



**COIMISIÚN NA SCRÚDUITHE STÁIT  
STATE EXAMINATIONS COMMISSION**

**JUNIOR CERTIFICATE EXAMINATION 2019**

**HOME ECONOMICS**

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**Higher and Ordinary Levels**

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**FOOD AND CULINARY SKILLS TASKS**

**ASSESSMENT FORMAT**

The examination will take the following form:

<b>Higher Level:</b>	(i)	Written Examination	300 marks (50%)
	(ii)	Food and Culinary Skills Examination	210 marks (35%)
	(iii)	Optional Study Project Work	90 marks (15%)
<b>Ordinary Level:</b>	(i)	Written Examination	240 marks (40%)
	(ii)	Food and Culinary Skills Examination	270 marks (45%)
	(iii)	Optional Study Project Work	90 marks (15%)

## FOOD AND CULINARY SKILLS EXAMINATION 2019

TIME 1½ HOURS

The following is a list of tasks for the 2019 Junior Certificate Examination.

- Each candidate will complete a practical examination in the presence of an examiner appointed by the State Examinations Commission.  
Duration of examination: 1 hour 30 minutes.  
Each candidate is allowed 30 minutes preparation time in advance of the examination.  
An advising examiner and/or chief advising examiner may attend to monitor the work of the examiner.
- The maximum number of candidates per examination session is 12.
- Six out of the seven tasks should be distributed equally through each examination session.  
Each candidate will draw and complete one task from the chosen six.
- Each task can be taken by a maximum of 2 candidates in an examination group. This will not apply where 2 class groups have been amalgamated.
- Individual tasks for this examination will be drawn by candidates at least two weeks prior to the examination under the supervision of the Home Economics Teacher.
- **Teachers should draw the attention of candidates to the information on page 4.**

### FOOD AND CULINARY SKILLS TASKS 2019

1. Bake sales are popular fundraising activities.  
List a variety of sweet and savoury baked goods that could be sold at a fund-raising event.  
Demonstrate your baking skills by preparing, baking and serving one sweet and one savoury product listed.  
Calculate the cost of both products.

2019

2. Vegetarian diets are gaining in popularity as more and more people are becoming concerned about health and healthy eating.  
Name one type of vegetarian diet. Suggest some examples of sweet and savoury dishes that can be served as part of your chosen vegetarian diet.  
Demonstrate your culinary skills by preparing, cooking and serving one savoury dish and one sweet dish that you have researched.  
Calculate the cost of each dish.

2019

- 3.** Fish and chicken provide very good sources of HBV protein as part of a healthy diet. Design and set out a two-course dinner menu which includes fresh fish / smoked fish or chicken as a key ingredient. Demonstrate your skills by preparing, cooking and serving the complete main course of the meal for at least two people. Prepare and serve the starter or dessert to complement the meal. Calculate the cost of the main course dish.

2019

- 4.** Certain people have special dietary needs. Design and set out a two-course menu suitable for an evening meal for either: (i) a low-fat diet or (ii) an anaemic young adult. Prepare, cook and serve the complete main course of the meal. Prepare and serve the starter or the dessert to complete the evening meal. Calculate the cost of the main course dish.

2019

- 5.** Catering for a special occasion at home can be a fun and rewarding experience and can be cost effective. Name a special occasion of your choice and list a variety of sweet and savoury foods that could be served for the occasion. Demonstrate your culinary and creative skills by preparing and serving one savoury dish and one sweet dish suitable for the occasion (one of the dishes must be cooked). Calculate the cost of both dishes.

2019

- 6.** Making a healthy choice is important when deciding what to eat for lunch. Suggest some savoury dishes and snacks that could be served in a school canteen. Demonstrate your culinary skills by preparing, cooking and serving one savoury dish. Prepare and present a snack suitable for serving in a school canteen. Calculate the cost of the savoury dish.

2019

- 7.** One-pot / casserole meals offer a simple cooking method that easily combines ingredients in one pot while cooking. List some interesting one-pot / casserole meals that could be served as the complete main course. Prepare, cook and serve one of the complete main course meals you have listed. Prepare and serve a dessert or nourishing drink to complement the meal. Calculate the cost of the main course dish.

2019

## INFORMATION FOR TEACHERS AND CANDIDATES

- Evidence of preparatory research and planning should be presented in a folder and should include the following:
  - the selected task
  - analysis of three factors relevant to the specific task
  - two possible solutions/menus that were investigated
  - the selected solution(s) together with reasons for decisions
  - complete main course meals where required must be balanced i.e. 3 of the 4 food groups
  - the solution should satisfy the criteria of the task and should afford the candidate the opportunity to be purposefully engaged in the demonstration of skills appropriate to the standard of Junior Certificate for the duration of the examination
  - a work/time plan for the examination. The work plan should include time for carrying out a written evaluation at the end of the examination
  - a list of the resources that are required, e.g. ingredients, equipment etc.
  - unit costing of dishes/meals is expected where required in the brief
- Writing material is required for carrying out the written evaluation during the examination.
- Each candidate and all written material must be clearly identified with the candidate's examination number and task number.
- Each work station must be clearly identified with the candidate's examination number, task number and dishes to be prepared/cooked.
- Maximum use should be made of fresh ingredients and the use of convenience foods should be kept to a minimum to allow candidates to demonstrate their culinary skills and application of cooking principles.
- Advance preparation of ingredients should be minimal i.e. ingredients may be weighed, vegetables may be washed but not peeled or chopped etc.
- Candidates should adhere to safe and hygienic work practices.
- Candidates will be required to clean tools and equipment used as part of the task and to leave them on the table until checked by examiner.
- Gas cookers may be lit in advance but must be set to the required temperature setting by the candidate at the examination.
- Each candidate must carry out a short written evaluation of the task during the examination. Where a task specifies an evaluation or comparison, this should be included in the general evaluation normally carried out.

### OPTIONAL STUDY PROJECT WORK

#### MARKS - 90

Each candidate is required to present project work from **one** of the following syllabus areas:

\* **Childcare**

\* **Design and Craftwork**

\* **Textile Skills.**

Project work presented for examination must be clearly identified with the candidate's examination number. All project work must be available for the examiner on day one of the Food and Culinary Skills examinations.