



*Leaving Certificate Examination 2011*

**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 five assignments for examination.
- In respect of Areas of Practice, candidates are required to complete  
*Area A - One assignment,*  
*Area B - One assignment,*  
*Area C - One assignment,*  
*Area D - One assignment,*  
*One other assignment from either Area of Practice A or E.*

- Candidates are required to present the record of each assignment in the official Food Studies Coursework journal issued by the State Examinations Commission.
- **Candidates are not permitted to insert any extra material into the journal or subdivide the lines.**

- The date for completion of coursework is the 8<sup>th</sup> November 2010.

- Candidates should note *Food Studies Coursework Essential Requirements* on page four of this document.

## Area of Practice A: Application of Nutritional Principles

### Assignment 1

*Young children require a diet tailored to their needs.*

Research and elaborate on the nutritional needs and the meal planning guidelines that should be considered when planning meals for children aged 12 to 24 months.

Having regard to these considerations, investigate a range of main course dishes for a family with children of this age. Suggest modifications that may be made to the dishes to ensure that they are suitable for young children.

Prepare, cook and serve **one** of the main courses suitable for the family's main meal of the day.

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

### Assignment 2

*Choosing a low Glycaemic Index (GI) diet can be a key factor in reducing a person's risk of illness (such as diabetes and coronary heart disease) and in sustaining an appropriate body weight.*

With reference to the above statement, research and elaborate on **(i)** the glycaemic index and **(ii)** the possible benefits of a low glycaemic index diet.

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

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

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

### Assignment 3

*Microwave ovens are very useful as they are energy efficient and save time.*

Carry out research on microwave ovens in relation to **each** of the following:

- the different types available
- uses i.e. to include foods / dishes that can be prepared or cooked using this piece of equipment
- the application of the working principle
- the key points essential for successful use of the microwave.

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

Evaluate the assignment in terms of **(a)** implementation and **(b)** the advantages and / or the disadvantages of using a microwave oven.

## Area of Practice C: Food Technology

### Assignment 4

*Home baking is becoming increasingly popular for many different reasons.*

Carry out research on **(i)** the rise in popularity of home baking and **(ii)** commercially available confectionery (range of products, prices, etc.).

Investigate **one** method of making muffins **or** cupcakes. Elaborate on the method and explain the principle involved.

In relation to the product chosen (muffins **or** cupcakes), list the variations that can be made.

Describe how you would store the product in order to keep it fresh.

Prepare and bake **one** of the products (either muffins **or** cupcakes) that you have investigated.

Evaluate the assignment in terms of **(a)** implementation, **(b)** the practicability of home baking, and **(c)** cost of home baked product in comparison to a similar commercial variety.

## Area of Practice D: Dishes illustrating the Properties of a Food

### Assignment 5

*In food preparation many foods are made lighter by the introduction of air, carbon dioxide or steam.*

Define "aeration".

Investigate the culinary applications of aeration in the making of a range of dishes explaining the principle involved in each case.

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

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

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

### Assignment 6

*Design and produce a nutritious breakfast cereal as part of a school's healthy eating campaign. The cereal should appeal to teenagers.*

Carry out research on **three** different cereal products that meet the above brief and give a brief description of each.

Your group should choose **one** product to develop and give reasons for the group's choice.

Compile a product specification for the breakfast cereal (appearance, taste etc.) using 6 attributes.

Make the product. Carry out a **descriptive rating test** using line scales or a star diagram.

(Use the same 6 attributes as above). Compile a sensory profile of the product made.

Evaluate the assignment in terms of **(a)** implementation and **(b)** how the product made compares with the product specification.

## Food Studies Coursework Essential Requirements

1. The Practical coursework undertaken must be recorded in the official journal issued by the State Examinations Commission using the prescribed structure. **Do not insert any extra material into the journal or subdivide the lines. Examiners will mark only what is presented on the pages of the journal itself.**
2. Each candidate is required to include his/her PPSN number and the school number on the cover of this journal.
3. In relation to each assignment attempted, candidates are required to:
  - (a) record the area of practice and the assignment number
  - (b) report the coursework completed in relation to each assignment using prescribed headings referred to as "*Recording Criteria*" as set out on the inside cover of this journal.
4. **In relation to the Practical Application 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 incorporate the use of fresh food ingredients and avoid the overuse of convenience foods**
  - **should enable the candidate to develop and extend organisational, manipulative and creative skills in relation to the preparation, cooking and presentation of food.**

**If the above conditions are not fulfilled, marks will be lost.**
5. 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.
6. 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.
7. 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.**
8. 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.
9. 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.
10. Teachers and the authorities of schools 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.