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Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2019

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

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

	True	False
Water is an essential component (part) of all body cells.		
Water helps to regulate body temperature through perspiration.		
Water prevents the digestion and absorption of food.		

2. Using the words listed below, complete the following statements in relation to vitamins. (6)

rhodopsin

rickets

ascorbic acid

A deficiency of vitamin D causes _____ in children.

Vitamin C is also known as _____.

Vitamin A is required for the production of _____ a pigment in the retina of the eye.

3. In relation to protein explain the property: (6)

Coagulation _____

Name **two** different dishes that show the property of coagulation.

(i) _____ (ii) _____

4. Identify **three** changes in eating patterns in the Irish diet. (6)

(i) _____

(ii) _____

(iii) _____

5. Listed below are classes of fruit. Name **two** fruits in **each** class. (6)

Classes of Fruit	Name of Fruit
Citrus fruit	1. _____
	2. _____
Dried fruit	1. _____
	2. _____
Stone fruit	1. _____
	2. _____

6. Give **three** dietary guidelines that help prevent bowel disease. (6)

(i) _____

(ii) _____

(iii) _____

7. Name **two** different types of pastry and suggest a suitable dish that can be made using **each** type. (6)

Type of Pastry	Suitable Dish

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

	True	False
Grilling is a slow method of cooking food.		
Deep frying is cooking food immersed in hot fat.		
Poaching is suitable for delicate foods e.g. eggs and fish.		

9. Using the words listed below, complete the following statements in relation to household textiles. (6)

shrink

static

proban

Fabric conditioners reduce the build-up of _____ in synthetic fibres.

Wool fabric can _____ when washed at high temperatures.

_____ is a flame-retardant finish used on household textiles.

10. What **two** factors should be considered when choosing a saving scheme? (6)

(i) _____

(ii) _____

Name **one** saving scheme available to consumers.

11. Explain the following terms: (6)

(i) Gross Income _____

(ii) Net Income _____

12. What information does **each** of the following symbols convey to the consumer? (6)



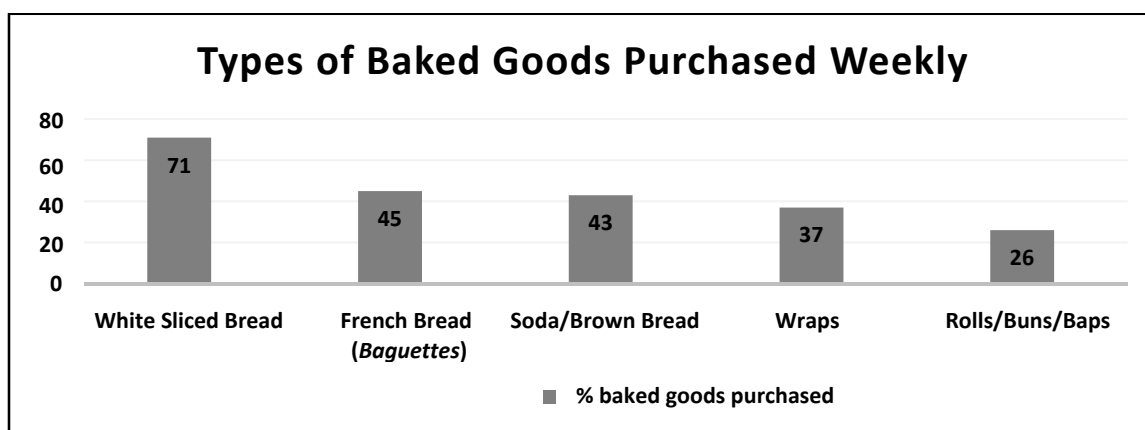


Section B

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. Bread is still considered a staple food in Ireland.

The table below shows the types of baked goods purchased by households on a weekly basis.



(Bord Bia, 2017)

- (a) Using the information presented in the table above:
- (i) comment on **four** of the baked goods purchased weekly by households **and** give reasons for their popularity. (20)
 - (ii) suggest **one** modification (change) that could be made to **one** of the baked goods to make it healthier. (5)
Give a reason for your choice.
- (b) Give an account of carbohydrates under **each** of the following headings:
- classification
 - dietary sources
 - functions in the body. (26)
- (c) Suggest **three** ways people can reduce sugar in their diet. (9)
- (d) Below are **four** items of consumer information found on food packaging. Explain the importance of **each** to the consumer:
- additives
 - nutritional information
 - list of ingredients
 - storage instructions. (20)

2. 'Almost 1.5 billion adults around the world are not getting enough exercise.'
(*Irish Times*, 2018)
- (a) Discuss **four** factors that determine a person's energy requirements. (20)
- (b) Having regard to current healthy eating guidelines, set out a menu (3 meals) for one day for a teenager who plays sport. (18)
- (c) In relation to energy:
- (i) outline the importance of balancing energy intake and energy output
 - (ii) explain *basal metabolic rate* (BMR). (12)
3. 'In Ireland our farmhouse cheeses are unique to each producer.' (*www.bordbia.ie*)
- (a) Give an account of (i) the nutritive value **and** (ii) the dietetic value of cheese. (20)
- (b) Outline:
- (i) **three** different culinary uses of cheese
 - (ii) the effects of heat on cheese. (18)
- (c) State **three** reasons for the growing popularity of farmhouse cheeses in Ireland. (12)

4. 'Buying a house is one of the biggest financial decisions that a person can make in their lifetime.'
(www.daft.ie)

(a) Explain how **each** of the following would influence an individual when choosing a family home:

- availability
- location
- trends in housing development.

(18)

(b) In relation to insurance:

(i) state **three** advantages of household insurance

(ii) outline **two** factors to be considered when choosing household insurance.

(20)

(c) Describe **three** ways to reduce pollution to promote a cleaner environment.

(12)

5. 'Family plays a crucial role in modern society.'
(www.betterhelp.com)

(a) (i) Describe **each** of the following functions of the family:

- economic function
- educational function
- physical function
- social function.

(ii) Explain how the state assists with **one** family function.

(20)

(b) Outline the importance of good communication within the family.

(15)

(c) Explain **three** ways of dealing with conflict between adolescents and adults.

(15)

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)** 'There are a number of ways to make buildings blend in with their environment.'



(www.cbaarchitecture.ie)

- (i) Discuss **three** environmental factors that could influence a person's choice of house style. (15)
- (ii) Elaborate on how **each** of the following influence house design:
- family requirements (present and future)
 - energy efficiency
 - technological developments
 - cost. (20)
- (iii) List the steps to follow to obtain planning permission to build a house. (15)

and

- 1.(b)** (i) Discuss **three** factors that should be considered when planning a lighting system for an open plan family kitchen/living room. (18)
- (ii) Give details of **two** contemporary (modern) lighting developments suitable for a home. (12)

or

- 1.(c)** (i) Name **and** describe **one** type of heating system for a new house. Refer to:
- type of heating system
 - fuel/energy source
 - efficiency and convenience. (15)
- (ii) Explain **three** benefits of using timers and/or thermostats in a heating system. (15)

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)** With so many more people taking part in leisure activities, manufacturers have become increasingly fashion conscious.



(www.lidl.co.uk)

- (i)** Comment on the suitability of the leisure wear as shown above.

Refer to:

- comfort
- aesthetic appeal
- shape.

(18)

- (ii)** Sketch **and** describe a leisure wear jacket to complement the outfits.

(7)

and

- 2.(b)** Write a profile of a fabric made from manufactured fibres under the following headings:

- fibre production
- properties
- fabric construction technique.

(15)

or

- 2.(c)** 'Sales of patterns for both sewing and knitting have soared by 60% in recent years.'

(www.the-guardian.co.uk)

- (i)** Discuss **three** points to be considered when selecting commercial patterns.

(9)

- (ii)** Explain the importance of **one** item of information found on a commercial pattern envelope.

(6)

Elective 3 - Social Studies (80 marks)

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

3.(a) 'The numbers enrolled in higher education have been steadily increasing in recent years.'
(*www.education.ie*)

- (i) Explain *adult and second-chance education*. (6)
- (ii) Discuss **four** reasons for the increase in the number of students availing of third level education. (16)
- (iii) Outline **four** ways education prepares a young person for work. (16)
- (iv) How does the Protection of Young Persons (Employment) Act, 1996 protect the rights of young workers? (12)

and

3.(b) Shorter working hours have resulted in increased leisure time.

- (i) Outline **three** benefits to the family of having more leisure time. (15)
- (ii) Discuss how leisure activities help the development of the individual.
Refer to:
 - physical development
 - social development
 - emotional development. (15)

or

3.(c) 'In Ireland today 780,000 people are living in poverty, a quarter of a million of whom are children.'
(*Social Justice Ireland, 2018*)

- (i) Outline **three** reasons why poverty continues to be a feature of Irish society. (15)
- (ii) Name **and** give details of **one** voluntary organisation that helps families who are experiencing poverty. (15)

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