

A1 Home Economics Student

Practise questions and time yourself

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School: The Institute of Education 2007 - 2008

Results 2008:

Home economics	A1	History	A2
French	A2	Business	B1
Physics	B1	Chemistry	B1

Home economics was always my favourite subject in school. The variety of interesting and relevant subjects covered in class were always fascinating to me. That said, Leaving Cert Home Economics is a huge course with very wide ranging parameters, so covering the whole course in time for your exam in June needs some forward planning. The best thing to do in preparation is to devise a study timetable for the remaining weeks until the exams. I found this particularly effective last year, as I had something to aim for each week. Last year, my teacher gave us a useful revision timetable which had four or five topics per week, which all had something in common (for example carbohydrates, cereals and tooth decay), and one topic from the elective section. I spent about 30 - 40 minutes on one topic each night, and the speed and effectiveness of my revision increased as I was doubling back each time.

The structure of the paper dictates what you should prioritise in your revision.

■ Question 1 in Section B is obligatory and worth 80 marks. It is (usually) on some part of the food science section so it is essential that you know this section inside out. If there is a graph or a table, always try to refer back to this in your answer. Question 1 requires that little bit extra so don't hold back. Any information that is relevant should find its way into your answer. You have 40 minutes to answer this question.

■ Your Elective question is, in my opinion, a lovely question because it is formed from a smaller section of the course. The questions are usually very direct and if



you have revised this section, you will do really well. You should also spend 40 minutes on this question because it is worth 80 marks.

■ The short questions are in Section A. They are a nice 'icebreaker' as they ease you into the paper. In the exam, feel free to write more points than the given number of lines below the question and fill out the page with information. Each question is worth six marks, so try to aim for a point per mark, and spend about 25 minutes on the short questions.

■ Of your remaining questions in Section B, you have a choice of two out of four questions. You have approximately 21 minutes per question. Revision is key for these questions as they can come from any part of the curriculum and often integrate topics together. The only way to prepare for this part of the paper is to practise past exam questions and mark them yourself using the marking scheme which can be downloaded from the internet. Attempt as many questions as possible from

past papers, sample papers, mock exams, old school exams, pop quizzes etc. It really works.

In general, I revised home economics each night by making my own notes where I wrote keywords and phrases and also repeatedly practised diagrams and definitions. I then attempted a question on the topic I had just revised. I filed all these answers in one notebook. I also used bullet points as they are the easiest way of structuring your answer.

Timing is essential in the exam. It is so important to know how long you can spend on a question and to obey this in the exam. It is a very hard exam to finish on time, as it requires so much writing, and again my advice in overcoming this hurdle would be to practise questions and time yourself. My teacher last year used to give us a question in class to do every week, with a set amount of time to do it in. This is a great exercise as you cannot cheat and once you start getting used to the time pressure, your answers will improve.

And finally, good luck in all your exams!

Possible Answer

(i)

Haem Iron

Exists in the fessous state

Easy to absorb

Usually found in animal food sources

Non-Haem Iron

Exists in the ferric state

Vitamin C is necessary to reduce ferric iron to ferrous iron

Usually found in vegetable food sources and eggs.

(ii) Sources of Iron

Haem Iron

Minced Beef
Roast Beef

Non-Haem Iron

Spinach
Egg

(iii) R.D.A. of Iron for a teenage boy = 9-10 mg

(iv) Daily Menu for a teenage boy

■ Teenage boys need an iron rich diet due to growth spurt and new formulation of red blood cells. Low iron intake may lead to anaemia.

■ Include whole cereals, green leafy vegetables, red meat, eggs and nuts.

■ Avoid excess bran, rhubarb, spinach and tannins in tea, cola and coffee.

Breakfast

1 bowl **cornflakes**/milk
Fresh grapefruit segments
1 slice brown bread/poached **egg**

Lunch

Roast Beef, lettuce, cucumber salad and low fat dressing
Wholemeal rice
Mango and yoghurt smoothie

Dinner

2 grilled **lamb chops**
2 medium baked potatoes

Broccoli, roast peppers
Raspberries, strawberries, low fat fromage frais

Snacks

Nuts, 2 mandarins

Food Pyramid

△ 2 bread, cereal group
△ 1 fruit/veg
△ 1 dairy

△ 2 cereal group, △ 2 fruit/veg
△ 1 dairy
△ 1 protein

△ 1 protein
△ 2 fruit/veg
△ 1 dairy

△ 2 cereal group

△ 1 cereal, △ 1 fruit