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

<table>
<thead>
<tr>
<th>Level</th>
<th>Higher</th>
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<tbody>
<tr>
<td>Time</td>
<td>2 hours and 30 minutes</td>
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<tr>
<td>Marks</td>
<td>280/320 (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)</td>
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<tr>
<td>Structure</td>
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<td></td>
<td><strong>Section A: Short Answer Questions</strong> (60 marks)</td>
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<td>Answer 10 questions out of 12</td>
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<td>Allow 25 minutes</td>
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<td><strong>Section B: Long Questions</strong> (180 marks)</td>
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<td>Answer question 1 and two of four other questions</td>
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<td>Allow 30 minutes per question</td>
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<td><strong>Section C: Elective</strong> 80/40 marks</td>
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<td>Textiles, fashion and design (80 marks)</td>
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<td></td>
<td>or Social Studies (40 marks)</td>
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<td></td>
<td>or Home Design and Management (40 marks)</td>
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<td>Answer One Question</td>
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<td>There will be three parts within each elective</td>
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<td>Part A will be compulsory and a choice between part B and part C</td>
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<td>Allow 30 minutes</td>
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<td>Allow 5 minutes at the end of the exam to check over your work</td>
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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 $3\frac{1}{2}\%$ 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 incase 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

<table>
<thead>
<tr>
<th>Q1</th>
<th>Q2</th>
<th>Q3</th>
<th>Q4</th>
<th>Q5</th>
<th>E1</th>
<th>E3</th>
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<tbody>
<tr>
<td>Alternative Protein Foods</td>
<td>Role of small business</td>
<td>Food Spoilage</td>
<td>Household tech Consumer leg</td>
<td>Marriage Family law</td>
<td>Housing styles Homebond Heating systems</td>
<td>Unemployment Education Leisure</td>
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<td>Value added food</td>
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</table>

Lisa Blake
<table>
<thead>
<tr>
<th>Page</th>
<th>Topic</th>
<th>Home Econ</th>
<th>FSAI</th>
<th>Insulation Design Wood</th>
<th>Education Poverty Childcare</th>
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<tr>
<td>08</td>
<td>Dietary guidelines</td>
<td>Lipids</td>
<td>Dairy products – buying guidelines</td>
<td>Fruit &amp; veg</td>
<td>Food preservation</td>
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<td>Carbohydrate Folic acid</td>
<td>CHD Dietary guidelines</td>
<td>Sensory analysis</td>
<td>Fridge</td>
<td>The family</td>
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<td>Meat Protein</td>
<td>Calcium Yoghurt</td>
<td>Processe d foods Additive s</td>
<td>Management system</td>
<td>Consumer responsibility</td>
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<td>Carbohydrates Food labelling</td>
<td>Freezing/ canning Food processed to extend shelf life</td>
<td>Microwa ve HP act</td>
<td>Consumer</td>
<td>Children within the family</td>
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<td>Food processing HACCP</td>
<td>Budget Health insurance</td>
<td>Consumer Appliance (small) Sale of goods &amp; supply of services</td>
<td>Function of the family Historica l dev. Of the family Family law</td>
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<td>Fats/lipids Dietary guidelines Functional food Food choices</td>
<td>Irish food exports Value added food Irish food industry</td>
<td>Budget Saving scheme Mortgag e Credit payment</td>
<td>Management system accommodat ion</td>
<td>Marriage Will making</td>
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<td>Canned Vs frozen Freezing HACCP Food poisoning Dietetic value of veg</td>
<td>Eggs -NV -Food pois -Prop -Vit A -Iron</td>
<td>Budget Mortgag e Saving scheme Resource management</td>
<td>Consumer decision Appliance (motor) Energy labelling Guarantee</td>
<td>Marriage Saving scheme Pre-marriage course</td>
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<td>Fish -Fat</td>
<td>Cheese Yeasts Raising</td>
<td>Textiles Consumer</td>
<td>Family Function</td>
<td>Water supply</td>
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<td>SP 3</td>
<td>Protein &amp; TVP</td>
<td>Dietary req. Organic &amp; GM</td>
<td>Mortg e Housing Consume r credit act</td>
<td>Pastry Milling of flour</td>
<td>Will Life assurance Lone parents</td>
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<td>Carbohydrates Bowel disorders</td>
<td>Dietary req. Meal planning Nutrients Services for the elderly</td>
<td>NV of milk Heat treatment Yoghurt Dairy &amp; Irish food industry</td>
<td>Food labelling Packaging preservatives</td>
<td>Obesity Meal planning</td>
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<td>Lipids Production of margarine</td>
<td>Cereals Coeliac</td>
<td>Method of payment Consume r info Textiles</td>
<td>Chemical changes in food prep Heat processing HACCP</td>
<td>Consume r -rights responsibil ities - consume r protectio n</td>
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<td>Food choices Energy req Energy Meal planning</td>
<td>Anaemia and iron</td>
<td>Soup Freezing additives</td>
<td>Textiles</td>
<td>Marriage</td>
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