

QUESTION 1 SECTION B

This first question in Section B is worth 80 marks (i.e. 20% of overall grade as mentioned earlier).

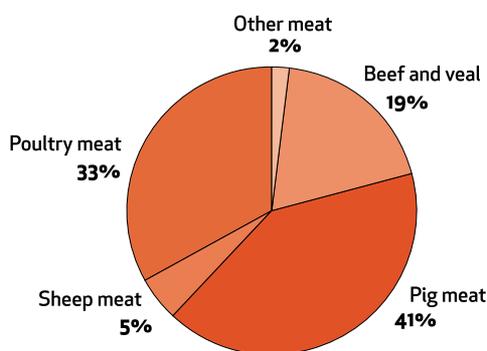
It is usually made up of four (2008, 2007, 2005) or five parts (2006, 2004).

A pattern has emerged regarding the layout of the question over the last five years. Part (a) is usually a pie chart (2006, 2005) or a table (2008, 2007, 2004). Students are asked to analyze the information given. A practical and logical approach is required to answer part (a). A good tip is to tabulate your answer so you stay focused on the question asked.

EXAMPLE 1

Q1 2006 part (a)

**Agricultural Statistics
Human Meat Consumption 2002**



Source: CSO Meats Supply Balance

(a) Using the information provided in the chart comment on consumer trends in meat consumption. Suggest reasons for such trends.

Comment on Consumer Trends

-41% eat pig meat
-Highest % of meat consumed

-33% eat poultry
-Quite a large %, 1/3 of all meat consumed.

19% eat meat and veal
-Only half the amount of the pig meat eaten.

-5% eat sheep meat, a low &, only the amount of beef/veal eaten.

Suggest reasons for trends

-Irish traditional breakfasts (sausages, rashers, pudding) are very popular as well as Breakfast rolls, Bacon & Cabbage.

-Chicken is quick to cook, easy to prepare and very versatile meat.
-Low in saturated fat, good for healthy eating

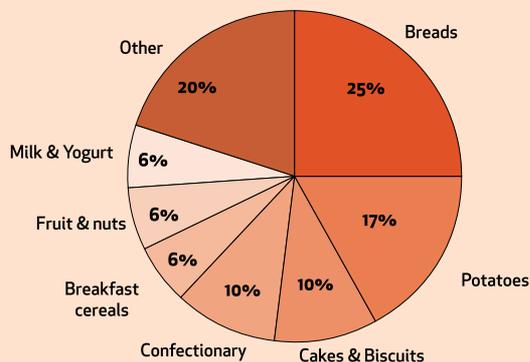
-Many people have lost faith in the Beef industry due to BSE, overuse of antibiotics.
-many people dislike the way veal is produced (inhumane)

-Spring lamb is expensive (good quality lamb is seasonal)
-High in saturated fat.

Comment on answer

- Always refer to % in the chart in your answer.
- Highlight key terms in the question to help you decide the marking scheme.
- The use of a table keeps student focused on the question asked.
- The suggestions given are practical points derived from general living **not** points that have been learned off from a text book or notes.
- 20 marks is worth 5% of the overall grade therefore it is important to practice part (a) from previous exam papers.

EXAMPLE 2



(North-South Food Consumption Survey, 2001)

(a) Using the information provided in the chart, and having regard to current healthy eating guidelines, suggest **three** ways that the food source of carbohydrates in the diet should be adjusted. Give a reason for **each** suggestion.

Outline of Answer

Suggested Adjustments

Increase intake of fruit and nuts from 6%

Reduce intake of confectionary and cakes/biscuits from 10% each

25% of carbohydrates from breads is too high. Reduce this amount and increase wholemeal bread.

Give Reasons

-fruits are an excellent source of fibre which stimulates peristalsis and reduces the risk of bowel problems.

-These foods have a high Gi (glycemic index) factor, that can contribute to diabetes.

-A lot of refined starch is present in 'shop bought' bread, excess starch can lead to obesity.

Comment on Answer

% in the chart are referred to in the answer. All the reasons mentioned above relate to carbohydrate

↑fibre

↓sugar

↓starch

Two key terms were highlighted in the question to help students to draw up a table.

Students should be aware that a table of foods could also appear on Question 1. The following question is a sample question published by the Home Economics Support Service. I have included a possible solution to this question.

SECTION B

Q1 Study the table below and answer the questions that follow

Food	Portion Size	Mg Iron/Portion
Calves liver fried	100g	12.2
Minced Beef	140g	3.1
Roast Beef	2 slices - 90g	2.5
Lamb Chop	100g	1.3
Bowl of Cornflakes	30g	2.0
Baked Beans	135g	1.9
Spinach	90g	1.4
1 egg	60g	1.1
Broccoli, boiled	85g	0.9

- Differentiate between haem iron and non-haem Iron (6)
- Identify two sources of haem iron and two sources of non-haem iron from the table (4)
- State the average recommended daily allowance (RDA) of iron for a teenage girl or boy. (3)
- Plan a menu for one day for this teenager using the foods listed in the table above. (Other foods may be included also). State clearly whether you are planning the menu for a girl or boy (10)
- Show your calculations of the iron intake for the menu. (8)
- Indicate the foods that you have included on your menu that will promote the absorption of iron and those that you would avoid using because of their inhibiting properties. (12)
- Explain how vegetarians can enhance their iron intake. (12)
- Meat has become a very expensive food in recent years. Explain how you would manage the household budget to keep bills Down while at the same time ensuring that the family doesn't Lose out nutritionally. (15)