



## Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination, 2022

# 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 **2nd November 2021**.
- Candidates should note 'Information for Candidates' on page four of this document.

## Area of Practice A: Application of Nutritional Principles

### Assignment 1

*Good nutrition helps individuals involved and interested in sports maximise power and endurance as well as overall performance and health. (Irish Nutrition & Dietetic Institute)*

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning meals for individuals involved in sport.

Having regard to the factors identified in your research, suggest a range of menus (two courses) suitable for the main meal of the day for this group of people.

Prepare, cook and serve one of the main courses from your research.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the specific requirements of the assignment. 2022

### Assignment 2

*It is estimated that 300,000 people in Ireland have Osteoporosis. (Irish Osteoporosis Society)*

Carry out research on osteoporosis with reference to **(i)** the factors that affect bone health and **(ii)** the signs/symptoms that a person may have osteoporosis.

Investigate and elaborate on the nutritional needs and the factors that should be considered when planning and preparing meals for people concerned about their bone health.

Having regard to the factors identified in your research, suggest a menu (three meals) for one day suitable 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. 2022

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

### Assignment 3

*Pastry is a mixture of simple ingredients, using the correct technique is essential to achieve successful results.*

Carry out research on rough puff **or** choux pastry having regard to

- uses in sweet and savoury dishes
- method of making the chosen pastry to include the underlying principles involved.

Prepare, cook and serve one dish (using either homemade rough puff or choux pastry) that you have researched.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the advantages and/or the disadvantages of making the chosen pastry. 2022

## Area of Practice C: Food Technology

### Assignment 4

*Artisan products have become a fast growing niche market in the food enterprise sector as a result of discerning consumers looking for quality produce.*

Carry out research on the types of biscuits (cookies) currently popular with consumers.

Investigate two methods of making homemade biscuits.

Explain the underlying principles involved in each case.

Prepare and bake one type of biscuit using one of the methods that you have investigated.

Describe the packaging you would recommend for the product having regard to keeping the product hygienic and presenting it attractively.

Evaluate the assignment in terms of **(a)** implementation **(b)** the practicability of making homemade biscuits and **(c)** cost in comparison to a similar commercial product.

2022

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

### Assignment 5

*The Sugar Sweetened Drinks Tax is a measure to incentivise consumers to opt for healthier drinks while encouraging industry to reduce added sugar content.*

Investigate the range of drinks to which the *Sugar Sweetened Drinks Tax* applies.

Carry out research on soft drinks that have a regular **and** a low/zero sugar option. State the amount of sugar in each of the soft drink options.

Choose one commercial soft drink that has both a regular and a low/zero sugar option.

Carry out a Duo-Trio test to determine if testers can differentiate between the two products.

Present the results obtained from the test.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the test results obtained. 2022

## 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.
- The examination booklet will be scanned and the work will be presented to an examiner on screen. Anything that you write outside of the answer areas may not be seen by the examiner.
- Candidates must use blue or black pen. Pencil may be used for graphs and diagrams only.
- Each candidate is required to include his/her PPSN, 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.