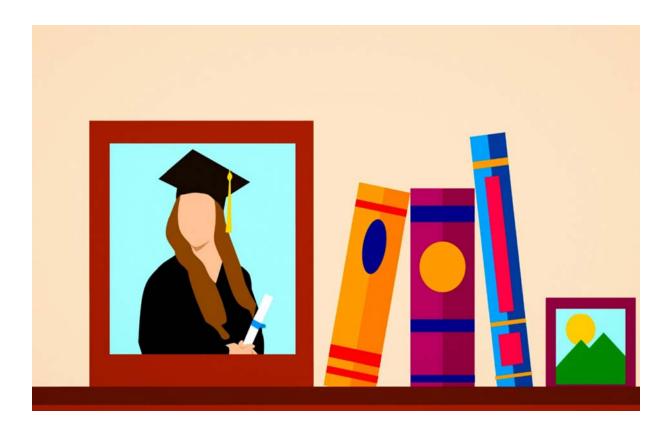
Leaving Certificate



Home Economics Q2 Food Studies Revision

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2017 Q2 Revision CHEESE

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

2 (b) Describe the production of cheese (9pts \times 2m=188m) Refer to

| Stages of production | Packaging and labelling |
|--|--|
| 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; | Packaging: vacuum packed in polythene zip- lock plastic bag; waxed paper, plastic tubs; etc. Labelling: type; brand; quantity; nutritional information; date-stamp; etc |
| milk is heated to 30°C, rennet is added - contains enzymes rennin which coagulates protein (caseinogen to casein); | |
| mixture separates into curds (solids) and whey (liquid); curds are chopped to release more whey, | |
| whey is drained off; curds are heated to 35 - 40°c to squeeze out more whey and achieve correct consistency (scalding); | |

| curds are cut into blocks and piled on top of | |
|---|--|
| each other to complete drainage of whey | |
| (cheddaring); | |
| | |
| the blocks are cut and 2% salt is added for | |
| flavour and preservation; salted curds are | |
| placed in moulds and pressed; | |
| | |
| moulds may be sprayed with hot water to | |
| form a protective rind; | |
| | |
| cheese is removed from the mould, date | |
| stamped and stored for 3 - 12 months to | |
| ripen (mature); cheese is graded; etc | |

c) Discuss the role of artisan producers and small businesses in the Irish Food Industry (4pts \times 3m=12m)

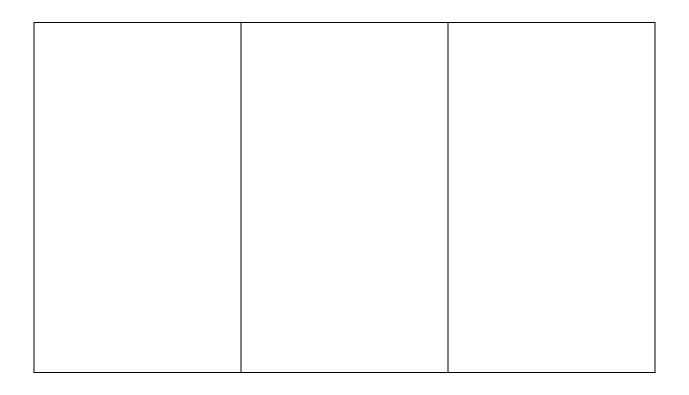


2016 Question 2 Revision FISH

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 × 3m) | Properties (3 \times 2m) | Effects of deficiency (2 |
| | | × 3m) |



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2015 Q2 REVISION- EGGS

2 (a)

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

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



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 $(3 \times 3m)$
- 2 methods of tenderising meat $(2 \times 3m)$

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

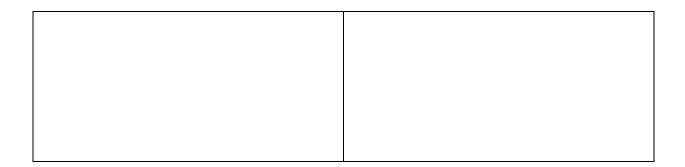
| Name of process 2m | Underlying principle | Effects of process on |
|--------------------|----------------------|-----------------------|
| | 3×3m | meat 1 × 4m |
| | | |
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2013 Sensory Analysis

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

| Choice | Presentation | |
|--------|--------------|--|
| | | |



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

ii) Name 3 main categories of sensory analysis tests and state the main purpose of the test in each category (Name-3m, Purpose-3m \times 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 ($4 \times 3m=12m$)

| Selecting | Purchasing |
|-----------|------------|
| | |
| | |
| | |
| | |
| | |
| | |
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| | |
| | |

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 | Effects of deficiency | Properties |
|----------------------|-----------------------|------------|
| 3 × 2m | 3 × 2m | 3 × 2m |
| | | |
| | | |
| | | |
| | | |

2011 Question 2 Revision DIABETES

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

| Types 6pts × 2m | Symptoms 3 × 2m | Diet requirements 4 × |
|-----------------|-----------------|-----------------------|
| | | 3m |
| | | |
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| | | |

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

(2 class × 3m, 2 examples × 3m)

| Class | Examples |
|-------|----------|
| | |
| | |
| | |
| | |

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

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