

Write your Examination Number here

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# Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2011

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

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. Set out in the table are sources of carbohydrates. Match each source with the corresponding classification listed. (6)

**Classification:** *monosaccharides, disaccharides, polysaccharides*

Sources	Classification
Cellulose e.g. vegetables	
Glucose e.g. fruit	
Sucrose e.g. table sugar	

2. Outline three ways of increasing dietary fibre (non-starch polysaccharide) in the diet of teenagers. (6)

- (i) \_\_\_\_\_
- (ii) \_\_\_\_\_
- (iii) \_\_\_\_\_

3. Complete the following statement in relation to the B group vitamins using the words listed below. (6)

*folic acid, thiamine, energy*

Vitamin B<sub>1</sub> is also known as \_\_\_\_\_.

Vitamin B<sub>1</sub> is necessary for the release of \_\_\_\_\_ from carbohydrate and fat.

A woman should take \_\_\_\_\_ during pregnancy in order to prevent neural tube defects in her unborn baby.

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

	True	False
Osteoporosis is a disease of the bones.		
A lacto-vegetarian may eat dairy produce.		
Cholesterol in the blood helps to transport fats around the body.		

5. In relation to the preservation of food match the following with its function. (6)

*pectin, blanching, sugar and vinegar*

Function	
Used as a preservative when making chutney.	
Used to set jam.	
Used to inactivate enzymes when freezing food.	

6. Name a suitable raising agent for **each** of the following dishes. (6)

Dishes	Raising Agents
Bread	
Sponge Cake	
Muffins	

Explain the underlying principle of **one** of the raising agents named above.

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7. How should raw meat and chicken be stored in the home in order to prevent cross contamination? Give **two** points. (6)

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

\_\_\_\_\_

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

\_\_\_\_\_

8. Name **two** different types of pollution and state how **each** may affect the environment. (6)

Type \_\_\_\_\_

Effect \_\_\_\_\_

\_\_\_\_\_

Type \_\_\_\_\_

Effect \_\_\_\_\_

\_\_\_\_\_

9. This label is used on large electrical appliances such as washing machines. Explain its benefit to the consumer. (6)

**Energy** Washing machine

Manufacturer  
Model

**More efficient**

A B C D E F G

**Less efficient**

Energy consumption kWh/cycle <small>(based on standard test results for 60°C cotton cycle) Actual energy consumption will depend on how the appliance is used</small>	0.95
Washing performance <small>A: higher 0: lower</small>	A B C D E F G
Spin drying performance <small>A: higher 0: lower Spin speed (rpm)</small>	A B C D E F G 1400
Capacity (cotton) kg	5.0
Water consumption l	55
<b>Noise</b> (dB(A) re 1 pW)	Washing 5.2
	Spinning 7.0

For further information is contained in product brochures

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10. Name **one** shopper loyalty scheme used by supermarkets to encourage shoppers to buy their goods. (6)

Name: \_\_\_\_\_

State **one** advantage and **one** disadvantage of this loyalty scheme.

Advantage \_\_\_\_\_

Disadvantage \_\_\_\_\_

11. Name **one** fire retardant finish used on textiles. (6)

\_\_\_\_\_

Give **two** different uses of textiles that have a fire retardant finish applied.

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

12. Explain and give **one** example of **each** of the following consumer terms. (6)

*Essential expenditure* \_\_\_\_\_

\_\_\_\_\_

Example \_\_\_\_\_

*Discretionary expenditure* \_\_\_\_\_

\_\_\_\_\_

Example \_\_\_\_\_

## 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.

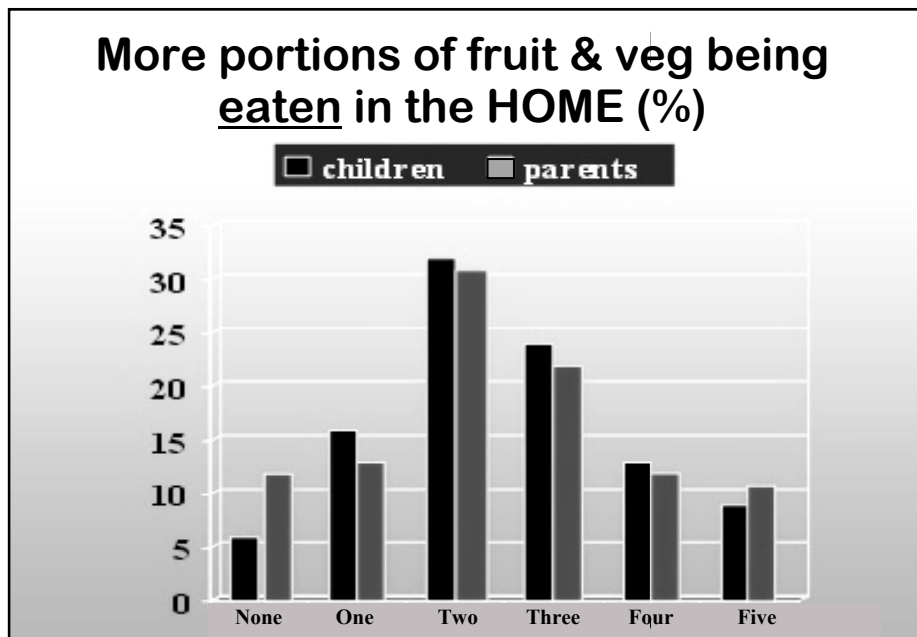
1. The table below shows nutritional information per 100 grams for cod and salmon.

	Protein	Fat	Carbohydrate	Minerals	Vitamins	Energy value (per 100g)
<b>Cod</b>	18.3g	0.7g	0g	Iron Phosphorus Iodine	B group	80 kcal
<b>Salmon</b>	20.2g	11.0g	0g	Phosphorus Calcium Iodine	A, D, B group	180 kcal

- (a) Using the information provided in the table and having regard to current healthy eating guidelines evaluate the dietetic value of cod **and** salmon. (18)
- (b) Give an account of lipids (fats) under **each** of the following headings:
- classification
  - sources
  - functions in the body. (28)
- (c) Explain **each** of the following:
- essential fatty acids
  - the benefit of including omega-3 fatty acids in the diet. (14)
- (d) Discuss **two** advantages and **two** disadvantages of online shopping when purchasing food and household products. (20)

2. 'Goodbye junk food, hello fruit and vegetables.' (New Scientist 2007)

The chart shows the number of portions of fruit and vegetables that are being eaten by parents and children in the home.



(fooddudes.ie)

- (a) Current healthy eating guidelines recommend that we eat 5 portions plus of fruit and vegetables each day. Comment and elaborate on the consumption of fruit and vegetables as shown above. (20)
- (b) Plan a menu (3 meals to include a packed lunch) for **one** day for a school-going child. Include fruit/vegetables in each meal. (18)
- (c) Explain **three** guidelines that should be followed when preparing and cooking fruit and vegetables in order to retain maximum nutrients. (12)

3. Eggs are a basic food with their taste, nutritional value and availability matched by their versatility.

- (a) Describe the nutritive value of eggs. (20)
- (b) Name **three** different uses of eggs in food preparation and give **one** example of each use. (18)
- (c) Explain how food labelling on eggs and egg cartons is beneficial as a source of consumer information. (12)

4. **Tony is the father of two school going children and has recently lost his job. His wife Julie works part-time in an office and earns €100 per week. Tony is now receiving social welfare benefit for his family. Tony and Julie manage the home together.**
- (a) List **three** resources, other than money, available to Tony and his family. Explain how **each** resource contributes to a good management system. (24)
- (b) Name **two** social welfare payments this family may be entitled to other than job seeker's benefit and children's allowance. (8)
- (c) Discuss how **each** of the following may affect a family when managing the home:
- stage in life cycle
  - employment patterns
  - sex / gender roles. (18)
5. **Today, couples who experience relationship difficulties have a range of options to choose from in terms of how they move forward with their lives, together or separately.**
- (a) (i) Explain **each** of the following options that couples, who are experiencing relationship difficulties, may consider:
- marriage counselling
  - legal separation
  - divorce. (15)
- (ii) State **one** advantage and **one** disadvantage of each option. (18)
- (b) (i) Explain why it is particularly important for divorced parents to make a will.
- (ii) Outline **three** important features of a valid will. (17)



## 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) Three popular housing styles in Ireland today are shown below.



- (i) Comment on the factors that may influence a person's choice of housing style. Refer to:
- social factors
  - economic factors
  - environmental factors.
- (20)
- (ii) Identify **two** specific housing requirements (needs) for an elderly person with limited mobility (movement). (10)
- (iii) Discuss **two** advantages and **two** disadvantages for a family of living in rented accommodation. (20)

and

1.(b) 'Average energy use per household in Ireland decreased by 4% between 1995 and 2007.' (*Sustainable Energy Ireland*)

- (i) Describe **one** type of home heating system under the following headings:
- type of heating system
  - fuel / energy source
  - method of heat transfer.
- (14)
- (ii) Name **two** types of controls used on heating systems and explain how **each** helps to ensure efficient use of energy. (16)

or

- 1.(c) (i) Explain why artificial methods of ventilation may be required in the modern home. (12)
- (ii) Name and describe **one** method of artificial ventilation. Explain the underlying principle of the method of ventilation named. (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) End of school graduation and debutante (debs) balls and dances have become very popular with school leaving students in recent years.**

- (i) Design and sketch an outfit suitable for an end of year graduation ball. (10)
- (ii) Suggest suitable fabric/s for your design. Give **two** reasons for your choice. (9)
- (iii) Name and explain **one** principle of design shown on your sketch. (6)

**and**

**2.(b) Fabric finishes can be permanent, temporary or renewable.**

- (i) Explain why fabric finishes are used on fabrics. (6)
- (ii) Name and describe a fabric finish suitable for use on sportswear and give an example of its use. (9)

**or**

**2.(c) Fashion can be expressed not only in what people wear but also in every aspect of their lives.**

- (i) Explain how **each** of the following factors may influence a person's clothing requirements:
  - available money
  - climate
  - cultural influences. (9)
- (ii) State how the media influences current fashion trends. Give **two** points. (6)

### Elective 3 – Social Studies (80 marks)

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

- 3.(a) Two measurements, *consistent poverty* and *at risk of poverty*, are used by the Central Statistics Office to measure poverty in Ireland. Recent data on poverty in Ireland is shown below.

<i>Poverty in Ireland 2008</i>	
Consistent Poverty	4.2% (178,074 people)
At Risk of Poverty*	14.4% (610,538 people)

\* also known as relative poverty

- (i) Explain the term *at risk of poverty* (*relative poverty*). (6)
- (ii) Discuss **four** reasons why 14.4% of people in Ireland in 2008 were reported as being at risk of poverty. (24)
- (iii) Identify **two** social groups most at risk of consistent poverty **and** state the effects of poverty on the groups named. (20)

**and**

- 3.(b) ‘Switch off for the kid’s sake.’ (*The Irish Times, July 2010*)

- (i) The above newspaper headline suggests that parents should spend more leisure time with their children.  
Comment on this statement with reference to:
- the function of leisure
  - the role of leisure in children’s physical development. (20)
- (ii) Describe **two** factors that may influence the choice of leisure activities engaged in by a family. (10)

**or**

- 3.(c) ‘Girls have performed better than boys in almost all subjects in this year’s Junior Cert exams’. (*The Irish Times, September 2010*)

- (i) Discuss **three** factors that may have contributed to girls outperforming boys in state examinations. (15)
- (ii) Outline **three** benefits to students of undertaking work experience while in second level school. (15)

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