Coimisiún na Scrúduithe Stáit
State Examinations Commission

LEAVING CERTIFICATE EXAMINATION 2021

Home Economics – Scientific and Social

ORDINARY LEVEL

Section B and Section C

WEDNESDAY 9 JUNE AFTERNOON 2:00 – 4:30

Section B

130 marks
Answer **Question 1** and **one** question from questions 2, 3, 4 and 5.
Question 1 is worth 80 marks.
Questions 2, 3, 4 and 5 are worth 50 marks each.

Section C

40 or 80 marks
Answer **one** elective question **or** question 4 (core) to include **part (a)** and either **part (b) or (c)**.

If you submitted *Textiles, Fashion and Design* coursework for examination, you may only attempt Question 2 from this section.

Electives 1 and 3 are worth 80 marks each.
Elective 2 is worth 40 marks.
Question 4 (core) is worth 80 marks.

Do not hand this up

The 2021 examination papers were adjusted to compensate for disruptions to learning due to COVID-19. This examination paper does not necessarily reflect the same structure and format as the examination papers of past or subsequent years.

Section B 130 marks

Answer **Question 1** and **one** question from questions 2, 3, 4 and 5.
Question 1 is worth 80 marks. Questions 2, 3, 4 and 5 are worth 50 marks each.
Write your answers in the answerbook containing **Section A**.

Question 1

'More than a quarter of young people growing up in Ireland are obese or overweight according to the latest *Growing Up in Ireland* survey.' (*www.irish examiner.com*)

The table below shows nutritional information per 100 g, for full fat, low fat and fat free natural yoghurt.

	Full fat natural yoghurt	**Low fat natural yoghurt**	**Fat free natural yoghurt**
Energy (kcal)	133 kcal	65 kcal	54 kcal
Fat of which saturates	9.4 g 5.5 g	1.8 g 1.1 g	0.4 g 0.2 g
Carbohydrates of which sugars	5.9 g 3.2 g	6.9 g 6.8 g	7.6 g 7.3 g
Fibre	0.3 g	0.5 g	0.5 g
Protein	6.0 g	4.8 g	4.8 g
Salt	0.20 g	0.20 g	0.19 g

(a) Using the information presented in the table, state which of the yoghurts you would recommend for an obese person.
Give **four** reasons for your choice. (20 marks)

(b) State **three** causes of obesity. (12 marks)

(c) Give an account of lipids (fats) under **each** of the following headings:

- classification
- functions in the body
- dietary sources. (28 marks)

(d) Discuss **four** factors to be considered when selecting **and** buying foods to reduce fat intake in the diet. (20 marks)

Question 2
Healthy eating during pregnancy is critical to the baby's growth and development.

(a) Discuss **four** dietary requirements of pregnant women. (20 marks)

(b) Having regard to current healthy eating guidelines, set out a menu (3 meals) for one day for a pregnant woman. (18 marks)

(c) Explain how food labelling assist consumers when buying food. (12 marks)

Question 3
Irish grown vegetables get to our shelves quickly, and so are more nutritious.

(a) Give an account of **(i)** the nutritive value **and (ii)** the dietetic value of vegetables. (20 marks)

(b) Outline:

(i) the effects of cooking on vegetables

(ii) the guidelines for storing vegetables. (18 marks)

(c) Suggest **two** interesting ways of including vegetables in the diet of children. (12 marks)

Question 4
Good money management is an important life skill.

(a) Discuss **four** advantages of planning a household budget for a family. (20 marks)

(b) Set out a weekly budget plan for a family (two adults and two children) with a net income of €800 a week. (20 marks)

(c) State **one** advantage and **one** disadvantage of buying goods on credit. (10 marks)

Question 5
We live in an increasingly diverse world, even within our own family structures.

(a) Describe **each** of the following family structures:

- one parent family
- nuclear family
- blended family. (18 marks)

(b) Discuss the roles **and** responsibilities of adolescents/teenagers within a family. (20 marks)

(c) Outline why good communication is important between family members. (12 marks)

Section C — 40 or 80 marks

Answer **one** elective question **or** question 4 (core) to include **part (a)** and either **part (b) or (c)**.
If you submitted *Textiles, Fashion and Design* coursework for examination, you may only attempt Question 2 from this section.
Write your answer in the answerbook containing **Section A**.

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) The diagram below shows the average heat loss for a family home.



(i) State **four** advantages of having a house well insulated. (20 marks)

(ii) Name **and** describe the method of insulation you would recommend for **each** of the following:

(a) attic **(b)** walls **(c)** windows. (15 marks)

(iii) State the advantages **and/or** the disadvantages of solar energy. (15 marks)

and

1.(b) Buying a first home is an exciting adventure.

(i) State the advantages **and** the disadvantages of buying a home of your own. (12 marks)

(ii) Discuss how the housing requirements of a family with children may differ from that of a person living on their own. (18 marks)

or

1.(c) Interior designers help people create their dream home.

(i) Discuss **three** factors to be considered when planning the interior design of a house. (15 marks)

(ii) Explain how soft furnishings can enhance the overall appearance of a room. (15 marks)

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) 'Fashions fade, style is eternal.' (*Yves Saint Laurent*)



(*www.pinterest.com*)



(*www.theblacktux.com*)

(i) Comment on the suitability of the occasion wear shown above.

Refer to:

(a) shape **(b)** comfort **(c)** design features. (18 marks)

(ii) Suggest **one** accessory you could add to enhance either of the above outfits.
Give **one** reason for your choice. (7 marks)

and

2.(b) Today's consumers are willing to pay more for clothing produced with natural fabrics.

(i) Write a profile of a natural fabric under **each** of the following headings:

- how the fabric is constructed
- properties. (9 marks)

(ii) Give **two** advantages of using natural fibres/fabric in everyday wear. (6 marks)

or

2.(c) Irish fashion is thriving on the international stage.

(i) Explain how **each** of the following factors may influence a person's choice of clothing.

(a) function **(b)** money available **(c)** cultural influences. (9 marks)

(ii) Discuss the contribution of trendsetters/bloggers to current fashion trends. (6 marks)

Elective 3 – Social Studies – 80 marks

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

3.(a) Education for a child begins at home and is a lifelong process.

(i) Outline how education contributes to the development of the individual.
Refer to **each** of the following:

- physical development
- emotional development
- intellectual development. (18 marks)

(ii) Give an account of **four** factors that influence the educational achievement of school children. (20 marks)

(iii) Explain **three** benefits to students of participating in work experience while in second level school. (12 marks)

and

3.(b) 'Physical activity plays an important role in the lives of children and young people.'
(*www.education.ie*)

(i) Discuss **three** reasons why leisure is important in today's society. (15 marks)

(ii) Describe how a person's choice of leisure activities are influenced by **each** of the following:

- cost
- occupation
- age. (15 marks)

or

3.(c) The impact of unemployment can be long lasting.

(i) Discuss the effects of unemployment on:

- young individuals
- the family
- society. (18 marks)

(ii) Name **and** give details of **one** voluntary organisation that provides support to the unemployed. (12 marks)

Question 4 – Core – 80 marks

Candidates selecting this question must answer **4(a)** and either **4(b) or 4(c)**.

4.(a) The ultimate convenience food, eggs are powerhouses of nutrition.
(*www.bbcgoodfood.com*)

(i) Give an account of **(i)** the nutritive value **and (ii)** the dietetic value of eggs. (20 marks)

(ii) Outline:

- different ways of including eggs in the diet
- the effects of heat on eggs. (18 marks)

(iii) Give **three** reasons for the growing popularity of goods supplied by small Irish food producers. (12 marks)

and

4.(b) 'Consumers want to hear about discounts and sales, not just products.'
(*www.retail-week.com*)

(i) Discuss how the following might affect consumers' decision making when shopping:

- household income
- discount offers
- shopper loyalty schemes. (15 marks)

(ii) State the advantages **and** the disadvantages of online shopping. (15 marks)

or

4.(c) The goal of conflict resolution is not to decide who is right or wrong.

(i) Identify **three** factors which may influence an adolescent's/teenager's behaviour. (15 marks)

(ii) Discuss **three** aspects of adolescent/teenager's behaviour that may lead to conflict in the home. (15 marks)

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Leaving Certificate – Ordinary Level

Home Economics - Scientific and Social
Section B and Section C

Wednesday 9 June
Afternoon 2:00 – 4:30