



# Coimisiún na Scrúduithe Stáit

## State Examinations Commission

*Leaving Certificate Examination 2020*

# Home Economics - Scientific and Social

Food Studies Assignments (20% of Total Marks)

## General Directions to Candidates

- Assignments are common to Higher and Ordinary Level.
- All candidates (Higher and Ordinary) are required to complete and present a record of any **four** assignments for examination.
- Candidates are required to present the record of each assignment in the official Food Studies Coursework journal issued by the State Examinations Commission.
- The date for completion of coursework is **5th November 2019**.
- Candidates should note ***Information for Candidates*** on page four of this document.

## Area of Practice A: Application of Nutritional Principles

### Assignment 1

*Food and nutrition are central to the physical and cognitive development of children and young people, which in turn contributes to educational success.*

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning school canteen meals for 12 - 18 year olds.

Bearing in mind these considerations, investigate a range of menus (two courses) suitable for the main meal of the day for school going teenagers.

Prepare, cook and serve one of the main courses that you have investigated.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the specific requirements of the assignment.

2020

### Assignment 2

*Overweight and obesity are largely preventable, however, in the past two decades levels of overweight and obesity in Ireland have doubled. Now only 40% of us have a healthy weight.*

*(A Healthy Weight for Ireland, Obesity Policy and Action Plan 2016-2025)*

With reference to this statement, research and elaborate on **(i)** the causes of obesity and **(ii)** the possible health implications for adults who are overweight or obese.

Investigate and elaborate on the nutritional needs and the factors that should be considered when planning and preparing meals for adults who wish to reduce their weight.

Having regard to the factors identified in your research, suggest a menu (three meals) for one day for this group of people.

Prepare, cook and serve the main course of the main meal of the day.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the specific requirements of the assignment.

2020

## Area of Practice B: Food Preparation and Cooking Processes

### Assignment 3

*Roasting enhances flavour through caramelisation and maillard browning on the surface of the food.*

Carry out research on roasting as a method of cooking in relation to each of the following:

- definition and underlying principle
- different foods/dishes that can be cooked using this method
- the advantages of roasting
- the key points that should be considered to ensure success when using this method of cooking.

Prepare, cook and serve a dish of your choice where roasting is used as a cooking process.

Evaluate the assignment in terms of **(a)** implementation and **(b)** roasting as a method of cooking.

2020

## Area of Practice D: Properties of a Food

### Assignment 4

*The functional properties of food are the physical and chemical changes that occur during its preparation and cooking.*

Explain protein denaturation with reference to the coagulation of food.

Investigate and elaborate on the application of coagulation in the making of a range of dishes explaining the principle involved.

Prepare, cook and serve one of the dishes that you have investigated.

Evaluate the assignment in terms of **(a)** implementation and **(b)** success in applying the property of coagulation in the making of the selected dish.

2020

## Area of Practice E: Comparative Analysis including Sensory Analysis

### Assignment 5

*Luxury chocolate brands are a popular choice with Irish consumers.*

Carry out research on the range of luxury chocolates available (brands, cocoa content, flavours and price).

Choosing one brand of chocolate, purchase two chocolate bars with a different cocoa content in each.

Carry out a preference test using a hedonic rating scale to determine the preferred chocolate.

Present the results obtained from the test.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the test results obtained.

2020

## Information for Candidates

- The Practical Coursework undertaken must be recorded in the official journal issued by the State Examinations Commission. **Do not insert any extra material or subdivide the lines.** Examiners will only mark what is presented on the pages of the journal itself.
- Each candidate is required to include his / her **PPSN number, date of birth and the school roll number** on the cover of this journal.
- In relation to each assignment attempted, candidates are required to:
  - record the area of practice and the assignment number
  - report the coursework completed in relation to each assignment using prescribed headings referred to as “*Recording Criteria*” as set out in the journal.
- **In relation to the Practical Applications component of the assignments the dishes selected:**
  - **must meet the requirements of the assignment and be identified in the assignment investigation**
  - **must be attempted only once; dishes cannot be repeated, or partially modified and repeated, across assignments**
  - **should include as broad a range of applications possible appropriate to the assignment**
  - **should incorporate the use of fresh foods and avoid the overuse of convenience foods.****If the above conditions are not fulfilled, marks will be lost.**

- All Food Studies Practical Coursework Journals presented for assessment must be the candidate’s own individual work (verified by the candidate and the class teacher). Any secondary materials (e.g. books, journals, web sites etc.) used must be acknowledged.
- Candidates must carry out all practical coursework, during class time and under the supervision of the Home Economics class teacher. Teacher demonstration is not acceptable. All journal work must be produced under the supervision of the Home Economics teacher. If the coursework is not completed under the teacher’s supervision, he / she will not be able to validate the work as being a candidate’s own individual work when requested by the State Examinations Commission to do so.
- Candidates may undertake the practical work relating to an assignment in pairs or in the case of Area of Practice E, in groups. **However, the written recorded account of the assignment must be the candidate’s own individual work. Direct copying of material from other sources, other than essential references e.g. definitions, is not acceptable. Where there is evidence of collaboration in the recording of any aspect of an assignment, the marks for the assignment work presented will be disallowed.**
- Where assignment work cannot be verified as the candidate’s own individual work, the State Examinations Commission will take appropriate action. This often results in the work presented being deemed invalid and marks awarded in respect of it being discounted when determining the overall result.
- Any incidence of suspected copying, improper assistance from another party, plagiarism or procurement of work prepared by another party will be thoroughly investigated and candidates are liable to have penalties imposed as provided for in the Rules and Programme for Secondary Schools. The penalties include loss of the subject, to loss of the entire examination in all subjects, to being debarred from the Certificate Examinations in subsequent years.

There may be serious consequences for any other party involved in improperly assisting you as the Education Act 1998 provides for certain criminal offences in relation to the conduct of the examinations.

- Teachers and school authorities are familiar with the requirements to ensure that practical coursework is valid for examination purposes. Candidates should comply fully with all requests that they may make that are designed to enable them certify that the work presented for examination is a candidate’s own individual work.

Responsibility for complying with the examination requirements rests with the candidate. If the above requirements are not followed your teacher and the school authority will have no choice but to bring this matter to the attention of the State Examinations Commission.