## Leaving Certificate Examination 2005 <br> HOME ECONOMICS - SCIENTIFIC AND SOCIAL ORDINARY LEVEL

# MARKING SCHEME AND SUMMARISED EXEMPLAR ANSWERS 

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 $\mathbf{8 0}$ 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 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.

## Section A

## Answer any ten questions from this section. <br> Each question is worth 6 marks. <br> Write your answers in the spaces provided.

1. (a) List the elements found in protein.

Carbon (C), Hydrogen (H), Oxygen (O), Nitrogen (N), Phosphorous, Sulphur
(b) Explain what is meant by primary protein structure.

The number and sequence of amino acids in the polypeptide chain.
2. (a) Name two types of fatty acids and list one food source of each type.

| Type of fatty acid |  |
| :--- | :--- |
| Saturated, | Food source |
| Unsaturated | Source to match type mentioned |
| Polyunsaturated or |  |
| Essential / Non Essential or |  |
| Animal / Vegetable or |  |
| Butyric, Stearic, |  |
| Linoleic, Linolenic |  |
| Arachidonic or |  |
| Cis and Trans |  |

(b) What is an essential fatty acid?

An essential fatty acid cannot be made by the body and must be obtained from food
3. (a) State one function of folate (folic acid).

Synthesis of RNA and DNA.
It protects the foetus in the womb from developing neural-tube defects e.g. Spina Bifida.
Prevents heart attacks, strokes, etc.
It works with vitamin B12 in the formation of red blood cells.
(b) Name two good dietary sources of folate (folic acid).
(i) Leafy green vegetables, cauliflower, liver/kidney.
(ii) Fortified cereals, nuts, bread, milk, oranges, dried peas/ beans.
4. (a) List two factors that influence the energy requirements of adults.
(i) Bodysize
(ii) Activity.

Other factors include age, gender, occupation, health, pregnancy, etc.
(b) Explain the term Energy Balance.

To maintain a satisfactory body weight energy output should equal energy intake. If we eat more kilocalories than is recommended the extra will be converted to fat and stored as adipose tissue.
5. (a) Name two water soluble vitamins.
(i) Vitamin C
(ii) $B$ - Group Complex - Thiamine, Riboflavin, Niacin, Pyridoxine, Cobalamin and Folate.
(b) List two guidelines that should be followed when preparing vegetables in order to reduce vitamin loss.
(i) Cut vegetables with a sharp knife, avoid chopping, peel thinly or scrape.
(ii) Prepare immediately prior to use, avoid soaking in water, etc.
6. (a) State two reasons why food is processed.
(i) To extend the shelf life, makes food more edible.
(ii) To ensure food is safe for human consumption, to cut down on waste, to provide a wide choice of good quality food all year round, to vary the diet with the production of new food stuffs, etc.
(b) Name two types of additives commonly used in processed food.
(i) Colourings, Flavourings, Sweeteners, Preservatives, and Nutritional Supplements.
(ii) Antioxidants, Physical Conditioning Agents.
7. Classify fresh fish and give one example of each class.

| Classification of fresh fish | Example |
| :--- | :--- |
| Oily Fish | Salmon, trout, mackerel, herring, tuna |
| White Fish | Cod, haddock, whiting place and sole |
| Shell Fish | Lobster, crab, prawns, oysters, mussels, <br> cockles |

8. Explain three effects of cooking on meat.
(i) Protein coagulates on the surface and seals in the juices, protein in meat denatures which causes it to become firmer.
Fat melts, water evaporates causing meat to shrink.
(ii) Slow, moist cooking tenderises meat - collagen changes to gelatine and the fibres loosen.
(iii) Micro-organisms are destroyed - making meat safer to eat. There is a loss of minerals and vitamins into cooking liquid and wasted unless the liquid is used for sauces. Flavour changes as extractives are released, colour changes.
9. (a) State the purpose of family resource management.

Using resources wisely and efficiently in order to achieve a goal.
(b) List two factors that affect the management of family resources.
(i) Identification of problems, needs, wants and goals, - time, money etc.
(ii) Decision-making, planning, implementation, achieving and evaluation, - human, physical and technical/mechanical resources.
10. Suggest a reason why two of the properties listed below are considered important when caring for fabrics.

| Property | Reason |
| :--- | :--- |
| Crease resistant | Help to prevent creasing and shrinkage - making washing and <br> ironing easier. Will not crease when wearing. |
| Strong when wet | Items can be washed frequently. Will not stretch when washing <br> and drying. |
| Colour-fast | Colour will not run into other fabrics when washing or fade with <br> frequent washing. |

11. a) State two consumer responsibilities.
(i) To know their rights and be acquainted with consumer laws.
(ii) To be well informed about goods and services 'Caveat emptor.'

To read all labels before buying, to follow manufacturers instructions when using goods.
To seek redress when goods or services prove faulty or unsatisfactory.
To protect the environment by using resources carefully and avoiding waste.
(b) Name one voluntary agency concerned with consumer protection.

Consumers Association of Ireland
Citizens Information centres.
Advertising Standards Authority of Ireland.
Trade Associations, Programmes on T.V.
European Consumer Centre etc.
12. Outline three factors that determine (influence) a person's choice of housing.
(i) Social and cultural factors - sense of belonging, security, life-cycle of family.
(ii) Economic factors - location, style, furnishing, maintenance, size of family, etc.
(iii) Environmental factors - energy efficient, flooding levels, mobile phone masts, motorway, sunlight, aesthetic requirements, etc.

(ii) sources in the diet

## 4 sources at 2 marks each

- Animal - suet, lard, dripping, butter, meat, egg yolks, milk, cheese, etc.
- Vegetable - nuts, avocados, olive oil, corn oil, sunflower oil, soya beans, cereals, etc.
- Marine - fish oils, oily fish (salmon, mackerel, herring, shellfish, etc.).
(iii) properties


## 2 properties @ 4 marks each

- Hard fats are insoluble in water but soluble in ether and benzene.
- Lipids readily absorb strong flavours (onion) if left uncovered. Solid at room temperature but melts when heated at about $170^{\circ} \mathrm{C}$ when overheated (around $200^{\circ} \mathrm{C}$ ) they begin to decompose and glycerol separates from fatty acid. A blue haze or smoke rises from fat (smoke point). When lipids are greatly overheated $\left(310^{\circ} \mathrm{C}\right)$ a vapour is given off which can burst spontaneously into flames (flash point).
- An emulsion can be formed etc.
- Oils - liquid at room temperature.
- Hydrogenation i.e. hydrogen is added to convert an oil into a solid fat in the presence of a nickel catalyst.
- Oils have ability to form emulsions.
- Oils have a higher smoke $\left(250^{\circ} \mathrm{C}\right)$ and flash point $\left(330^{\circ} \mathrm{C}\right)$ than solid fats. When a blue haze is given off it indicates that the fatty acids are separating from the glycerol molecule resulting in the formation of acrolein.
- A fat/oil containing impurities in it (after being used several times), can cause it to reach smoke and flash point at a lower temperature.
(iv) energy value.


## Energy value = 4 marks

- One gram of fat provides 9 kilocalories or 37 kilojoules.
(d) Summarise five factors that consumers should consider when buying meat and meat products.


## 5 factors at 4 marks

- A clean, hygienic shop
- Butcher does not handle money as well as meat
- Meat should have a pleasant smell, good colour, is firm and moist
- Raw and cooked meat should be displayed and wrapped separately
- All meat should have full farm-to-table traceability
- Pre-packed meat - check the sell by date
- Economic considerations
- Suitability for purpose
- Labelling etc.

2. Sarah (16) attends her local post-primary school and gets the bus to school at $\mathbf{8 . 0 0}$ a.m. and returns home at $5.00 \mathrm{p} . \mathrm{m}$. The table below shows the meals eaten by Sarah on a typical school day.

| Breakfast | Nothing |
| :--- | :--- |
| Mid - morning | Chocolate bar <br> Can of cola |
| Lunch | Sausage roll, Packet of crisps <br> Can of fizzy orange drink |
| Evening meal | Deep fried chicken and chips <br> Ice cream, Glass of water |

(a) Identify and explain four possible diet-related problems that may arise if Sarah continues with this type of diet.

4 problems @ 4 marks each
(Identify = $\mathbf{2}$ marks, Explain = $\mathbf{2}$ marks)

- Obesity - excess accumulation of body fat.
- Coronary heart disease (CHD) - occurs when coronary arteries become partially blocked or clogged.
- Anaemia - caused by a shortage of iron in the diet.
- Osteoporosis - is a thinning of the bones due to lack of calcium.
- Diverticulosis - disorder of large intestine due to a fibre-depleted diet.
(b) Suggest alternative (other) foods for Sarah's mid-morning snack and lunch.

5 suggestions @ 2 marks each

| Mid - morning | e.g. cheese and crackers, <br> Nutri-grain bar, apple, bottle of water, <br> yoghurt - low fat. |
| :--- | :--- |
| Lunch | e.g ham and salad, brown bread roll <br> Chicken sandwich (brown bread) and <br> Fruit - orange, nectarine. Glass of milk |

(c) State how the foods you have suggested meet the nutritional requirements of a teenager.

3 points @ 4 marks each

- Foods contain all the essential nutrients / four food groups
- Vitamins C and D are present for absorption of iron and calcium,
- Function of any of the nutrients present
(d) Discuss three factors that affect the food choices of teenagers. 3 factors @ 4 marks each
- Level of activity, gender, economic factors.
- Health status and dietary restrictions i.e. coeliac, diabetes, anaemia, etc.
- Availability of certain foods, nutritional awareness.
- Advertising, marketing etc.
- Availability of speciality foods, religious reasons, etc.

3. The results of a food safety survey showed that only $22.5 \%$ of consumers identified $1^{\circ} \mathrm{C}$ to $5^{\circ} \mathrm{C}$ as the correct fridge temperature. Food poisoning bacteria were found in 40\% of fridges tested.
(a) Give an account of the main causes of food spoilage.

## $\mathbf{4}$ causes @ 4 marks each

- Moisture loss - through leaves, skins of fruit and vegetables.
- Enzyme action - (i) ripening - changes colour, texture, flavour (ii) browning - apples, potatoes on exposure to air.
- Contamination by micro-organisms -moulds, yeasts and bacteria.
- Antibiotics, herbicides, pesticides and insecticides unless strictly monitored can lead to food contamination and spoilage
- Metals such as lead, mercury etc can contaminate food and water.
- Bacteria- incorrect storage conditions / temperatures etc.
(b) Set out details of a study you have undertaken on a refrigeration appliance.

Refer to:
(i) the general criteria to be considered when selecting the appliance 4 points @ 4 marks

- Money available - cash or credit.
- Star rating
- Durability
- Guarantee
- Fridge/freezer - combined or separate units
- Energy efficient
- Design and colour
- After sales service
- Modern features etc.
(ii) guidelines for use

4 guidelines @ 3 marks each

- Follow manufacturer's guidelines.
- Clean and defrost regularly.
- Cool food before putting in fridge.
- Cover all foods to avoid moisture loss.
- Allow space between foods for circulation of air.
- Store foods in correct sections.
- Check door seal regularly.
(iii) two modern design features

2 @ 3 marks each

- Automatic defrost
- Zonal refrigeration
- Variable door accessories - eggs, cheese etc
- Ice-maker
- Split shelf versatility etc
- Frost free fridge
- Drinks dispenser - Tall bottle - gated shelves.

4. John is 25 years old. His net weekly income is $€ 370$. He shares a house with three others and commutes to work each day by bus. He is a member of the local health and fitness club that has an annual membership charge of $€ 350$. He is planning to buy a car next year.
(a) Using the information given above, plan and set out a weekly budget for John to ensure that he uses his money wisely.

## 6 points @ 4 marks each

Rent $25 \%$ food $25 \%$ household $20 \%$ i.e. lighting, phone, heating etc. travel - bus fares $10 \%$ club membership 5\% savings 5\% health $5 \%$ clothes 5\%
(b) Name and give details of one savings scheme that John could use in order to save for a car. Give two reasons for your choice.

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\text { (name = } 4 \text { marks, details = } 4 \text { marks) }
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Deposit account - money is put into the account and a fixed rate of interest is paid annually.
Instalment savings scheme - must deposit a fixed sum every month for 12 months.
Credit Union - there is no set amount that a member must save to remain in the Credit Union.
Deposit Account Plus (An Post) - special savings account interest better than deposit account, etc.
Special Savings Accounts - person must be 18 years not withdraw money for first three months.
P.I.P. etc - Interest rate based on amount invested, etc.

## 2 reasons @ 4 marks each

- Money needed in twelve months - available on request from all accounts mentioned
- DIRT will be paid directly on any interest earned from deposit account.
- Members shares in Credit Union are held as collateral for a loan. No transaction fees.
- All savings and investments with An Post are state guaranteed. No account charges.
- Convenience - can be deducted directly from wages etc.
(c) Name two items of information, as required by the Consumer Credit Act (1995), that must be included in an advertisement for buying goods on credit.

2 points @ 5 marks each

- APR and outline how it is calculated.
- Total cash price, cost of credit.
- Additional charges, number of instalments.
- Date of each instalment and amount due etc.


## 5. The traditional family unit in Ireland is still the family based on marriage.

(Consumer Choice, October 2003)
(a) Outline four conditions that are necessary to make a marriage legally valid in Ireland.

4 conditions@ 4 marks each

- Must be 18 years of age (over 16 with parental/guardian consent).
- Marriage must be voluntary.
- Partners must be of opposite sex.
- Three months notice must be given to registrar of area.
- Weddings must take place in a registered building.
- Both partners must be free to marry.
- The register must be signed by the couple and witnesses immediately after the ceremony.
- Partners must not be too closely related, etc.
(b) Identify and give an account of the options that are available to couples that are experiencing difficulties in their marriage.


## 4 points @ 6 marks each <br> (identify = 2 marks, account = 4 marks)

- Marriage counselling - facilitates discussion between the couple and may offer some advice and help where appropriate. Several visits may be required before a resolution is reached. The service is provided by ACCORD, Marriage Counselling Service and Family Mediation Service.
- Family Mediation - is confidential, can be an alternative to court proceedings, helps married couples who are in conflict to negotiate an agreement on issues such as parenting arrangements, property issues, maintenance etc.
- Legal Separation - legal agreement will deal with arrangements regarding the children, their custody and access, residence in family home, and distribution of family finance. The agreement is legally binding, must be signed by both parties in the presence of witnesses. It is less expensive than a court procedure.
- Judicial Separation - an application can be made to a court when couples cannot agree on terms of separation, when court grants a decree the couple are no longer obliged to live together etc.
- Legal Nullity - a State annulment is a declaration by High Court that the marriage never actually existed, etc. A Church annulment is granted by the Church after a marriage tribunal has studied and declared the marriage annulled. It has absolutely no standing in the eyes of the State.
- Divorce - the couples have lived apart for four of previous five years, there is no reasonable prospect of reconciliation, there is proper financial provision for the spouses and dependents, both parties will remain guardians of their children etc.

(c) Explain how marriage customs can vary between different cultures.

Monogamy - is the norm in the western world i.e. one husband, one wife, those who marry for a second time without the death or divorce of the first spouse are guilty of bigamy.
Polygamy allows a spouse to have more than one partner, it is illegal in Ireland. Polygymy allows a man to have more than one wife.
Polyandry allows a woman to have more than one husband.
Jewish weddings are held under a canopy which is symbolic of the couple's future home, at the end of the ceremony a glass is broken under the groom's foot to symbolise the destruction of the ancient Jewish temple in Jerusalem to remind the couple that a marriage can also break.
Quaker couples marry at a public gathering without an official in attendance they believe that God alone makes a couple man and wife. Many wedding customs have been popular for centuries e.g. veils, rings, throwing rice, etc.

## 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) The diagram below shows a floor plan for a three-bedroom bungalow

(i) Discuss the suitability of the house plan in the diagram above, for a couple with two teenage children.

## 3 points @ 5 marks each

- Separate living and sitting room for parents and teenagers for entertaining.
- Separate bedrooms for each teenager, could use room for study etc.
- Bedroom 3 has two beds for friends to stay over etc.
- Second toilet and WHB near back door etc.
(ii) Give a brief account of four factors that should be considered when designing a family home.

4 factors @ 4 marks each

- Personal taste should be reflected in the design.
- Initial and maintenance costs.
- Family requirements - size, age, etc.
- Energy efficiency.
- Ergonomics.
- Aesthetic and environmental factors.
- Technological developments etc.



## or

## 1. (c) Government policy aims to enable every household to have an affordable dwelling of good quality. <br> (Department of the Environment, Heritage and Local Government. Statement of Strategy 2001 2004)

(i) Name and give details of any one house purchase scheme offered by local authorities to persons who are unable to finance a home of their own.

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\begin{aligned}
& \text { Name }=5 \text { marks } \\
& \text { details }=2 \text { points @ } 5 \text { marks each }
\end{aligned}
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- Tenant Purchase Scheme
- Shared ownership - offers ownership to persons who cannot afford full ownership with local authority.
- Affordable Housing Scheme - new houses are provided by local authorities at discounted prices to eligible customers, etc.
- Low Cost Housing sites - a local authority may make housing sites available at low cost to a person whose application for L.A.H. has been approved, a local authority tenant or purchaser who wants to buy a private house and return present house to local authority or a tenant for more than one year of a house provided by a voluntary body under the Rental Subsidy Scheme, etc.
- Mortgage Allowance Scheme - a local authority tenant may apply for a mortgage allowance to buy a private house and return present house to local authority.


## - Local Authority Mortgage

(ii) Comment on the provision of amenities for families in modern housing developments.

## 3 points @ 5 marks each

Amenities required include schools, shops and community centres, good transport system, street lighting, refuse collection, safe play areas,
crèches etc.

## 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) Leisure wear is essential in a teenager's wardrobe.

(i) Sketch and describe a tracksuit suitable for a teenager.
(sketch = 7 marks, description = 6 marks)
Functional, comfortable, easy care, decorative, etc.
(ii) Explain how you have applied the following principles of design:

- Emphasis
- Balance.


## 2 points @ 3 marks each

- Emphasis - attracts the eye to one particular arealfeature over another, can be created by brooch, hemline, neckline, sleeve, etc.
- Balance - all parts of the design work well together and compliment each other. Formal balance is where two halves of a design are identical. Informal balance is where the areas are visually in equilibrium, but not the same.
(iii) Name a fabric construction technique suitable for a sportswear fabric. Give one reason for your choice.

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\text { (Name = } 3 \text { marks, reason = } 3 \text { marks) }
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- Weaving e.g. cotton - versatile fabric, washes well, strong, hardwearing, good conductor of heat. etc.
- Knitting e.g. crepe - strong, resists wrinkling and stretching, washable, holds in body heat, etc.
and

2. (b) (i) Discuss three factors that influence clothing requirements.

## 3 factors @ 3 marks each

- Protection - physical need for shelter and protection.
- Modesty - depends on culture, society, environment, social situation, etc.
- Comfort - people like to feel comfortable in an outfit.
- Identification - as in uniforms - Nurses, Gardai, etc.
- Status - says something about the wearer.
- Decoration - styles and colours - fashionable, etc.
- Self expression - Scotsman - kilt.
- Safety - fire and water proof for fire-fighters, etc.
- Other factors include cultural, social, peer pressure, etc.
(ii) Evaluate (assess) two accessories currently popular in teenage fashion.

2 accessories @ 3 marks each

- Articles of dress that complete an outfit/look, e.g. scarves, belts, jewellery, hats, bags, etc.
- Add colour, contrast or compliment, etc.
- Add decoration, etc.
or

2. (c) Developments in the textile industry has led to an increased range of manmade fabrics on the market.
(i) Write up a profile of a fabric made from manufactured fibres using the following headings:

- fibre production
- desirable properties
- undesirable properties.

Fibre Production
(fibre production = 7 marks)

- Viscose (rayon fibre) process - after chemical process, cellulose becomes more soluble, shredded (easier to process) called white crumb which is aged using chemicals then placed in drum with chemicals to give its characteristic characteristic yellow colour crumb is dissolved in caustic solution, termed viscose - allowed to stand for a time to ripen, filtered to remove un-dissolved materials, then forced through a spinneret which forces filament through many small holes wet or dry spinning - both produce a continuous filament which looks quite like silk, viscose can be cut into staple fibre and is then spun into yarn.


## Desirable Properties

(2 properties @ 2 marks each = 4 marks)

- Highly absorbent, drapes well, soft and comfortable to wear, absorbs dyes well and dyes remain fast, etc.

Undesirable Properties
( 2 properties @ 2 marks each = 4 marks)

- Not warm to wear - conducts heat away from body, slow to dry, not strong -weaker when wet, damaged by mildew, acids and strong alkalis, dry cleaning is preferable, etc.


## Elective 3 - Social Studies ( 80 marks)

Candidates selecting this elective must answer 3 (a) and either 3 (b) or 3 (c).
3. (a) The number of women in the labour force has increased significantly. In 2002 the female participation rate was 49\%. (Census of Population, 2003).
(i) Give an account of the reasons why the number of women in paid employment has increased in recent years.

4 reasons@ 5 marks each

- Better educated, wants to work to supplement family income.
- Independence - with increasing marital breakdown.
- Flexible hours, maternity leave, job-sharing, etc.
- Improved child care facilities.
- Higher standard of living, status, etc.
(ii) Discuss how the increase in the number of dual-career women has impacted on (effects) (a) parental and (b) home-care responsibilities.

4 effects @ 5 marks
(expect one reference to parental and one reference to home-care)

- Role overload.
- Role conflict.
- Child care can be costly with no tax relief.
- Children can feel left out.
- Unsupportive partner.
- Problems when children are sick, etc.
(iii) Name and give details of any one Government scheme that helps to reduce expenditure for low-income families.

Name = 5 marks, details = 5 marks
Family Income Supplement -

- Is a weekly allowance to help families on low pay. Not subject to income tax. Entitlement to a medical card is not affected. One or both partners must be working for 19 hours per week. Income must fall between set levels depending on family size etc.
Back to School supports, Medical Card, Rent Allowance, Fuel vouchers, Community Welfare Officer etc.


## and

3. (b) In today's society the need for leisure time is greater than ever.
(i) Discuss the reasons why leisure is important in today's society.

## 3 reasons @ 5 marks each

- Important for physical, social and emotional well-being.
- Leisure helps in relieving stress and strain.
- Bodies respond positively to regular physical activity.
- New friendships are formed by joining gym, etc.
- Contributes to the emotions of all family members - bonding, etc.
- Classes can improve personal development, self-esteem, etc.
(ii) Give an account of three factors that influence family leisure patterns.


## 3 factors @ 5 marks each

- Occupation/income.
- Age - less physical activity for elderly.
- Gender - no longer gender orientated.
- Society and Culture - Ireland - pub centre of social life.
or

3. (c) (i) Discuss the importance of community-based employment schemes for (a) the individual and (b) the local area.

## 4 points @ 5 marks each

- FAS - provides practical work orientated training. Helps unemployed people to find work Holds database of employers advertise vacancies. Provides grants to employers taking on extra employees.
- Social Employment Scheme (S.E.S.) - Jobs created are temporary but skills developed allow the long-term unemployed to return to work. S.E.S helps morale-breaking long-term process.
- County Enterprise Boards. Set up to help develop local enterprise/small business provides advice and grants for new local enterprises.
- First Step

Free service providing advice and financial assistance to those setting up their own business. Loans provided are on an interest-free basis.

- Community employment, etc.
(ii) Explain how the Protection of Young Persons (Employment) Act (1996) protects the interests of young people in the workplace.


## 2 points @ 5 marks each

- Minimum age is 16 years for a regular full-time job
- Maximum working hours per week for 18 yrs $=39$ and for 14-15 year olds is 35 .
- Rest breaks of 30 mins. after 4 hours work is legally required for under 16 s and 30 mins. is due after 4-5 hours.
- For 14-15 year olds a three week break from work must be given during summer holidays.
- Employer must see birth certificate before employing anyone under 18.
- Get permission of parent/guardian for child under 16.

