

Leaving Certificate



Home Economics
Q2 Food Studies Revision



2017 Q2 Revision CHEESE

2 (A) Evaluate the nutritional value and dietetic value of cheese to the diet (5 x 4m=20m)

2 (b) Describe the production of cheese (9pts x 2m=18m)

Refer to

Stages of production	Packaging and labelling
<p>a culture of lactic acid bacteria is added to pasteurised milk; lactose (sugar in milk) changes to lactic acid which adds flavour and acts as a preservative;</p> <p>milk is heated to 30°C, rennet is added - contains enzymes rennin which coagulates protein (caseinogen to casein);</p> <p>mixture separates into curds (solids) and whey (liquid); curds are chopped to release more whey,</p> <p>whey is drained off; curds are heated to 35 - 40°C to squeeze out more whey and achieve correct consistency (scalding);</p>	<p>Packaging: vacuum packed in polythene zip-lock plastic bag; waxed paper, plastic tubs; etc. Labelling: type; brand; quantity; nutritional information; date-stamp; etc</p>

<p>curds are cut into blocks and piled on top of each other to complete drainage of whey (cheddaring);</p> <p>the blocks are cut and 2% salt is added for flavour and preservation; salted curds are placed in moulds and pressed;</p> <p>moulds may be sprayed with hot water to form a protective rind;</p> <p>cheese is removed from the mould, date stamped and stored for 3 - 12 months to ripen (mature); cheese is graded; etc</p>	
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c) Discuss the role of artisan producers and small businesses in the Irish Food Industry (4pts x 3m=12m)

Empty space for student response

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2016 Question 2 Revision FISH

2 (a) Discuss the nutritive value and contribution of fish and fish products to the diet (20m)

B) Outline the main causes of fish spoilage (15m)

C) Give an account of Vitamin D. Refer to (15m)

Types (1 x 3m)	Properties (3 x 2m)	Effects of deficiency (2 x 3m)
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2015 Q2 REVISION- EGGS

2 (a)

Nutritional Significance (8M)	Contribution to diet (8m)	Properties (2 x 8m)

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B) Explain how quality is assured in egg production in order to minimise food safety risks (2 × 5m=10m)



2014 Question 2 Revision Meat

2(A) Discuss the nutritional significance of meat in the diet (5×4m=20m)

B) Describe each of the following:

- The factors that cause toughness in meat (3 × 3m)
- 2 methods of tenderising meat (2 × 3m)

c) Set out details of 1 process used to extend the shelf life of meat.

Refer to

Name of process 2m	Underlying principle 3x3m	Effects of process on meat 1 × 4m

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2013 Sensory Analysis

2 (a) Discuss the importance of aesthetic awareness in relation to the choice and presentation of food (12m)

Choice	Presentation

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(b) State, giving examples, when sensory analysis tests are used in the food industry (2 x 4m)

ii) Name 3 main categories of sensory analysis tests and state the main purpose of the test in each category (Name-3m, Purpose-3m x 3)

Test	Purpose

c) State the reasons why recipes may be modified/adapted (12m)

2012 Question 2 Revision fruit and vegetables

2 (a) Discuss the option available to consumers when selecting and purchasing fruit and vegetables (4 × 3m=12m)

Selecting	Purchasing

3 (b) Give details on the nutritional significance and the contribution to the diet of either fruit or vegetables (20m)

2 © Give an account of Vitamin A under the following headings (18m)

Biological Functions 3 × 2m	Effects of deficiency 3 × 2m	Properties 3 × 2m

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2011 Question 2 Revision DIABETES

2 (a) Write an informative account of diabetes (12m)

Refer to

Types 6pts x 2m	Symptoms 3 x 2m	Diet requirements 4 x 3m

b) Classify artificial sweeteners and give one example of each (12m)

(2 class x 3m, 2 examples x 3m)

Class	Examples

c) Outline the uses of sweeteners in food manufacture (2 x 4m=8m)

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