

Question 1

11. In relation to household budgeting, differentiate between essential expenditure and discretionary expenditure. Give **one** example of each type of expenditure.

2 points @ 2 marks (graded 2:0)
2 examples @ 1 mark (graded 1:0)

Essential expenditure money that has to be spent to manage family life i.e. spending on necessities; etc.

example housing/rent/mortgage; etc.

utility bills/telephone/mobile/broadband;

food;

clothes;

medical;

education/school expenses;

transport/car payments/fuel/road tax;

insurance;

savings; etc.

Discretionary expenditure spending on non-essentials; this should occur when all essential expenditure and savings have been made; etc.

example holidays;

leisure activities;

entertainment/subscriptions/Netflix;

personal grooming; etc.

Question 2

11. Name **one** statutory consumer protection agency.

Name @ 3 marks (graded 3:2:0)

Outline the role of the statutory agency named.

Role 1 point @ 3 marks (graded 3:2:0)

Competition and Consumer Protection Commission (CCPC) enforces a range of consumer protection laws; investigates illegal practices; informs consumers about their rights; informs consumers about personal finance; provides information through a website, helpline and public awareness campaigns; involved in enforcing product safety regulations for non-food products e. g. toys; advises government on consumer legislation; etc.

Office of the Ombudsman investigates complaints against public bodies e.g. Government Departments; HSE, An Post, Insurance Companies, Credit Institutions (Banks); used as a last resort if no resolution can be made between the consumer and Department/agency; etc.

Citizen Information Board provides information through phone services, website and in advice centres on consumer rights, social welfare payments; housing; family law; financial support such as The Money Advice and Budgeting Service (MABS); etc.

National Standards Authority of Ireland (NSAI) establishes standards in relation to food safety and quality in products; it implements the ISO 9000 scheme; etc.

European Consumer Centre (ECC) Ireland provides information and advice on consumer rights when buying goods and services in other EU countries (including online purchases); provides assistance with settling disputes between consumers and EU traders; etc.

District court/Small Claims Procedure: investigates complaints lodged by consumers; issues Notice of Claim to respondent; if claim is disputed within 15 days the Small Claims register will try to resolve the issue; etc.

Question 3

5. Name **three** properties of sugar and state one culinary use of each:

3 properties @ 1 mark (graded 1:0), **3 uses @ 1 mark** (graded 1:0)

Property	Culinary use
Sweetness	Cakes, desserts, beverages, jam
Preservative	Jams, jellies
Caramelisation	Desserts
Fermentation	Bread making
Gel formation	Jam
Maillard reaction	Browning of food e.g. toast
Inversion	Jam
Crystallisation	Confectionery
Solubility	Syrups
Assists aeration	Sponge cakes etc.

Question 4

3. State **two** functions of omega 3 fatty acids in the diet.

2 functions @ 3 marks (graded 3:2:0)

- (i) *lowers elevated triglyceride levels reducing the risk of heart disease and stroke; provides starting point for making hormones that regulate blood clotting; prevents stiffness and joint pain by boosting the effectiveness of anti-inflammatory drugs; lowers blood pressure; associated with healthy brain activity;*
- (ii) *reduces inflammation in asthmatics; may reduce symptoms of ADHD; visual and neurological development in infants; can fight depression and anxiety; eye health; healthy skin and hair; etc.*

Question 5

4. Outline **two** meal planning guidelines that should be considered when planning meals for a person with osteoporosis.

2 guidelines @ 3 marks (graded 3:2:0)

increase intake of calcium; increase intake of Vitamin D; increase intake of Vitamin C; increase intake of phosphorus; avoid phytates; avoid oxalates; avoid excess fibre; avoid excess saturated fat; avoid tannins; avoid caffeine; avoid excess alcohol consumption; etc.

Question 6

9. Outline the role of public analyst laboratories in relation to food safety.

2 points @ 3 marks (graded 3:2:0)

ensure food available to consumers is safe and wholesome; analyse food and water samples; test foods to ensure compliance with food legislation; test foods to ensure compliance with labelling; test food and water samples for general public on payment of a fee; etc.

Question 7

9. In relation to food additives, name **two** physical conditioning agents and give the function of each physical conditioning agent named.

Name @ 2 marks (graded 2:1:0) x 2

Function @ 1 mark (graded 1:0) x 2

humectants prevent food from losing moisture; prevent foods from drying out/hardening; etc.

anti-caking agents (polyphosphates) prevent lumping in dried food; etc.

emulsifiers form emulsions; etc.

setting agents act as a setting agent; etc.

stabilisers prevent emulsions from separating; etc.

anti-spattering agents prevents spattering of fats and cooking oil; etc.

anti-foaming agents prevents a scum forming on the surface when boiling; etc.

bulking agents add volume to foods; etc.

firming agents keep fruit and vegetables firm during processing; etc.

packaging gas inert gas inhibits food spoilage and oxidation; etc.

Question 8

12. Outline the function of **each** of the following parts of a refrigerator:

2 functions @ 3 marks (graded 3:2:1:0)

the condenser cools/changes the gaseous refrigerant (liquid ammonia, freon 12, isobutane) into a liquid; sends liquid refrigerant to evaporator; etc.

the evaporator uses heat from the fridge cabinet to convert the liquid refrigerant into a gas; cooling the fridge cabinet; etc.

Question 9

14. Describe **two** different ways that consumers can be more environmentally conscious when choosing electrical goods.

2 points @ 3 marks (graded 3:2:0)

electrical goods with A energy efficiency rating; eco-cycles on washing machines/dishwashers; half load cycles; option to reduce temperature; pay WEEE charge when purchasing new appliances; ensure safe disposal of old appliances; appliances with little packaging/no excess packaging; etc.

Question 10

13. State **two** pieces of information that should be found on a permanent label under the Fire Safety (Domestic Furniture) Order (1988, 1995).

2 points @ 3 marks (graded 3:2:0)

Warning message 'carelessness causes fire'; name and address of manufacturer or importer; manufacturer's identification and batch number; description of filling; description of cover material; details of fire-resistant interliner; etc.

Question 11

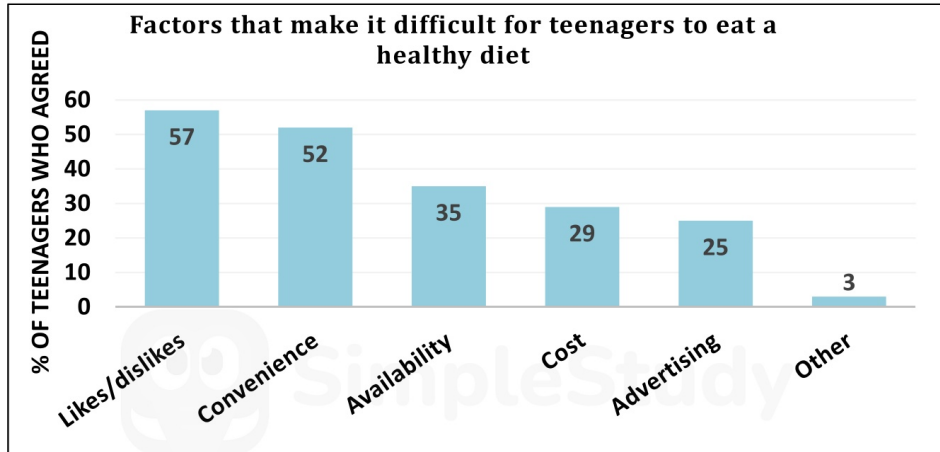
Section B

Answer **Question 1** and **one question** from questions 2, 3, 4, and 5.
Question 1 is worth 80 marks. Questions 2, 3, 4, and 5 are worth 50 marks each.

Question 1

'Health-related habits developed during teenage years tend to persist into adulthood' (*iuna.net*)

The National Teens Food Survey II highlights the difficulties teenagers experience when trying to eat a healthy diet. (*adapted from iuna.net*)



- (a) Using the information provided in the chart, comment and elaborate on the factors that make it difficult for teenagers to eat a healthy diet. (20 marks)

4 points @ 5 marks (graded 5:4:3:2:1:0)

Likes/dislikes influence of the senses when eating; presentation of food; overconsumption of high salt/sugar foods; adapted taste buds to high fat/salt/sugar foods; introduction to unhealthy foods from an early age; etc.

Convenience availability of processed and convenience foods; eating on the go; busy lifestyle; canteen /deli foods; etc.

Availability foods in season; frozen meals/foods; location; food options available in shops/canteen; product placement; etc.

Cost money available; cheap processed foods; family income; cost-effective foods; etc.

Advertising product placement; digital advertising; social media; marketing strategies; new product advertising; influencers; celebrity endorsements; etc.

Other culture; sustainability; health status; emotional influences; family influences; lack of nutritional awareness; follow friends' eating patterns; etc.

- (b) Give a detailed account of the dietary measures to follow when planning and preparing meals for teenagers. (20 marks)

4 points @ 5 marks (graded 5:3:0)

Use of food pyramid to ensure balance; nutritional balance; physical growth spurt increases the need for intake of all nutrients; daily requirements of macro / micro nutrients including protein / carbohydrate / fat / iron / calcium requirements as appropriate to 12-18 year olds with reasons for possible variations; high fibre; Vitamin C / iron absorption; Vitamin D / calcium absorption; energy balance vis a vis activity levels; energy requirements peak in this age group when high growth rates and high activity levels coincide; current nutritional guidelines re nutrient and food intake; eat three balanced meals each day; avoid skipping meals; variety of foods; personal likes and dislikes; resource issues; foods in season; avoid unhealthy snack foods; foods high in salt; saturated fat and sugar; avoid serving soft drinks with meals, serve milk or water; convenient/easy

to eat as teenagers may not have time to eat sitting down so select food that can be eaten using a fork only; easy & attractively served/portioned food; easy to keep hot; portion control; cooking methods; use fresh ingredients as opposed to processed where possible; suitable for different diets; etc.

- (c) An adequate intake of Vitamin D is essential in a healthy diet.

Give an account of Vitamin D with reference to: (20 marks)

Biological functions 4 points @ 2 marks (graded 2:0)

Absorption of calcium; absorption of phosphorous; helping to form and maintain healthy teeth and bones; regulates balance of calcium between the blood and the skeleton; etc.

Effects of deficiency 3 points @ 2 marks (graded 2:0)

Rickets in children; osteomalacia in adults; osteopenia; osteoporosis; tooth decay; etc.

Properties 3 points @ 2 marks (graded 2:0)

White crystalline solid; fat soluble/insoluble in water; heat stable/unaffected by cooking or heat treatments used in food processing; unaffected by oxygen; unaffected by acids; unaffected by alkalis; etc.

- (d) Discuss how the health status of an individual can influence their choice when purchasing foods.

(20 marks)

5 points @ 4 marks (graded 4:2:0)

Special dietary requirements; restricted diets; lactose free; coeliac; diabetic; low cholesterol; allergies; gluten intolerance; high blood pressure; IBS; maintaining a healthy weight; metabolism; etc.

Question 12

Question 4

'Homeownership is good for individuals, families and communities.' (*Housing for All, 2021*)

- (a) Analyse the socio-economic factors that determine housing choices for potential buyers. (16 marks)

4 points @ 4 marks (graded 4:2:0)

Purchase cost; location; amenities; BER rating/ energy efficiency; size of the household; ages of children; special needs of family members; potential for future use; storage; personal preference; facilities for working from home; outside space; investment potential; etc.

- (b) Discuss the conditions that lending institutions require for potential buyers in order to qualify for a mortgage. (24 marks)

4 points @ 6 marks (grade 6:4:2:0)

Term of the loan older applicants may have to repay over shorter term;
amount to be borrowed up to three and a half times the gross salary;
deposit – 10% deposit required by first-time buyers;
income proof supplied such as P60 or salary slips;
good credit history; regular saver; etc.

- (c) Explain how consumers are protected by the Sale of Goods and Supply of Services Act (1980) when availing of the services of an electrician in the home. (10 marks)

2 point @ 5 marks (graded 5:3:0)

Act confers a legally binding contract between consumer and tradesperson; goods used and service must be fit for purpose intended; service must be provided by a registered skilled person; have appropriate insurance; due care and diligence; cert should be provided on completion; quality materials must be used; right to redress; etc.

Question 13

Question 5

Marriage and families are recognised social structures.

- (a) Describe the legal obligations for marriage in Ireland. (16 marks)

4 points @ 4 marks (graded 4:2:0)

Over 18: both partners must be over 18 years of age; etc.

Mental capacity: both partners must have the mental capacity to understand the nature of marriage; this may not be present if either party is intoxicated, mentally impaired due to drugs or mentally ill; etc.

Notification: three months' notice given to church for a religious ceremony; to a registrar for a civil marriage ceremony; etc.

Registered venue: ceremonies must take place in registered building; etc.

Free to marry: neither spouse may be in an existing marriage; both parties must be single, widowed or divorced; etc.

Voluntary basis: both partners cannot be forced to marry against their wishes; etc.

Wedding registration: marriages must be registered after ceremony; etc

Not closely related: partners must not be close blood relatives; must not be closely related through marriage; etc.

- (b) Analyse how socio-economic factors have affected the changing roles of older family members in contemporary society. (20 marks)

5 points @ 4 marks (graded 4:2:0)

Changing family structures; less defined roles; older people are less dependent on their children; grandparents more actively involved in childcare; older family members often indirectly teach young people respect; provide emotional support; more relaxed with grandchildren and can be positive role models for their grandchildren; increase in number of one-parent families support from grandparents; lifespan extended; high cost of living grandparents help financially; requirement for childcare; increased state welfare entitlements for older people; children dependent on parents for longer; etc.

- (c) State why it is important to make a will and outline the procedure involved in making a will. (14 marks)

why 2 points @ 2 marks (graded 2:0)

Procedure 5 points @ 2 marks (graded 2:1:0)

Why peace of mind; wishes will be carried out; major problems avoided; property passes to people you choose; amount of inheritance tax paid by dependents can be reduced; funeral and burial arrangements can be included; etc.

Procedure may employ a solicitor; draw up list of assets; list details of beneficiaries – names, addresses, dates of birth; appoint executor; allocate assets/estate; include provision for funeral and burial arrangements; will is formally drawn up; signed in the presence of two witnesses; lodge in safe place; etc.

Question 14

4.(a) 'Food waste is bad for the environment and bad for our pockets.' (www.safefood.net)

(i) Discuss the nutritional significance of vegetables in the diet. (20 marks)

5 points @ 4 marks (graded 4:3:2:1:0)

Protein 1-8%, LBV; roots, soya beans supply HBV protein, essential for growth and repair; etc.

Fat 0%; lacking in fat; olives and soya beans are exceptions – both contain polyunsaturated fat; essential for formation of cell membranes, reduce risk of CHD; etc.

Carbohydrate 3-20%, fibre, prevent bowel disorders; starch provides heat and energy; sugar heat and energy; etc.

Vitamins vitamin A produces rhodopsin, maintains healthy lining membranes; keeps skin and hair healthy and helps to regulate growth; B6 (pyridoxine) release of energy from food; folate development of brain & spinal cord, improves immune system; Vitamin C antioxidant, improves immune system; Vitamin K healthy blood clotting; etc.

Minerals - calcium strong bones and teeth; iron – non-haem produces haemoglobin; potassium maintains fluid balance, healthy nerve and muscle activity; zinc production of new cells and enzymes; iodine regulates metabolism; magnesium aids muscle function; etc.

Water 70-95%, hydration; etc.

(ii) Give an account of a method of home preservation suitable for vegetables.

Refer to:

- **name of preservation method 3 marks (graded 3:0)**
- **underlying principle 3 points @ 4 marks (graded 4:2:0)**
- **suitable packaging 1 point @ 3 marks (graded 3:2:0)** (18 marks)

Freezing blanching before freezing inactivates enzymes; removal of air; removal of warmth prevents both enzyme activity and microbial growth; freeze at -25°C , small ice crystals are formed so liquid is unavailable to bacteria; store at -18°C ; colour/ flavour/texture are unchanged; minimum loss of nutritional value; etc.

Bottling sterilisation at high temperatures destroys enzymes and micro-organisms; a vacuum is formed by the lid preventing re-entry of air and micro-organisms; loss of colour, flavour due to high temps; etc.

Dehydration heated to remove moisture; sugar/salt concentration increases; micro-organisms cannot multiply; long shelf life when stored correctly in cool, dry well-ventilated area; etc.

Chutney/Relish chemical preservatives form a concentrated solution in the food by osmosis; heat destroys bacteria and inactivates enzymes; acids lower pH to unacceptable level for microbial growth and enzyme activity; the lid forms a vacuum preventing re-entry of air and micro-organisms; etc.

Pickling boiling vegetables at 100°C destroys bacteria and inactivates enzymes; vinegar lowers the pH level, the acidic environment inhibits microbial growth and inactivates enzymes; the lid forms a vacuum preventing re-entry of air and micro-organisms; etc.

Packaging strong; vapour-proof; moisture-proof; polythene freezer bags; plastic containers; glass jars; etc. Accept the correct packaging for the chosen method; etc.

(iii) Evaluate irradiation as a commercial method of food preservation. (12 marks)

3 points @ 4 marks (graded 4:2:0)

Advantages destroys food poisoning bacteria; destroys parasites; destroys enzymes; longer shelf life; delays ripening and sprouting in fruit and vegetables; little effect on colour, flavour, texture of food; etc.

Disadvantages causes rancidity; loss of vitamin B- group and vitamin C; high levels of radiation needed to destroy some microbes; etc.

Question 15

4.(c) Household technology has become an integral part of our lives.

(i) Set out details of a study you have undertaken on an appliance with a heating element.

Refer to:

Name of appliance **2 marks (graded 2:0)**

- construction **3 points @ 2 marks (graded 2:1:0)**
- working principle **3 points @ 2 marks (graded 2:1:0)**
- guidelines for use **2 points @ 2 marks (graded 2:1:0)** (18 marks)

Kettle

Construction – Made from stainless steel, chrome, glass or coloured plastic; variety of sizes; variety of shapes; lid; spout; vents; water level indicator; filter; heat-resistant handle; on/off switch; electric element; thermostat; lead/plug/base; fast boil; quiet boil kettles; keep warm feature; etc.

Working principle - electricity flows through element when plugged in; element offers resistance, causing it to heat by conduction; heated element heats the water by convection currents; thermostat automatically switches off the flow of electricity when the water reaches the required temperature; etc.

Guidelines for use – switch on with dry hands; unplug before filling; use minimum and maximum level guides; don't overfill; only boil amount needed; allow to cool before refilling; cleaning; etc.

Accept deep fat fryer, air fryer, egg boiler, contact grill, toaster, toasted sandwich maker, washing machine, dishwasher, iron, etc.

(ii) Discuss the factors that influence consumers' decision making when purchasing large household appliances. (12 marks)

3 points @ 4 marks (graded 4:2:0)

Initial cost; running costs; in store finance; maintenance costs; brand/make of appliance; energy efficiency; noise level; space available; features; ease of cleaning; after sales service; in-store demonstration; advertising; special offers; recommendations; influencers; safety; needs of the individual/family; design, colour, style; durability; guarantee; etc.