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Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2016

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

HIGHER 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. Name **one** food source of **each** of the proteins listed below. (6)

Proteins	Food source
Casein	
Actin	
Albumin	

2. State **one** function of *omega 3 fatty acids* in the diet. (6)

Name **two** different food sources of *omega 3 fatty acids*.

(i) _____ (ii) _____

3. Explain *food fortification*. (6)

Name **one** fortified food / product and explain how it benefits the consumer.

Fortified food / product _____

Benefit _____

4. Give **three** functions of folic acid (folate). (6)

(i) _____

(ii) _____

(iii) _____

5. State **two** advantages of including tofu in the diet. (6)

(i) _____

(ii) _____

Other than tofu, name **two** protein alternatives that can be used in a vegan diet.

(i) _____ (ii) _____

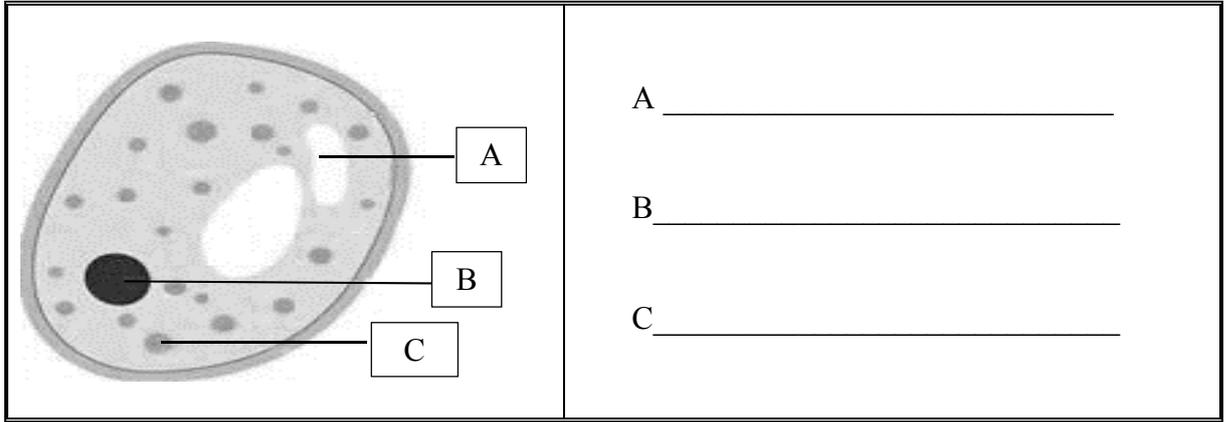
6. Write a note on **two** of the following: (6)

Genetically modified food _____

Organic food / produce _____

Added-value food _____

7. Name the parts A, B and C as shown on the diagram of a yeast cell. (6)



(www.bing.com/images)

8. In relation to the Hazard Analysis Critical Control Point (HACCP) system, explain **each** of the following terms. Give **one** example in each case. (6)

Hazard _____

Example _____

Control measure _____

Example _____

9. State the purpose of consumer research. (6)

Name and describe **one** method of consumer research.

10. Explain **each** of the following: (6)

Life assurance _____

Mortgage protection policy _____

11. List **two** desirable properties of fabric used in upholstered furniture. (6)

(i) _____

(ii) _____

What information does the following label convey to the consumer?



12. Name **one** cause of air pollution and state the effect of this pollution on the environment. Explain how air pollution can be reduced. (6)

Cause _____

Effect _____

Reduction measure _____

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. **Current intakes of dietary fibre are generally inadequate in adults, with over 80% not meeting the European Food Safety Authority (EFSA) recommendation of 25-30 grams per day.** *(National Adult Nutrition Survey, 2011)*

The chart below provides information on the contribution of different foods to dietary fibre intake in Ireland for adults aged 18-64 years and those over 65 years.

Foods	18 - 64 years		≥ 65 years	
	%	grams	%	grams
Bread and rolls	26	4.8	29	5.4
Vegetables and vegetable dishes	17	3.3	18	3.2
Potatoes and potato products	13	2.2	12	2.0
Fruit and fruit juices	10	2.1	15	3.1
Breakfast cereals	9	2.0	10	2.1
Others	25	4.8	16	3.2
Total	100	19.2	100	19.0

- (a) Using the information provided in the chart, comment **and** elaborate on the contribution of **four** foods to the intake of dietary fibre with reference to the **two** categories of people identified above. (24)
- (b) Suggest **three** strategies to increase the intake of dietary fibre in order to meet the European Food Safety Authority (EFSA) recommendation. (12)
- (c) Evaluate the benefits of a diet rich in fibre. (15)
- (d) Name **and** give an account of **one** bowel disease. Refer to symptoms / effects. (9)
- (e) **Evening work, night shifts and rotating work schedules can have a negative effect on normal meal patterns.**
- Suggest how individuals who have an irregular work schedule can manage to achieve a healthy balanced lifestyle and good dietary practices. (20)

2. **Fish has long been recognised as one of nature's best foods and with its rich supply of nutrients it is one of the few foods that can truly be called a superfood.**

(a) Discuss the nutritive value **and** the contribution of fresh fish / fish products to the diet. (20)

(b) **Fish must be used or processed as soon as possible after being caught as spoilage occurs very quickly.**
Outline the main causes of fish spoilage. (15)

(c) **Oily fish and fish liver oils can make a significant contribution to a persons' intake of vitamin D.**

Give an account of vitamin D and refer to:

- type / form
- properties
- effects of deficiency. (15)

3. **As more women enter the workforce and lifestyles change, global demand for frozen meals and ingredients will grow.** (*Bord Bia, 2013*)

(a) Outline the benefits of incorporating frozen foods in meal planning. (12)

(b) Set out details of **one** method of freezing fresh vegetables.
Refer to:

- description of the method used
- underlying principle involved
- the effect of freezing on the food. (20)

(c) Evaluate the role of packaging / labelling in relation to **each** of the following:

- suitability for purpose
- environmental impact
- as a source of consumer information. (18)

4. **‘While consumers are more optimistic about their financial outlook, they remain cautious, giving due consideration to all types of spend from grocery to big ticket items.’**
(Retail Ireland, September 2014)
- (a) Discuss how consumer shopping patterns have changed over the past 10 years **and** suggest reasons for such changes. (20)
- (b) Give details of **four** merchandising techniques used by retailers to maximise consumer spending. (20)
- (c) Name **and** give details of **one** statutory agency that protects consumers. (10)
5. **As the world’s oldest form of human relationship, the family has survived thousands of years, adapting itself constantly to changing socio-economic conditions and the progress of humanity.**
- (a) Analyse the social **and** economic changes that affect contemporary families. (20)
- (b) Explain how the family can meet the physical **and** psychological needs of children so that they can contribute to and succeed in a rapidly changing society. (18)
- (c) Discuss the challenges that may be experienced by the parents of a child with special needs. (12)

Section C

Answer one elective 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 idea of your own self-build house construction can be a very compelling idea to give you a bespoke dream home tailored to your lifestyle and requirements.

- (i) Discuss the factors that influence a family's choice of location **and** house style when building a house. (24)
- (ii) Outline the procedures involved in obtaining full planning permission. (14)
- (iii) Give an account of the specific housing requirements of the following groups:
 - people with disabilities
 - homeless people. (12)

and

1.(b) A variety of technologies are available for heating houses.

- (i) Discuss the options available when choosing a heating system for a new house. (12)
- (ii) Describe **one** type of central heating system suitable for a family home.
Refer to:
 - type of heating system
 - underlying principle
 - devices used to control thermal comfort in the home. (18)

or

1.(c) Home office spaces have become very popular as many people now run a business from home.

- (i) In relation to lighting:
 - outline the principles that should be considered when planning a lighting system for a home office / study
 - name and describe **one** type of lighting suitable for the space. (14)
- (ii) Give **four** guidelines to be considered when choosing furniture to create a functional **and** aesthetic office space. (16)

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) Fashion trends have evolved through the ages, some have recurred, others have discontinued but all have contributed to fashion today.

- (i) Critically evaluate male **or** female fashion trends of the past decade. (9)
- (ii) Sketch and design an outfit that incorporates **one** current fashion trend. (9)
- (iii) In relation to the outfit, give details of:
- the fashion trend
 - suitability for purpose. (7)

and

2.(b) Fibres are the basis of all textiles.

- (i) Differentiate between regenerated fibres **and** synthetic fibres and give **one** example of each. (6)
- (ii) Name and describe **each** of the following:
- **one** method of colour application to fabric
 - **one** method of design application to fabric. (9)

or

2.(c) ‘Fashion fades, only style remains the same.’ *(Coco Chanel)*

- (i) Discuss the work of **one** milliner **or** fashion designer. (9)
- (ii) Evaluate the growing popularity of accessories in completing an outfit. (6)

Elective 3 – Social Studies (80 marks)

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

3.(a) There are 755,570 people living in poverty in Ireland. This is a rise of 55,000 since 2011, over 23,000 of these are children. (Social Justice Ireland, November 2015)

- (i) Define *poverty*. (8)
- (ii) In relation to poverty explain **each** of the following:
- relative poverty
 - the poverty line
 - the cycle of poverty. (12)
- (iii) Discuss the social **and** economic reasons why poverty continues to exist in today's society. (20)
- (iv) Name and give details of **one** voluntary organisation which works to alleviate poverty in Ireland. (10)

and

3.(b) Education has a direct effect on the overall development of the child and on the adult they will become.

- (i) Discuss the role of education in the social, emotional **and** intellectual development of children in their formative years. (18)
- (ii) Name and give details of **one** statutory education initiative provided for pre-school children. (12)

or

3.(c) Gender roles are defined by the socio-cultural norms of any society.

- (i) Describe how gender roles have changed within the contemporary family **and** outline the effect on family members. (15)
- (ii) Discuss the impact of dual earner families on family life with reference to:
- role overload
 - role conflict. (15)

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