

SECTION B
220 MARKS

1. The following is the nutritional content of Gluten Free Cod Fish Fingers and Wholegrain Cod Fish Fingers.

Gluten Free Cod Fish Fingers		Wholegrain Cod Fish Fingers	
Typical values per 100 g		Typical values per 100 g	
Energy	217 kcal	Energy	240 kcal
Protein	13.0 g	Protein	7.8 g
Carbohydrates	19.0 g	Carbohydrates	18.0 g
Fibre	1.5 g	Fibre	2.9 g
Fat	9.2 g	Fat	9.2 g
Salt	0.8 g	Salt	1.1 g

- (a) Using the nutritional information above, compare and evaluate the nutritional value of gluten free cod fish fingers and the nutritional value of wholegrain cod fish fingers.
name of nutrient = 1m quantities = 1m comment = 1m (5 x 3) 15
- (b) Classify fish according to its nutritional value and give **two** examples of **each** class.
(classification = 3 x 2) (examples = 2 x 1) x 3 classes 12
Classifications **Examples**
white fish cod, sole, haddock, whiting, plaice
oily fish trout, salmon, herring, mackerel, sardines
shellfish prawns, crab, mussels, lobster
- (c) Name **three** methods of processing fish and give **two** examples of **each** method named.
(processing methods = 3 x 2) (examples = 2 x 1) x 3 methods 12
Processing methods **Examples**
freezing all fish, whole or in fillets, cutlets or steaks
smoking salmon, trout, kippers, coley, cod, mackerel
canning salmon, tuna, mackerel, sardines, crab
drying herring, cod, whiting, plaice, sole
in brine herring sardines, prawns, tuna
vacuum packed trout, salmon, mackerel, crab
- (d) List the guidelines to be followed when buying and storing fresh fish. **(4 x 3) 12**
Buying: *from a clean reliable source, eyes bright and bulging, gills bright red, markings bright and clear, skin moist and unbroken, plenty scales, no unpleasant smell*
Storing: *remove wrapping, place on crushed ice, cover loosely, store in the fridge, use within 1-2 days of purchase*
- (e) Explain the term *gluten free* **4**
Foods that do not contain the protein gluten that is found in wheat, oats, barley, rye

2. The popularity of home baking has grown in recent times.

(a) Outline the advantages of home baking. **(4 x 3)** **12**
better flavour, no artificial preservatives, attractive appearance, cheaper, ingredients can be controlled, special diets, made to personal preferences

(b) Name **three** raising agents used in home baking and explain the working principle of **one** of the raising agents named. **(name = 3 x 2) (explanation = 1 x 4)** **10**

<i>Raising agents</i>	<i>Explanation</i>
<i>air</i>	<i>the heat of the oven causes the air to expand and dough rises</i>
<i>baking powder</i>	<i>acid+alkali +liquid = CO₂, heat in oven causes gas to expand</i>
<i>bread soda</i>	<i>mixed with an acid (liquid) = CO₂, heat causes it to rise</i>
<i>yeast</i>	<i>produces CO₂ in the dough, heat causes it to rise and forms a crust</i>

(air and CO₂ incorporated into the mixture, heat makes the gas expand which pushes up the mixture, mixture stretches, heat in oven sets the mixture and it keeps the risen shape)

(c) List **three** types of pastry and suggest a different dish for **each** type named. **(types = 3 x 3) (dish = 3 x 1)** **12**

<i>Types</i>	<i>Dishes</i>
<i>shortcrust</i>	<i>apple tart, quiche, sausage rolls</i>
<i>rich shortcrust</i>	<i>lemon meringue pie</i>
<i>rough puff</i>	<i>sausage rolls, chicken and mushroom pie</i>
<i>puff, flaky pastry</i>	<i>vol-au-vents, mince pies, croissants</i>
<i>choux pastry</i>	<i>profiteroles, éclairs</i>
<i>filo pastry</i>	<i>spring rolls, apple strudel, baklava</i>

(d) What guidelines should be followed in order to make successful pastry? **(4 x 3)** **12**
weigh ingredients accurately, keep ingredients and equipment cold, introduce air, avoid over handling, use knife to mix, add water carefully, roll lightly, avoid stretching, allow pastry to relax before baking, bake in a hot oven at first and reduce heat until cooked through etc

(e) Suggest **three** ways a basic muffin recipe could be modified to make it a healthy option. Give a reason for **each** choice. **(methods of modifying = 3 x 2) (reasons = 3 x 1)** **9**

<i>methods of modifying</i>	<i>reasons</i>
<i>add dried fruit, sultanas/raisins/cranberries</i>	<i>to replace sugar</i>
<i>use part wholemeal flour</i>	<i>to add fibre</i>
<i>add fresh blueberries</i>	<i>to add variety</i>
<i>add cinnamon</i>	<i>to give distinctive flavour</i>
<i>use coconut oil etc</i>	<i>for dairy free diets etc</i>

3. (a) Discuss the reasons why consumers need to be informed. (4 x 3) 12
to ensure they get value for money, to make informed decisions about goods and services, to understand consumer laws, to take effective action for redress
- (b) List **four** sources of consumer information. (4 x 2) 8
*Competition and Consumer Protection Commission (National Consumer Agency)
 Consumers' Association of Ireland (CAI),
 Consumer Choice magazine, magazines/newspapers, internet, T.V/radio,
 Citizens Information Centres, shows, sales staff, leaflets/brochures etc.*
- (c) Outline **four** factors that influence consumers when deciding to purchase goods. (4 x 2) 8
budget, value, quality, design, merchandising, purpose/function, safety, guarantee, environment
- (d) Simon bought a mobile phone and within a month the mobile phone would not charge. Write Simon's letter of complaint to the shop where the mobile phone was purchased. (7 x 3) 21
***Formal letter** to include the following:
 Simon's address and address of shop, date and dear Sir/Madam
 when or where the phone was bought, make or model or description of the phone, proof of purchase, clear details of complaint, action/redress expected
 Signed Simon*
- (e) Explain the role of the Competition and Consumer Protection Commission (National Consumer Agency). (2 x 3) 6
(formed in Oct 2014, an amalgamation of the Competition Authority and the NCA)
carry out investigations into suspected breaches of competition or consumer protection law, enforce competition and consumer protection law, encourage compliance with competition and consumer protection law, empower/inform consumers to make informed decisions and protect them from harmful business practices. lobby government on consumer policy.

4. (a) (i) Name and describe **three** different types of family.
 (name = 3 x 2) (description = 3 x 2)

Name of family	Description	
nuclear family	parents and children	
extended family	parents, children and other relations	12
blended family	families combined as a result of second relationships	
one-parent family	one parent and his/her children	

- (ii) State the functions of the family. (3 x 3) **9**

physical function - providing food, clothing, shelter, reproduction
emotional function - providing love, security, care, loving relationships
economic function - providing money for goods, services, possessions
social function – socialisation, developing values and behaviour patterns
educational function – passing on beliefs and customs before formal education

- (b) Compare the role of parents and the role of teenagers within the family.
 (role of parents = 2 x 3) (role of teenagers = 2 x 3) **12**

Role of parents: to ensure that the physical, emotional and economic needs are provided for, reproduction, nurturing, socialisation, providing financially, primary educators etc

Role of teenagers: take responsibility for themselves and their possessions, show respect to parents/adults, learn how to behave in a socially acceptable manner, acquire knowledge informally and formally, achieve gradual independence, role model for younger children etc

- (c) (i) Explain why it is important for teenagers to take regular exercise? (3 x 2) **6**

reduces stress, creates a 'feel good' factor, helps make new friends/socialising, helps maintain a healthy weight, sleep better, keeps them active/fit, reduces boredom, helps prevent heart disease, improves wellbeing

- (ii) Suggest the guidelines that should be followed to promote positive relationships within the home. (3 X 3) **9**

good communication, good listening skills, managing conflict effectively, ability to compromise, balance of independence and responsibilities with discipline and respect, shared household duties

- (d) Explain the term gender equality. (explanation = 4m: example = 3m) **7**

Explanation: equal treatment of males and females, equal rights, responsibilities and opportunities for males and females

Example: male and female employees climb equally high on the ladder of opportunity in the workplace, male and female students are treated equally in schools.

5. (a) List the guidelines that a consumer should follow when choosing a refrigerator. (4 x 3)

12

cost, brand name, correct size for the family, space available, note the star rating, ease of cleaning and defrosting, design, guarantee, consider the modern features, compare prices

- (b) Suggest the rules that should be followed to protect the environment when (i) using and (ii) disposing of a refrigerator.

(using 3 x 3 and disposing of = 1 x 2)

11

Using a refrigerator: cool hot foods before storing, do not open door unnecessarily, use foods in rotation, do not over pack, do not place beside a heat source

Disposing of a refrigerator: bring to special collection point for recycling/Recycling Centre

- (c) Outline the advantages of using a refrigerator.

(4 x 3)

12

keeps perishable foods fresh, reduces waste of food, limits shopping trips, helps reduce the risk of food poisoning, chilling food items, e.g. desserts

- (d) Name (i) two food items unsuitable for freezing and (ii) two types of packaging suitable for storing cooked foods in the freezer.

(food items = 2 x 2)

(types of packaging = 2 x 2)

8

Food items unsuitable for freezing: bananas, avocados, cream, mayonnaise, whole eggs, vegetables with a high water content, e.g. cucumber, tomatoes, lettuce

Types of packaging: polythene freezer bags, waxed cartons, plastic boxes, aluminium containers

- (e) Describe three features of a modern refrigerator and outline one advantage of each feature. (features = 3 x 2) (advantages = 3 x 2)

12

stainless steel finish; to fit in with other kitchen fittings

warning beeper; alerts if the refrigerator is left open

ice cube maker; ice cubes ready on demand

zoned temperature compartments; storage of different foods at varying temperatures,

digital temperature display; highlights the exact temperature of the inside of the fridge;

water dispenser; allows for easy access to chilled water. etc

6. (a) Classify (i) natural fibres and (ii) man-made fibres and give **one** example of each class.

(natural fibres = 2 x 3) (man made fibres = 2 x 3) (example = 4 x 2) 20

Natural fibres

animal fibres

plant fibres

Examples

wool, silk

cotton, linen

Man-made fibres

regenerated fibres

synthetic fibres

Examples

viscose, acetate, triacetate

nylon, polyester, acrylic, lycra

(b) Design a care label suitable for use on a wool jumper.
Include reference to **four** care instructions. (4 x 3) 12
(care label instructions must be relevant for wool fabric)

expect reference to washing, drying, ironing and one other care point

(c) Describe **four** properties of wool fabric. (4 x 2) 8

*warm, soft, absorbent, stretchy, does not burn easily,
shrinks easily, feels itchy, pills, easily scorches, damaged by moths*

(d) What information does the following symbol convey to the consumer? 6



It indicates that the item is made from 100% pure wool

(e) Name **three** different ways in which fibres are made into fabric. (3 x 3) 9

knitting, weaving, bonding