



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination 2019

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 2018**.
- Candidates should note ***Information for Candidates*** on page four of this document.

Area of Practice A: Application of Nutritional Principles

Assignment 1

Healthy eating guidelines encourage people to eat a wide variety of foods and the Food Pyramid is designed to make healthy eating choices easier.

With reference to the above statement, research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning meals for a family on a limited food budget.

Bearing in mind these considerations, suggest a range of menus (two courses) suitable for an evening meal for the family.

Prepare, cook and serve **one** of the main course dishes from your research.

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

2019

Assignment 2

Vegetarian diets that are appropriately planned can be nutritionally balanced and suitable for all stages of life. (www.indi.ie)

Identify **(i)** the different types of vegetarian diets and **(ii)** the reasons why people choose a vegetarian diet.

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning and preparing meals for a person who is a vegetarian.

Having regard to the factors identified in your research, select a specific vegetarian diet and suggest a range of main course dishes suitable for the main meal of the day.

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

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

2019

Area of Practice B: Food Preparation and Processes

Assignment 3

A soufflé is a light aerated mixture, which can be prepared in a variety of ways i.e. sweet or savoury, cooked or uncooked, hot or cold.

Carry out research on how soufflés are made and explain the underlying principles involved.

Identify a range of dishes that illustrate the skill of soufflé making.

Investigate and elaborate on the key points that should be considered to ensure success when making soufflés. Prepare, make and serve **one** of the dishes from your research.

Evaluate the assignment in terms of **(a)** implementation and **(b)** success in achieving a light aerated texture.

2019

Area of Practice C: Food Technology

Assignment 4

Preserving fruit is a traditional way of celebrating the seasons and using up surplus fruit at home.

Carry out research on making jams, jellies or marmalades with reference to **each** of the following:

- the different fruits and combination of fruits that can be used
- the underlying principles involved and how the method of preservation is carried out
- the possible problems that may arise
- suitable containers and labelling.

Prepare, make and pot **one** type of preserve that you have investigated.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the practicability of making homemade preserves. **2019**

Area of Practice E: Comparative Analysis including Sensory Analysis

Assignment 5

The sale of smoothies has become increasingly popular in the last number of years.

Carry out research on the range of commercially prepared smoothies available with reference to brands, flavours, cost and sugar content.

Using **two** different brands of smoothie, both with the same flavour and different sugar contents.

Carry out a **triangle test** to determine if testers can detect which brand of smoothie has the highest sugar content. Present the results obtained from the test.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the test results obtained. **2019**

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.