

Leaving Certificate



Home Economics
Food Studies Chart Revision
2017 Paper

Using the information in the chart provided below, comment & elaborate on the variations in BMI among the different age groups in the Irish population (20m)
(4pts x 5m)

Category	Details (include figures, which age group it is most common in, reasons why and possible health impacts.)

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2016 Paper Section B Higher Level Home Economics

1(a) Using the information provided in the chart, comment and elaborate on the contribution of four foods to the intake of dietary fibre with reference to the two categories of people identified above (24m) (4pts x 6marks)

Food Groups	(accept marks on overall fibre intake, accept points on contribution to overall fibre intake; examples of foods in each food group; function of fibre; dietetic points in relation to foods; reasons for variation in contribution between the two groups; nutritional/dietetic points in relation to different foods; etc)
Bread and Rolls	Figure– Highest contributor to dietary fibre in the diet for both groups, ≥ 65 group being 3% higher at 29%. Examples; wholemeal bread, wholemeal roles, white bread, white rolls. High in fibre-5.4grams. Function: Provides a feeling of fullness, prevents bowel

	<p>disorders diarrhea, constipation and bowel cancer. NB in over 65. DV- Relatively cheap, ideal those on pension budget.</p>

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2015 Paper Higher Level

A survey was conducted to identify the level and type of marketing of foodstuffs in post primary schools in the Republic of Ireland. An extract from the summary of the main findings showed that a variety of food outlets e.g. tuck shops (53.2%), canteens (53.2%) and drinks vending machines (44.7%) are in operation in post-primary schools in Ireland, with a high proportion of schools also reporting a shop close to the grounds (64.4%). A variety of healthy foods are available through one or more of these outlets including water (92.1%), juice (78.4%), sandwiches (73.9%) and fruit (62%). However, confectionery (74.1%), salty snacks/crisps (57.2%), fizzy/high sugar drinks (51.8%), diet drinks (50.2%) and biscuits, cakes and pastries (32.6%) are also widely available.

1 (a) Using the information given above, comment and elaborate on (i) the provision and (ii) the nutritional significance of the foods and beverages available to students in post primary schools (24m) (6pts x 4m)

Provision (availability)	Comment- (Accept detailed points on %, availability of different foods - high / low, reason given for this/nutritional significance- good or bad!)
Tuck Shop	<p>Figure: 53.2% of PP schools</p> <p>Why: More variety offered than in vending machines; generally provide less healthy options i.e. salty snacks, crisps and fizzy /high sugar drinks; provision of water is high; most of the food provided is pre-packed convenience food; etc.</p> <p>92.1% of outlets like tuck shops provide water-essential for hydration, student concentration and improve digestion</p>

2014 Home Economics Paper Chart Analysis

1a. Evaluate shopping in the three grocery outlets referred to in the chart above (12m) (3pts x 4m)

Shopping outlet	Comment -(Points may include some of the following: cost; convenience; time; brand loyalty; customer loyalty i.e. shop local; etc) Mention figures!!
Local Shop	Most expensive for the families of house 3 (€54) and house 4 (€109). Most popular option of shop for house 3 over 65. More accessible to transport as retiree may not drive, may want to support local shop.

1 (a) In relation to the information provided in the chart, comment and elaborate on the percentage of respondents consuming the recommended number of daily servings from each shelf of the Food Pyramid. (24marks) 6pts x 4m

For Comments: FIGURES! Why there is an increase or decrease, nutrient significance of eating less or more of this group- good or bad!!

Shelf	Comments
Cereals, breads and potatoes (6+ daily servings):	consumption reduced from 1998 (40%) to 2007 (28%) Reason: men are more likely to consume 6 or more daily servings; Women associate it with weight gain. NS: too little CHO intake causes weight loss, etc. Low fibre intake resulting in bowel diseases e.g. constipation, colon cancer, etc.

Section 1 Question 1 Révision Questions Part b-e
2017. Classify CHO with reference to

Classification 3 x 1m each	Chemical Formula 3 x 1m each	Examples 2 x 1m each	Food Source 3 x 1m each

© Explain 3 properties of sugar and the related culinary use of each (15m)

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Assess the effects of high sugar consumption on the body(10m)

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e) Outline 5 strategies to be considered when purchasing and preparing food in order to reduce sugar consumption (20m- 1 strateg, 1 strategy for preparation and 3 others)

2016 c) Evaluate the benefits of a diet rich in fibre (3 x 5m)

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2016 d) Name and give an account of 1 bowel disorder disease (9m)

Name: 1m Account 4m and symptoms 2 x 2m

Name	Account	Symptoms

e) Suggest how individuals who have an irregular work schedule can manage to achieve a healthy balanced lifestyle and good dietary practices(5pts x 4m) (1 ref to lifestyle, 1 to diet practice and 3 others).

2015 b) Give an account to calcium and include reference to (18m)

Sources 3 x 2m	Biological functions 3 x 2m	Factors assisting and inhibiting absorption (3 x 2m)

c) Explain what is (i) osteroporosis? (18m) 2 points x 3m)

ii) The main factors that increase the risk of developing osteoporosis (3 x 4m)

D) Discuss the role of parents in shaping their childrens food choices (20m)
5 x 4m

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2014

b) Apart from family size, give three reasons for the variation in the percentage of income spent on food each week. (12)

(c) Protein rich foods are a significant cost for many families. Recommend a variety of low-cost protein foods and state how each can be incorporated into a healthy eating plan. (3pts x 3m = 9m)

d) Give a detailed account of protein and refer to:

Classification simple and conjugated (24M)	Supplementary Value (8M)	Structures (15m)

2013 (b) Identify and give an account to the main factors that are contributing to the prevalence of obesity in Ireland (16m) (4 x 4m)

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c) Outline the significance of fatty acids in the diet (2 x 4m) (8 marks)

d) Describe the structure of each of the following (3 × 4m = 12m)

e) Discuss how food labelling assists consumers in making informed food choices (5 × 4m=20)

2012 Give an account of CHO and refer to

Chemical structure of monosaccharide (8m)	Formation of a disaccharide (4pts × 2m)	Hydrolysis of sugar to include inversion and hydrolysis (4pts × 2m)

c) Discuss the importance of balancing energy output and energy input (12m-3pts × 4m)

d) Identify and discuss contemporary trends in food shopping practices (5pts × 4m = 20m)

2011 b) Give an account of protein and refer to:

Structure (4 x 2m)	Peptide Bond is formed (4 x 2m)	Properties (4 x 3m)

c) Describe one process used by manufacturers to prolong shelf life of milk. In your answer refer to

Name of process (2m)	How the process is carried out (3 x 2m)	Effects of the process on the nutritive value of milk (2 x 2m)

d) Comment and elaborate on the growing popularity of foods produced by small businesses and home enterprises (4 × 5m=20m)

2010 ii) Give details of career opportunities available within one of the sectors: dairy products, beef, prepared foods, beverages, seafood, pig meat (2pts × 2m= 4m)

2010 b) Give an account of iron and refer to

Sources (3 × 3m)	Functions (3 × 3m)	RDA (1 X 3m)

2009 Using quorn mince, plan and set out the menu for a balanced of vegan diet (3 × 3m)

c) Vitamin B12 is sometimes lacking in the diet of vegetarians (21m)

Sources 3 x3m	Properties 2 x 3m	Biological Functions (2 x 3m)

Describe how some of the measures taken by food manufacturers/retailers in order to meet the needs of consumers who have specific dietary requirements (5 x 4m= 20m)

2008 b) Describe the structure and give 1 example of each of the following Saturated Fats:

Mono-unsaturated Fats:

Poly-unsaturated Fats:

C) Write an explanatory note on each of the following properties of liquids (2 × 3m)

(i) Rancidity - 2 × 3m

(ii) Emulsification - 2 × 3m

d) Explain how (i) advertising and (ii) people's health status might influence decision making when purchasing dairy products (4pts × 5m- 1 to ad, 1 to health plus 3 others)
