



Pre-Leaving Certificate Examination, 2024

Home Economics - Scientific and Social

Ordinary Level (Option A)

Time: 2½ Hours

280 or 320 marks

Name:
School:
Address:
Class:
Teacher:

You must return your examination paper with your answer book at the end of the examination.

Instructions

Write your details in the boxes on the front cover.

Write your answers in blue or black pen. You may use pencil for sketches, graphs and diagrams only.

Section A 60 marks

Answer **ten** questions in this section.

Each question carries **6 marks**.

Write your answers in the spaces provided on the examination paper.

Section B 180 marks

Answer **Question 1** and any other **two** questions from this section.

Question 1 is worth 80 marks.

Questions 2, 3, 4 and 5 are worth 50 marks each.

Write your answers in the separate answer book provided.

Section C 40 or 80 marks

Answer **one** elective question **or** Question 4 (Core), to include **part (a)** and either **part (b) or part (c)**.

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

Electives 1 and 3 and Question 4 are worth 80 marks each.

Elective 2 is worth 40 marks.

Write your answers in the separate answer book provided.

Section A**60 marks**

Answer any **ten** questions from this section.

Each question is worth 6 marks.

Write your answers in the spaces provided.

1. State **two** functions of water in the body.

(i)
(ii)

Name **two** sources of water.

(i)
(ii)

2. Outline **three** effects of heat on protein.

(i)
(ii)
(iii)

3. Indicate with a tick (✓) whether **each** of the following statements is true or false.

	True	False
Smoke point is when lipids burst into flames.		
Emulsions hold two immiscible liquids together.		
Cis fatty acids cause heart disease.		

4. In relation to energy, explain the importance of managing energy balance.

5. Using the words listed below, fill in the examples of fish under each classification.

Crab Salmon Cod Plaice Mackerel Lobster

Classification	Example	Example
White fish		
Oily fish		
Shell fish		

6. Discuss **two** reasons why food recipes are adapted or changed.

(i)
(ii)

7. Name a suitable pastry for **each** of the following.

Dishes	Pastry
Spring roll	
Eclair	
Apple tart	

8. In relation to jam making, match each of the following words with its function.

Pectin Acid Sugar

Function	Word
Acts as a preservative and sweetener	
Used to set jam	
Releases pectin from the cell wall	

9. Name **two** food additives, and explain their function in food.

(i)	
(ii)	

10. (a) State the purpose of family resource management.

- (b) List **two** factors that affect the management of family resources.

(i)	
(ii)	

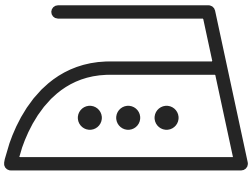
11. Indicate with a tick (✓) whether **each** of the following statements is true or false.

	True	False
'Assurance' is used to protect against something that might happen.		
An insurance policy contains the terms and conditions that apply to the policy.		
A premium is the money paid out when a claim is made.		

12. Name **one** flame-retardant finish.

What is the purpose of fire-safety labelling?

13. Explain both of the textile care symbols below.



14. Name **three** consequences of not managing the environment responsibly.

(i)
(ii)
(iii)

Answer **Question 1** and any other **two** questions from this section.
Question 1 is worth 80 marks. Questions 2, 3, 4 and 5 are worth 50 marks each.

Question 1

'Spar Better Choices was designed to help the nation choose the best foods for a healthy and balanced lifestyle.

- » The nation's favourite breakfast foods have been revealed, with porridge taking first place.
- » A soup and sandwich combination is our 'go-to' lunch this year.
- » The traditional roast dinner is Ireland's most treasured meal out of all homemade dinners.
- » When opting for a takeaway, the country's favourite choice is a Chinese.
- » A quarter of all adults plan to eat less meat.'

(SPAR Better Choices programme, 2022)

- (a) (i) Using the information provided above, discuss **four** reasons why Irish people choose these foods over and above others. (20 marks)
- (ii) Suggest **four** healthy eating guidelines that the Irish population could follow to improve their overall health. (8 marks)
- (b) Give an account of Vitamin C under the following headings:
- Food sources
 - Biological functions
 - Effects of deficiency. (20 marks)
- (c) Vitamin C plays an important role in the absorption of minerals.
- (i) Name **one** mineral whose absorption is aided by vitamin C.
- (ii) State **two** functions of the mineral named. (12 marks)
- (d) Food prices have risen. Discuss steps the Irish consumer could use to help save money when food shopping. (20 marks)

Question 2

'Ireland is only months away from seeing a shortage of eggs, like that currently being experienced in the UK as producers exit the sector.' (*Irish Examiner, 2023*)

- (a) Give an account of (i) the nutritive value and (ii) the dietetic value of eggs. (20 marks)
- (b) Using eggs as the main ingredient, design a two-course menu suitable for the main meal of the day for a family on a low income. Give reasons for your choice of foods. (18 marks)
- (c) Discuss how consumers can test for freshness of eggs. (12 marks)

Question 3

'Irish eating habits are shifting as the nation chooses healthier eating.' (*Dining in Dublin, 2023*)

- (a) In relation to meal planning, discuss:
 - (i) The benefits of meal planning.
 - (ii) The factors to consider when meal planning. (16 marks)
- (b) (i) Classify soup and give an example of each class. (14 marks)
 - (ii) List the characteristics of a well-made soup. (8 marks)
- (c) Name and explain **four** items of information you would find on packaged soup. (12 marks)

Question 4

'Almost half of all online purchases made in Ireland last year were through a mobile device – the second-highest rate in Europe after the UK.' (*Independent, 2022*)

- (a) (i) Discuss the advantages and disadvantages of online shopping. (16 marks)
- (ii) Name and give details of **one** law that protects the rights of the consumer. (7 marks)
- (b) Outline the procedure to follow when making a complaint about faulty goods or service. (12 marks)
- (c) Explain the benefits of the Small Claims Court. (15 marks)

Question 5

'The family is one of nature's masterpieces.' (*George Santayana*)

- (a) (i) Explain the term 'family'. (5 marks)
- (ii) Name and explain **three** functions of the family. (15 marks)
- (b) Discuss **three** ways in which gender roles have evolved within the modern family. (18 marks)
- (c) Write a note on the Family Home Protection Act (1976). (12 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.

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) Family bedroom ideas to create a space that both kids and adults will love. (*Ideal homes*)



- (i) Evaluate the suitability of the bedroom space shown above for a couple with children staying on a weekend break in their family holiday home. (20 marks)
- (ii) Outline the factors to be considered by the family when selecting (i) flooring, and (ii) wall coverings for the family room. (15 marks)
- (iii) Discuss the benefits of local amenities for families with young children. (15 marks)

and

1.(b) 'Ventilation is a must amid virus wave.' (*Irish Examiner, 2023*)

- (i) Explain the term 'ventilation'. Discuss the importance of good ventilation in the home. (15 marks)
- (ii) Write an informative note on condensation. In your answer refer to:
 - effects of condensation
 - how condensation may be reduced or prevented.

(15 marks)

or

1.(c) 'The planning regulator has expressed concern over a large jump in the number of rural one-off houses getting planning permission.' (*Independent, 2022*)

- (i) When building a house, discuss the factors that influence the design and construction of the house. (16 marks)
- (ii) In relation to house building, name and explain the role of **two** professional services available for the design and building of a house. (14 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) 'Exciting news! We only sell one dress per school, be unique on your big night.'

(Cinderella's shop)



(Missy dress)

(i) Comment on the suitability of the gradation dress shown above.

Refer to:

- shape
- comfort
- design features.

(18 marks)

(ii) Sketch and describe a shawl/jacket to complement the outfit.

(7 marks)

and

2.(b) 'Is going back to natural fabrics the way to be fashion forward?' *(Planet Wonder CBC)*

(i) Write a profile of **one** natural fabric under **both** 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) 'A stitch in time, new era for home sewing.' *(The Guardian)*.

(i) List **three** factors to consider when selecting a commercial pattern.

(9 marks)

(ii) State the importance of pressing a garment during construction.

(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) 'All in all, returning to adult education can be daunting, but there are many supports available.' (*Focus training*)

- (i)
 - Explain the term 'adult or second chance education'.
 - Discuss the reasons for the increase in the number of adults choosing to return to education. (20 marks)
- (ii) Discuss the factors which adults need to consider when deciding to return to education. (16 marks)
- (iii) Name and give details of **one** initiative available to adults to improve their educational qualifications. (14 marks)

and

3.(b) 'Is the idea of "work-life balance" just a dream?'

- (i) With an increase in dual-income families, discuss the importance of leisure for the family unit. (12 marks)
- (ii)
 - Name **two** childcare options available to parents, and
 - State **two** desirable characteristics of each. (18 marks)

or

3.(c) 'Youth and skill: Putting education to work' (UNESCO)

- (i) Discuss how education prepares young people for work. (16 marks)
- (ii) Name and explain **one** piece of legislation that protects the rights of young people in employment. (14 marks)

Question 4 – Core – 80 marks

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

4.(a) 'Trendy vs traditional grains, which are more healthy?' (*Sanitarium Health*)

- (i) Give an account of (i) the nutritional and (ii) the dietetic value of cereals. (20 marks)
- (ii) Name and describe **one** bowel disease and refer to the causes and symptoms of it. (18 marks)
- (iii) Discuss the importance of eating fibre in the diet. (12 marks)

and

4.(b) 'Irish household savings drop as cost-of-living crisis bites' (*Irish Examiner, 2023*)

- (i) Discuss **three** reasons why it is important for families to save money. (15 marks)
- (ii) Recommend **one** saving scheme suitable for a family. Give **two** reasons for your choice. (15 marks)

or

4.(c) 'Couples who tie the knot are typically in their mid-to-late 30s and Friday is the now most popular day for weddings.' (*Irish Examiner, 2023*)

- (i) Discuss the legal requirements for a marriage to be valid in Ireland. (20 marks)
- (ii) Explain the following terms:
 - monogamy
 - pre marriage course. (10 marks)

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