

Write your Examination Number here

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2008. M 47



# Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2008

HOME ECONOMICS – SCIENTIFIC AND SOCIAL

ORDINARY LEVEL

CENTRE STAMP

WEDNESDAY, 4 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. (a) List the **three** elements found in lipids (fats). (6)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

- (b) Give **one** example of **each** of the following lipids (fats).

**Animal** \_\_\_\_\_

**Vegetable** \_\_\_\_\_

**Marine** \_\_\_\_\_

2. Complete the following statement in relation to the digestion of protein using the words listed below. (6)

*enzyme pancreas casein*

In the stomach the \_\_\_\_\_ rennin changes caseinogen to \_\_\_\_\_.

In the duodenum the enzyme trypsin from the \_\_\_\_\_ changes peptones to peptides.

3. Name the **two** classes of vitamins and state **one** example of each class. (6)

Class	Example
(i)	(i)
(ii)	(ii)

4. (a) Explain the term '*Balanced Diet*'. (6)

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(b) Outline **two** healthy eating guidelines for a pregnant woman.

(i) \_\_\_\_\_

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(ii) \_\_\_\_\_

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5. (a) Name **three** different methods of processing used to make milk safe for consumption. (6)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

(b) State the benefit to the consumer of adding bacterial cultures, such as acidophilus, to bio-yoghurt.

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6. (a) Name **two** major Irish food exports and **two** major foods imported into Ireland. (6)

Food Exports	Food Imports
(i)	(i)
(ii)	(ii)

(b) State **one** function of the Food Hygiene Regulations Act (1950 – 89).

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7. (a) Explain the term *'fortified'* in relation to food processing. (6)

\_\_\_\_\_

(b) Name **two** fortified foods.

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

8. State **three** guidelines that should be followed when preparing and / or cooking fruit in order to retain maximum nutrients. (6)

(i) \_\_\_\_\_

\_\_\_\_\_

(ii) \_\_\_\_\_

\_\_\_\_\_

(iii) \_\_\_\_\_

\_\_\_\_\_

9. (a) Name **two** renewable energy resources and **two** non-renewable energy resources. (6)

Renewable resources	Non-renewable resources
(i)	(i)
(ii)	(ii)

(b) State how the consumer should dispose of electrical appliances.

\_\_\_\_\_

\_\_\_\_\_

10. (a) Name **two** forms of credit. (6)

(i) \_\_\_\_\_ (ii) \_\_\_\_\_

(b) State **one** advantage and **one** disadvantage of using credit.

Advantage \_\_\_\_\_

Disadvantage \_\_\_\_\_

11. Name **three** different types of insurance that a consumer might require. (6)

(i) \_\_\_\_\_

(ii) \_\_\_\_\_

(iii) \_\_\_\_\_

12. (a) Outline **two** factors that should be considered when selecting small electrical appliances for the home. (6)

(i) \_\_\_\_\_

\_\_\_\_\_

(ii) \_\_\_\_\_

\_\_\_\_\_

(b) Explain this quality mark which may appear on the label of a small electrical appliance.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## 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. The table below shows the iron content, per average serving, of a range of different foods.

Food	Iron content (mg)
Calves' Liver	12.2 mg
Black Pudding	9.2 mg
Minced Beef	3.1 mg
Sardines	2.9 mg
Bowl of Cornflakes	2.0 mg
Baked Beans	1.9 mg
Spinach	1.4 mg
Broccoli	0.9 mg
1 Egg	1.1 mg

- (a) State: (i) **two** reasons why it is important to include iron in a teenager's daily diet;  
(ii) **one** ill-effect of a diet deficient (lacking) in iron. (15)
- (b) Name **one** nutrient that assists (helps) the absorption of iron in the body. (5)
- (c) The recommended dietary allowance (RDA) of iron for a teenager is 14 mg. Using the information from the above table, prepare a set of menus for one day (three meals) for a teenager which will provide an adequate supply of iron. (Other foods can be added). (20)
- (d) State how the menus you have prepared take account of the following:  
▪ healthy eating guidelines  
▪ the nutritional requirements of a teenager. (20)
- (e) Discuss how the following factors influence the planning and management of family meals:  
▪ money available  
▪ equipment  
▪ knowledge and skills  
▪ dietary considerations. (20)

2. 'Studies show that we are eating more and more food away from home and that this trend is set to increase in the future. An Irish Heart Foundation study found that 72% of people surveyed eat out at least once a week, with 32% saying that they eat out several times per week.'  
(Consumer Choice, January 2003).

(a) Comment on the above statement **and** explain what is meant by '*eating food away from home*'. (10)

(b) Describe **three** causes of coronary heart disease. (12)

(c) List **four** dietary guidelines that should be followed by a person with coronary heart disease. (16)

(d) Compile a set of **four** procedures that a restaurant manager should put in place in order to ensure a high standard of food safety and hygiene. (12)

3. 'Government plans measures to deliver affordable housing'.  
(Irish Times, 2006).

(a) Give an account of the factors that affect an individual's choice of housing.  
Refer to:  
(i) social factors  
(ii) economic factors  
(iii) availability of housing. (30)

(b) Describe **one** saving scheme you would recommend to a young person who is saving to buy a car.  
Refer to **four** of the following:  
(i) name of institution  
(ii) type of account  
(iii) risk  
(iv) ease of access to funds  
(v) interest payable. (20)

4. **On a shopping trip Tom bought a new camera and two T-shirts, Kate bought two cotton summer tops, one woollen jumper and denim jeans. When they arrived home Tom discovered that the camera did not work. Kate was disappointed with the colour of the jeans. They both decided to return the following week with the camera and the jeans and demand their money back.**
- (a) As consumers, what rights do Tom and Kate have in relation to getting a refund on the camera and the jeans? (14)
- (b) List **three** responsibilities that Tom and Kate have as consumers. (12)
- (c) Outline **three** factors that Kate should take into consideration when caring for the woollen jumper. (12)
- (d) Sketch the care label you would expect to find on denim jeans. (12)
5. **‘Marriage is one of the oldest institutions but – contrary to popular belief – so too is divorce of one kind or another.’**  
*(Dr. Linda Connolly, Senior Lecturer in Sociology, UCC).*
- (a) Discuss (i) the rights and (ii) the responsibilities of a couple within the marriage relationship. (24)
- (b) Outline the benefits to a young couple of attending a pre-marriage course. (16)
- (c) Explain how the **Family Mediation Service** helps couples who are experiencing difficulties in their marriage. (10)



## Section C

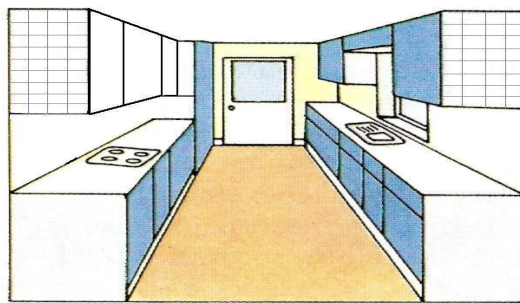
Answer one question from this section.

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) Susan and Joe have two children, a boy aged eight and a girl aged ten. They have recently purchased a previously owned house in the city centre. The house has:
- an old style galley / corridor kitchen with a cement floor
  - single glazed windows
  - the back door opens directly into the garden.
- The diagram shows the plan of the galley / corridor kitchen.



- (i) Evaluate the kitchen under each of the following headings:
- general suitability for family use
  - safety
  - insulation. (24)
- (ii) Identify four local amenities / services which you consider essential for this family and state one reason why you think each amenity / service is important. (16)
- (iii) In relation to house building, explain planning permission. (10)

and

- 1.(b) **Colour is one of the easiest ways to create your own style when refurbishing a room.**

- (i) Give an account of the factors that should be considered when choosing colour for a sitting room in a family home. (18)
- (ii) Recommend two types of soft furnishings that would enhance the appearance of a sitting room. Give reasons for your choice. (12)

or

- 1.(c) **Electricity and natural gas bills are issued periodically to all households. These bills are calculated by means of a meter reading.**

- (i) Explain two of the following terms in relation to electricity / natural gas bills:
- standing charge
  - unit charge/general units
  - public service obligation (PSO). (14)
- (ii) Outline four guidelines for the safe use of gas in the home. (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) Many people take part in walking as a leisure activity and need a variety of suitable clothes.

### *Easy-to-Sew Unisex Cargo Pants/Shorts.*



- (i) Sketch and describe a top suitable for wearing with the cargo pants / shorts. (10)
- (ii) Evaluate the outfit with regard to:
- suitability for purpose
  - comfort when wearing
  - general appearance. (9)
- (iii) Suggest one fabric suitable for these pants / shorts giving reasons for your choice. (6)

**and**

- 2.(b) (i) Write a profile of a synthetic / man-made fabric under the following headings:
- fibre production
  - properties. (10)
- (ii) Name and describe one fabric construction technique. (5)

**or**

- 2.(c) (i) Explain what is meant by the term ‘**trendsetters**’ and give one example. (6)
- (ii) Give a brief account of three factors that influence fashion changes. (9)

### Elective 3- Social Studies (80 marks)

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

**3.(a)** ‘Female labour-force participation increased sharply...the percentage of home-makers fell from 54% in 1981 to 21% last year.’ (CSO, 2007)

(i) Discuss **three** reasons why there are more dual-earner households in modern Ireland. (12)

(ii) Discuss the impact of dual-earner families on family life. Refer to **each** of the following:  
▪ distribution of parental duties  
▪ distribution of home-care responsibilities  
▪ role conflict. (26)

(iii) List and explain **three** factors that contribute to job satisfaction. (12)

**and**

**3.(b)** Second level education in Ireland has undergone significant change in recent years.

(i) Discuss the above statement and refer to:  
▪ the range of programmes offered in second level schools  
▪ facilities and resources provided in schools  
▪ opportunities for school leavers. (24)

(ii) Explain what you understand by ‘**second chance**’ education. (6)

**or**

**3.(c)** (i) Define *leisure*. (6)

(ii) Discuss the importance of leisure activities for teenagers with reference to:  
▪ physical development  
▪ social development  
▪ emotional development. (24)

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