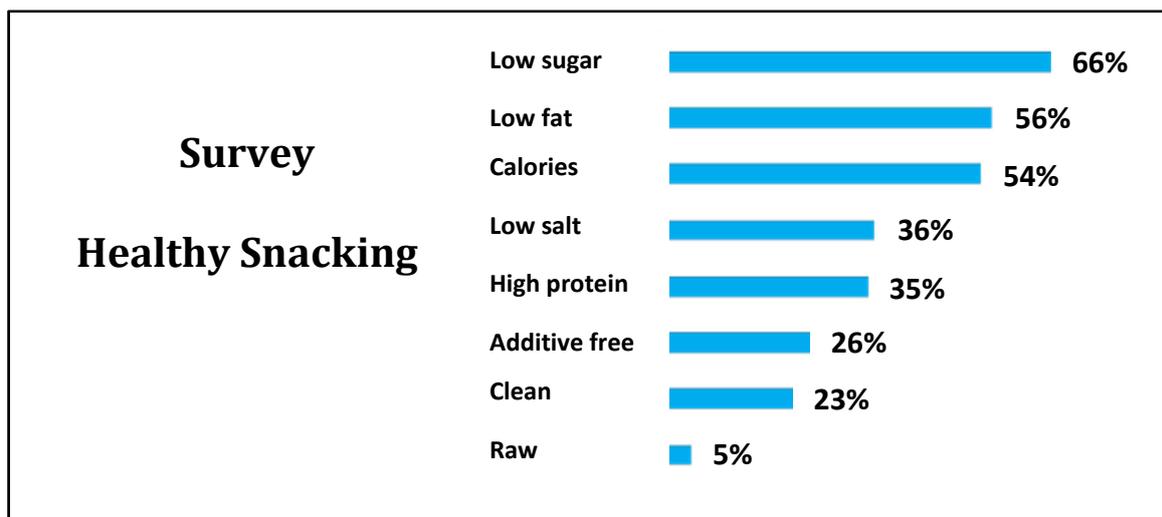
## Section B

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. Over 70% of all consumers snack each day. The following question was asked in a survey on snacking trends:

“When choosing a snack for health benefits, which of the following are important to you?”

The results of the survey question are given below.



(Bord Bia - Healthy Snacking UK and Ireland, 2018)

- (a) In addition to the benefits in the chart above what are the key factors that influence food choices? (12)
- (b) Discuss the motivations for the respondent choices given in the survey. In your answer refer to **four** benefits. (12)
- (c) Describe **two** healthy snacks suitable for college students. Outline the nutritional merits of incorporating these snacks in a person’s diet. (18)
- (d) Dairy based snacks can contribute to micro-nutrient intake. Give an account of calcium under each of the following headings:
- sources
  - biological functions
  - effects of deficiency. (18)
- (e) Explain how the packaging on food products attracts and informs consumers. (20)

2. 'Research reveals that 19% of the average weekly family food shop is spent on highly processed 'treat' foods. This compares with only 10% spent on fruit and 7% on vegetables.'  
(*SafeFood, 2018*)
- (a) Discuss the nutritional significance of vegetables in the diet. (15)
- (b) (i) Suggest strategies for increasing a person's daily consumption of vegetables.  
(ii) Compile a set of guidelines for cooking vegetables in order to maintain their nutritive value. (20)
- (c) Give an account of Vitamin C (ascorbic acid) under each of the following headings:  
• properties  
• sources  
• biological functions. (15)
3. Food spoilage is a disagreeable change in a food's normal state. Such changes can be detected by smell, taste, touch or sight.
- (a) Discuss the main causes of food spoilage. (20)
- (b) Name and give details of **one** common food poisoning bacteria.  
Refer to:  
• conditions necessary for growth  
• source  
• reproduction/growth of bacteria  
• high risk foods. (20)
- (c) Outline the role of the Health Service Executive (HSE) in relation to food safety. (10)

4. 'The average gross weekly household income in 2016 was €1,100 which is 7% higher than the figure recorded for 2010.' *(Household Budget Survey, 2016)*
- (a) Analyse the factors that affect household income. (20)
- (b) Suggest strategies that should be followed when planning a family budget to ensure the effective management of financial resources. (20)
- (c) Outline the role of the Money Advice and Budgeting Service (MABS) for families who are experiencing financial difficulties. (10)
5. Sociology is the study of society, patterns of social relationships, social interaction and culture of everyday life.
- (a) Explain the following sociological terms:
- socialisation
  - socio-economic group
  - social mobility
  - social change
  - kinship. (14)
- (b) Describe the characteristics of contemporary family structures. (12)
- (c) Discuss the social, economic and technological changes that affect families today. (24)

## Section C

Answer **one elective question** from this section.  
If you submitted *Textiles, Fashion and Design* coursework for examination,  
you may **only** attempt **Question 2** from this section.

### **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)** Architecture involves creating design solutions to make homes that meet the needs of the people who will live there.
- (i) Outline the historical development of housing styles in Ireland. (20)
- (ii) Discuss the economic and environmental factors that influence the choice of housing styles. (18)
- (iii) Give details of the professional services available to consumers to assist in the design and building of a home. (12)

**and**

- 1.(b)** Walls can be a decorative feature, or may simply be background.
- (i) Outline **four** factors that should be considered when selecting wall finishes for a home. (16)
- (ii) Name and describe **two** types of wall finishes suitable for a kitchen/living room. (14)  
State **two** properties of each finish.

**or**

- 1.(c)** 'Electricity is so much part of modern living that we can often take it for granted. It is a powerful and versatile energy but can be dangerous if not used properly.'  
*(www.esbnetworks.ie)*
- (i) In relation to household electricity supply describe each of the following:
- ring circuit
  - miniature circuit breaker (MCB). (12)
- (ii) Compile a set of guidelines for the safe use of electricity in the home. (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)** The growth of young people's spending power has ensured that the teenage market is a crucial sector of the fashion business.
- (i)** Summarise the factors that influence teenagers when purchasing clothes. (15)
  - (ii)** Sketch and describe an outfit suitable to wear to an outdoor music festival. (10)

**and**

- 2.(b)** A fabric's appearance, properties and end use is influenced by the way it is constructed.
- (i)** Explain how knitted fabric is constructed. (9)
  - (ii)** Outline the properties and uses of knitted fabric. (6)

**or**

- 2.(c)** Talented young designers ensure that the Irish fashion industry continues to thrive.
- (i)** Elaborate on the work of a contemporary Irish fashion designer. (6)
  - (ii)** Explain how the economy influences the design and fashion industry. (9)

## Elective 3 - Social Studies (80 marks)

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

**3.(a)** 'Central Statistics Office (CSO) statistics, show the employment rate is up 3% so far this year. Almost 2.3 million people in Ireland are now in work.' (*Irish Examiner, November 2018*)

- (i) In relation to the food industry, comment on the contribution made by the primary, secondary and tertiary sectors. (12)
- (ii) Analyse the positive and negative effects of technology on work and employment. (16)
- (iii) Discuss how educational qualifications can lead to greater employment options. (10)
- (iv) Explain, giving examples, how legislation protects people in employment. (12)

and

**3.(b)** Quality childcare fulfils an important role for society.

- (i) Summarise the principal factors that influence a family's requirements for childcare. (12)
- (ii) Evaluate **two** different childcare options available to parents. (18)

or

**3.(c)** 'Over one in six people in Ireland are at risk of poverty and 105,051 people living in poverty in Ireland are actually in employment.' (*Central Statistics Office, 2017*)

- (i) Identify and discuss the groups of people who are at risk of poverty. (12)  
Give reasons for your answer.
- (ii) Discuss the influence of social policy on poverty. (18)  
Include reference to how the state has responded to eliminating poverty.

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