

The Home Economics course can be broken down into the following sections:

### Food Studies

#### Food Science & Nutrition

- Food Choices
- Protein
- Carbohydrates
- Lipids
- Vitamins
- Minerals
- Water

#### Diet & Health

- Energy
- Dietary guidelines
- Dietary & food requirements

#### Food Commodities

- Meat
- Poultry
- Fish
- Eggs
- Milk
- Butter
- Cream
- Yoghurt
- Cheese
- Alternative protein foods
- Fruit
- Vegetables
- Nuts & Legumes
- Cereals
- Fats & Oils
- Meal management & planning
- Food preparation & cooking equipment
- Recipe modification
- Aesthetic awareness of food
- Sensory analysis
- The Irish diet
- The Irish food industry

## Food Processing & Packaging

- Food processing
- Food packaging
- Food labelling
- Food additives
- Microbiology
- Food spoilage
- Preservation
- Food hygiene & safety
- National food safety agencies
- Food laws

## Family Resource Management (FRM)

- FRM
- Managing of Household Financial Resources
- Housing finance
- Household technology
- Textiles
- Consumer studies

## The Family in Society

- Sociological concepts
- The family
- Marriage
- The family as a caring unit
- Family law

## Elective 1

### Home Design & Management

## Elective 2

### Textiles, Fashion and Design

## Elective 3

## Social Studies

## Journal --- 20%

## Leaving Cert Home Economics (Higher) - Exam Guide

<b>Level</b>	<b>Higher</b>
<b>Time</b>	<b>2 hours and 30 minutes</b>
<b>Marks</b>	<b>280/320</b> (Candidates taking the textile elective will be marked out of 280, those taking either of the other two electives will be marked out of 320)
<b>Structure</b>	<b>Section A: Short Answer Questions</b> (60 marks) Answer 10 questions out of 12 Allow 25 minutes
	<b>Section B: Long Questions</b> (180 marks) Answer question 1 and two of four other questions Allow 30 minutes per question
	<b>Section C: Elective</b> 80/40 marks Textiles, fashion and design (80 marks) <b>Or</b> Social Studies (40 marks) <b>Or</b> Home Design and Management (40 marks)  Answer One Question There will be three parts within each elective Part A will be compulsory and a choice between part B and part C Allow 30 minutes
	Allow 5 minutes at the end of the exam to check over your work

### a) Exam Structure & Strategy

- Pick your five questions from the two sections as directed.
- Highlight key words and use these in your answer, e.g., using fresh fish, describe how you would **prepare, cook** and **serve** an attractive main course dish suitable for a weight-conscious teenager – remember to include a list of ingredients.
- Highlight  *plurals* to ensure you answer the question fully, e.g., use diagrams.
- Use the last few minutes to read the questions and your answers to make sure that you have answered everything you have been asked.
- Finally, on the day of the exam have the following with you: pens/biros (red/black/blue), pencil, pencil sharpener, eraser and ruler.

### (b) Walk-through the paper (question by question)

#### SECTION A: SHORT QUESTIONS

Select 10 from the 12 set questions.

These questions are taken from the Food Studies and Resource Management and Consumer Studies section of the core. The questions should be answered on the paper/space provided. Each question carries 6 marks.

Aim to fill the space provided as neatly and clearly as possible.

## SECTION B: LONG QUESTIONS

Question 1 is compulsory and may be a question on any of the three sections i.e. Food Studies, Social Studies or Resource Management / Consumer Studies.

In addition, you must answer 2 of the 4 remaining questions.

There will be at least one question on each of the three sections plus one other question from any of the three sections.

### Food Studies

- When answering on '**nutritive value**', always list the six nutrients (protein, lipids, carbohydrates, minerals, vitamins, water) and use them as headings. Under each, state:  
The percentage, e.g., protein in milk: milk contains 3½% protein.  
The type of nutrient present, e.g., the protein in milk is of High Biological Value, i.e., proteins in milk are caseinogen, lactoglobulin and lactalbumin.  
Nutrients which are absent (if appropriate), e.g., iron is absent from milk.
- When answering questions on '**dietetic value**', give a minimum of five points. Structure each point as follows to ensure that you include all vital points: Associate the nutrient that is present with a specific diet. Then state why the nutrient is important to that diet, e.g., calcium is present in milk and it is important in the diet of babies, young children and teenagers as they all require calcium for growth.
- Questions on '**nutritive value in the diet**' require information on both nutritive value and dietetic value. Associate the detailed nutrient information with specific diets. For example: What is the nutritional value of chicken in a diet? Protein: the protein present in chicken is of H.B.V. Protein is necessary in all diets, especially for children, teenagers and the elderly.
- The **Physiology** section will be examined in conjunction with questions on Protein, Fat and Carbohydrate.
- **Recipes** - sometimes questions require that you write a recipe. Firstly note that it is vital to use fresh vegetables, i.e., avoid canned or frozen vegetables. Always present a recipe as follows:  
Name the recipe.  
List the ingredients in kg/g.  
Write out how to make the dish in *detail* and in *point form*.  
Give the cooking temperature and the length of cooking time.  
Describe how to present the dish.  
Suggest suitable accompaniments if appropriate, e.g., serve a green side salad with

lasagne to produce a balanced meal.

Suggest a suitable garnish.

- **Menus** - note the following:

Menus should be drawn in a box.

Try and vary the temperature of the different courses, e.g., suggest a cold starter with a hot main meal.

Don't repeat a main ingredient between courses, e.g., avoid chicken soup with chicken hotpot.

Suggest healthy foods and recipes e.g. avoid chips!

Read the question. It may sound obvious but if the question asks for a menu for a vegan don't include any animal foods, e.g., chicken stock.

## Social Studies

- Familiarise yourself with the terminology to ensure accurate interpretation of facts and to avoid repetition.
- Be objective. Observations should be made on the basis of factual information rather than of personal opinions or value judgements which may be influenced by political or religious beliefs or by prejudices.
- Avoid 'waffle'.
- Avoid words like 'will'. Use words like 'may', 'possibly', 'more likely' in your answers.
- Always answer in numbered point format.

## Family Resource Management and Consumer Studies

Questions may cover any of the following areas:

- Resource Management
- Components of Management and Factors Affecting Management
- Money Management
- House Buying
- Household Technology
- Household Textiles
- Consumer Studies

## SECTION 3: ELECTIVE

You must answer on one of the elective areas: Home Design and Management, or Textiles, Fashion and Design, or Social Studies

### General Guidelines

- Answer short questions first, they'll calm you! and bring times back to memory
- **Read** through the paper **carefully**
- **Highlight key words** – and use these words in your answer
- Make sure that you do all compulsory questions – SB Q1 & Elective (part a)
- Ensure to **answer all parts** of each question – be aware of two part question e.g. discuss the nutritive and dietetic value...
- Answer the question you are asked, not the one you would like to be asked!!!

- Be aware of **time** and stick to it!!!
- Always answer **questions in point form** – avoid essay style
- Look at the **number of marks for each part of the question** i.e. 16 marks = 4 points of information at 4 marks each, 15 marks = 3 points of information at 5 marks each
- **Mark** all parts of your **answer clearly** i.e.  
Question 1 – Protein  
A)
- Move onto a new page for each question, and leave space at the end of each question in case you need to add extra information
- **Treat the examiner as if they are new to Home Economics and you are educating them!**
- Use the last few mins to **read the questions and your answers** to make sure you have answered everything you are asked

### Key Words

- Explain – State, give detailed account with examples
- List – points only – no elaboration necessary but I would always give an example!
- Enumerate – answer in points give explanation
- Describe – give a detailed written description in points, include diagrams and examples to support your answer where appropriate
- Outline – give a brief description
- Classify – put into groups
- Compare – show similarities/likenesses often linked to the information given
- Characteristics – list the qualities/properties
- Discuss/Give an account – analytical style answers are required – an informed account, adv/disad

### Key Facts to Know

- Nutrients in detail – structure, function, properties, RDA's
- Revise Diet and Health – in conjunction with relevant nutrients e.g. Fish/Vit D/CHD
- Nutritive Value of all food commodities and all food commodities in detail
- Dietetic Value of foods, who and why for consumption of certain foods
- Preparation and Processing of Food
- National Agencies for Food Study/ Food Hygiene Legalisation/ HACCP
- Microbiology & Food Poisoning
- Household Technology
- Components of Management
- Types of Mortgage/Saving Scheme/Forms of Credit
- Social Welfare payments/Contributory/Non-contributory/Supplementary Welfare Allowance/FIS
- Consumer Laws/Consumer Credit Act/HP Act
- Energy labelling

- Family Law/Child Care Act/Employment Equality Act
- Housing Styles over the centuries/Adequacy of Housing/Housing Options/House Building&Design/Planning/Housing Regulations
- Interior Design
- Energy Efficient Home
- System & services with Diagrams

	Q1	Q2	Q3	Q4	Q5	E1	E3
09	Alternative Protein Foods Vegetarian diets Vit B	Role of small business Value added food	Food Spoilage	Household tech Consumer leg	Marriage Family law	Housing styles Homebond Heating systems	Unemployment Education Leisure

		FSAI				Insulation Design Wood	
08	Dietary guidelines Lipids Dairy products – buying guidelines	Fruit & veg Food preservation Irradiation	Food poisoning HACCP EHO	Housing Mortgage	The family	Interior design Heating/ thermostat Electricity	Education Poverty Childcare
07	Carbohydrate Folic acid	CHD Dietary guidelines	Sensory analysis	Fridge	The family Special needs	Housing Flooring Renewable energy	Working conditions Employment/ unemployment Leisure
06	Meat Protein	Calcium Yoghurt	Processed foods Additives	Management system Consumer responsibility	Family change in family Divorce	Heating Design Building standards Lighting	Poverty Family Education
05	Carbohydrates Food labelling	Freezing/ canning Food processed to extend shelf life	Microwave HP act	Consumer	Children within the family	Interior of the home Renting Vs buying Housing provision Plastics Double glazing	Work Employment Education
04	Fish Vit D	Food processing HACCP	Budget Health insurance	Consumer Appliance (small) Sale of goods & supply of services	Function of the family Historical dev. Of the family Family law	Housing styles Planning Ventilation Energy	Education Childcare Leisure
SP	Fats/lipids Dietary guidelines Functional food Food choices	Irish food exports Value added food Irish food industry	Budget Saving scheme Mortgage Credit payment	Management system accommodation	Marriage Will making	Electricity Housing provision Lighting	Poverty Industries & employment Unemployment
SP 1	Canned Vs frozen Freezing HACCP Food poisoning Dietetic value of veg	Eggs -NV -Food pois -Prop -Vit A -Iron	Budget Mortgage Saving scheme Resource management	Consumer decision Appliance (motor) Energy labelling Guarantee	Marriage Saving scheme Pre-marriage course	Housing styles Costs in building -mortgage protection -bord pleanala -floor area cert Interior design	Education Work & women Poverty
SP 2	Fish -Fat	Cheese	Yeasts Raising	Textiles Consumer	Family Function	Water supply	Maternity leave Childcare



	-Protein -Dietary guidelines		agents	protection	s Structure Mediation Judicial separation	Insulation Explain -CFL -MCB -Ergonomics -Ren. Energy -Residual current device	Unemployment Work
SP 3	Protein Veg & TVP	Dietary req. Organic & GM	Mortgage Housing Consumer credit act	Pastry Milling of flour	Will Life insurance Lone parents	Interior design Lighting ventilation	Family Childcare Leisure Poverty
SP 4	Carbohydrates Bowel disorders	Dietary req. Meal planning Nutrients Services for the elderly	NV of milk Heat treatments Yoghurt Dairy & Irish food industry	Food labelling Packaging preservatives	Obesity Meal planning	Energy Choosing a home Heating options flooring	Lone parents Education Dual earners Childcare
SP 5	Lipids Production of margarine	Cereals Coeliac	Method of payment Consumer info Textiles	Chemical changes in food prep Heat processing HACCP	Consumer -rights responsibilities - consumer protection	Insulation Housing styles Portable heaters	Unemployment Education Terminology
SP 6	Food choices Energy req Energy Meal planning	Anaemia and iron	Soup Freezing additives	Textiles	Marriage	Housing req. Buying Vs renting Electricity Heating	Poverty Work legalisation Education & schemes