

(v)	1 egg	1.1mg
	Bowl of cornflakes	2.0mg
	2 slices roast beef	2.5mg
	Lamb chops x2	2.6mg
	Broccoli	0.9mg
		9.1mg (meets the 9-10mg RDA)

(vi) Absorption of Iron

Foods included to assist iron absorption

- Grapefruit, strawberries (vitamin C)
- Milk, yoghurt, beef, lamb (protein)
- Brown bread, wholemeal rice (vitamin E)

Foods that have been avoided

- Spinach (oxalic acid) rhubarb
- Bran (phytic acid)
- Tea, coffee, cola drinks (tannins)

(vii) Vegetarians

- Include small portions of nuts e.g. hazelnuts, brazil nuts, peanuts.
- Eat breakfast cereals that are fortified with iron e.g. muesli, cornflakes.
- Plenty of green leafy vegetables e.g. broccoli, cabbage, kale.
- Wholemeal versions of products e.g. brown rice, wholemeal pasta.

- Eggs are a good source of iron for lacto-ovo vegetarians.
- Meat substitutes like TVP (textured vegetable protein) and tofu are fortified with iron.

(viii) Choose less expensive cuts of meat e.g. minced beef, stewing beef which are just as nutritious as expensive cuts.

- Buy vegetables in season when they are cheapest.
- Look out for 'special offers' on meat in large supermarkets (usually weekly offers). Freeze the meat for later.
- Include stews, casseroles, lasagna, where meat is a main ingredient but vegetables, pasta "bulk out" the meat.
- Eggs are a good source of iron. Include omelettes or quiche for meals instead of meat dishes occasionally.

Comment on answer

- The answer is in point format.
- A table is always used for the term "differentiate".
- The food pyramid is followed when writing out a menu.
- NB If a menu is asked in a question students **must** include foods from the given table in the question (at least 4-5 foods).

Q2, Q3, Q4, Q5 Section B

Students must answer two out of four questions (each worth 50 marks). Question 4 is usually from the following topics;

- Resource Management
- Textiles
- Finance
- Consumer Studies
- Household Technology

SAMPLE QUESTION ON CONSUMER STUDIES

Q4 2004

4. A responsible consumer will make informed choices when selecting goods and services, will know how to get best value for money and know how to seek redress if things go wrong.

- (a)** Discuss three factors that affect consumers' decision-making when selecting goods and services. (12)
- (b)** Name two types of retail outlets where household appliances can be purchased. State one advantage and one disadvantage of each outlet. (12)
- (c)** Set out details of a study that you have undertaken on a household appliance with a heating element. Refer to:
- (i) working principle
 - (ii) guidelines for using the appliance
 - (iii) energy efficiency. (18)
- (d)** Outline the role of the Sale of Goods and Supply of Services Act (1980) in protecting the consumer should the product prove faulty. (8)

Possible Answer

- (a)**
- Varying household income
 - The amount of disposable income available will vary between different families.
 - Those on a limited income will have less money to spend on luxury items.
 - Families with a large disposable income have greater choice when shopping. They are not restricted to buying 'own brand' goods or looking for 'special offers'.
- Merchandising
- Retailers have a number of ways of trying to increase sales of products.
 - Examples of these include special offers e.g. 2 items for the price of 1, buy 2 items and get the 2nd one at half price.
- Packaging
- The shape, colour, materials used in packaging can influence shoppers to buy products.
 - Products aimed at women are often in pastel colours e.g. fruit shampoo.
 - The shape of the product helps consumers to

recognize products e.g. dairygold, dawn Light and other dairy spreads are always in rectangular plastic cartons.

(b) Discount Store e.g. Argos

- Advantage**
- Less expensive than department
- Disadvantage**
- No specialised sales staff

Department Store e.g. Arnotts

- Advantage**
- Trained staff will give consumers 'professional' service.
- Disadvantage**
- More expensive than discount store.

(c) DEEP FAT FRYER

- (i) Working principle**
- The appliance is plugged in and an indicator light comes on. This indicates that there is electric current entering the appliance.
 - Heat is generated by electricity. This causes (a) the heating element to heat up which heats the oil, (b) the bi-metallic strip heats up.
 - The bi-metallic strip is composed of two metals that expand at different rates when heated e.g. copper and invar. Copper expands faster than invar and the strip bends.
 - When the desired temperature is reached e.g. 190°C for chips, the strip bends and breaks the circuit. The indicator light goes off.

- The light goes off indicating electric current is disconnected = the heating element cools down (cooling oil and preventing oil from overheating)
- The strip returns to its original position as it cools, the light comes back on and oil is heated again.
- This cycle continues while the fryer is on.

(ii) Guidelines for using the appliance

- Have the oil at the right temperature for cooking specific foods e.g. 190 °C for cooking chips.
- Never fill beyond the 'maximum line' with oil.
- Clean oil regularly.
- Follow the instructions.

(iii) Energy efficiency

- Replace the filter regularly so the appliance works efficiently = saving energy.
- Do not 'half fill' the wire basket when deep fat frying as this wastes electricity.

- (d)** If the fault is recognised straight away i.e. after opening the box, the consumer is entitled to full cash refund if he/she returns the product to the shop.
- If a fault appears a few months after purchase, the consumer is entitled to a replacement, repair or credit note.

Frequency table for question 4

2008	Higher Level	Housing trends, house purchase, mortgages
	Ordinary Level	Consumer responsibilities, Textiles.
2007	Higher Level	Refrigerator
	Ordinary Level	Consumer decision making, mail order shopping, Internet shopping.
2006	Higher Level	Resource Management
	Ordinary Level	Family functions, gender issues
2005	Higher Level	Consumer Spending, Consumer Research, Consumer Protection
	Ordinary Level	Budgeting, savings scheme, Consumer Credit Act (1995)
2004	Higher Level	Consumer decision making, Retail outlets, electrical appliance based on a heating element, Sale of Goods and Supply of Services Act 1980.
	Ordinary Level	Consumer responsibilities, Consumer protection in relation to the environment.

