



Coimisiún na Scrúduithe Stáit  
State Examinations Commission

Leaving Certificate Examination 2025  
Home Economics - Scientific and Social  
Section A and Answerbook  
Higher Level

Wednesday 4 June Afternoon 2:00 - 4:30

280 or 320 marks

Examination Number

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Date of Birth

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Centre Stamp

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## Instructions

Write your Examination Number and your Date of Birth in the boxes on the front cover.

Write your answers to all parts of the examination into this answerbook. This answerbook will be scanned and your 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.

Write your answers in blue or black pen. You may use pencil for sketches, graphs and diagrams only.

There are three sections in this examination. Questions for **Sections B and C** are supplied separately but your answers must be written in this answerbook.

**Section A**            60 marks  
Answer any **ten** questions in this section.  
Each question carries 6 marks.

**Section B**            180 marks  
Answer **Question 1** and any other **two** questions from this section.  
Question 1 is worth 80 marks.  
Questions 2, 3, 4 and 5 are worth 50 marks each.

**Section C**            40 or 80 marks  
Answer **one** elective question **or** Question 4 (core) to include **part (a)** and either **part (b) or part (c)**.

If you submitted *Textiles, Fashion and Design* coursework for examination, you may only attempt Question 2 from this section.

Electives 1 and 3 are worth 80 marks each.

Elective 2 is worth 40 marks.

Question 4 (core) is worth 80 marks.

**Section A****60 marks**

Answer any **ten** questions from this section.

Each question carries 6 marks.

Write your answers in the spaces provided.

1. Describe **two** biological functions of carbohydrates.

(i)
(ii)

2. Complete the table below in relation to the digestion of protein.

Organ	Enzyme	Substrate	Product/Result
Pancreas			

3. State **two** biological functions of sodium.

(i)
(ii)

Identify **two** dietary sources of sodium.

(i)
(ii)

4. Each of the following deficiency diseases may result from a lack of a vitamin in the diet. Name **one** deficient vitamin in each case.

Deficiency disease	Name of Vitamin
Night blindness	
Rickets	
Beri-beri	

5. Discuss **three** specific meal planning guidelines that should be followed by a person with coeliac disease.

(i)
(ii)
(iii)

6. Fish can be cold smoked or hot smoked. Outline how each method of smoking fish is carried out.

Cold smoking
Hot smoking

7. Explain the following terms in relation to food processing.

Added value foods
Functional foods

8. Name and describe **one** of method of heat transfer.


Give an example of a cooking method that shows this method of heat transfer.

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9. In relation to food additives, name **two** physical conditioning agents and give the function of each physical conditioning agent named.

Physical Conditioning Agent	Function
(i)	
(ii)	

10. Name and describe **one** of type of life assurance.


11. In relation to household budgeting, differentiate between essential expenditure and discretionary expenditure. Give **one** example of each type of expenditure.

Essential expenditure
Example
Discretionary expenditure
Example

12. Describe **each** of the following types of consumer research.

Desk research
Field research

- 13.** Describe how **two** different supermarket merchandising techniques influence the buying behaviour of consumers.

(i)
(ii)

- 14.** Discuss how a consumer is protected by the Consumer Credit Act 1995.

(i)
(ii)

## Answerbook for Sections B and C

### Instructions

Questions for **Sections B** and **C** are supplied separately.

Start each question on a new page. Write the question number in the box at the top of each page. Use the left-hand column to label each part, as shown below.

Question		<div>0</div> <div>4</div>	Start each question on a new page
Part			
(a)			
(b)(i)			
(b)(ii)			

You do not need to use all of the pages in this answerbook. If you run out of space in this answerbook, you may ask the superintendent for more paper.

Write your answers in blue or black pen. You may use pencil for sketches, graphs and diagrams only.



Part

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Part

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Leaving Certificate – Higher Level

**Home Economics - Scientific and Social  
Section A and Answerbook**

Wednesday 4 June

Afternoon 2:00 - 4:30





# Coimisiún na Scrúduithe Stáit State Examinations Commission

LEAVING CERTIFICATE EXAMINATION 2025

Home Economics – Scientific and Social

HIGHER LEVEL

Section B and Section C

WEDNESDAY 4 JUNE

AFTERNOON 2:00 – 4:30

**Section B**

180 marks

Answer **Question 1** and any other **two** questions from this section.

Question 1 is worth 80 marks.

Questions 2, 3, 4 and 5 are worth 50 marks each.

**Section C**

40 or 80 marks

Answer **one** elective question **or** Question 4 (core) to include **part (a)** and either **part (b) or (c)**.

If you submitted *Textiles, Fashion and Design* coursework for examination, you may only attempt Question 2 from this section.

Electives 1 and 3 are worth 80 marks each.

Elective 2 is worth 40 marks.

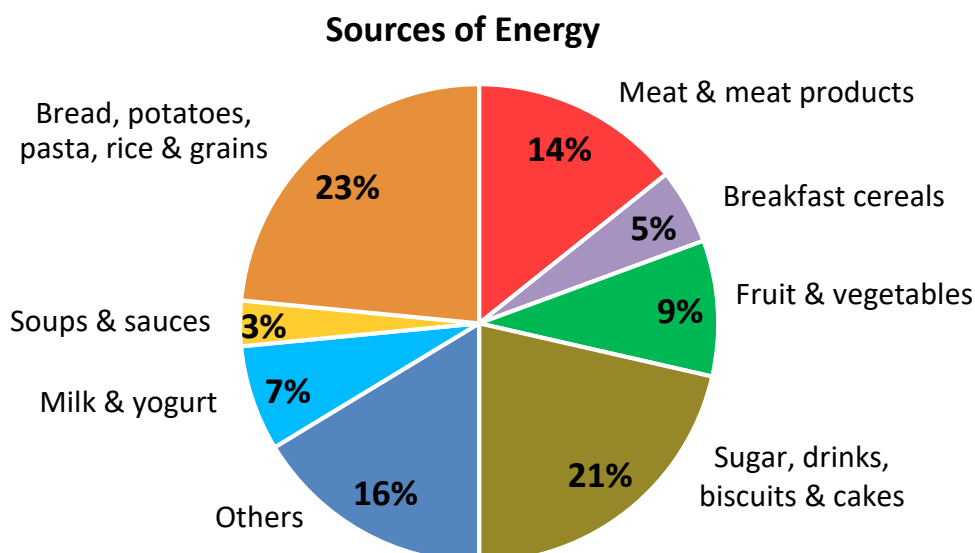
Question 4 (core) is worth 80 marks.

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State Examinations Commission.

Answer **Question 1** and any other **two** questions from this section.  
Question 1 is worth 80 marks. Questions 2, 3, 4 and 5 are worth 50 marks each.  
Write your answer in the answerbook containing **Section A**.

**Question 1**

In 2024, a survey identified the main food sources of energy in the diet of adults in Ireland.



*(adapted from National Adult Nutrition Survey II, Summary Report, 2024)*

- (a) Using the information provided in the chart above and having regard to current healthy eating guidelines, comment and elaborate on **four** sources of energy in the diet of adults in Ireland. (20 marks)
- (b) Describe the structure and give **one** example of each of the following:
- saturated fatty acids
  - monounsaturated fatty acids
  - polyunsaturated fatty acids. (18 marks)
- (c) Discuss the significance of fatty acids in the diet. (12 marks)
- (d) Give a detailed account of the formation of emulsions. (10 marks)
- (e) Analyse the factors that impact the food choices and eating habits of adults in Ireland. (20 marks)

## Question 2

'It is estimated that up to 300,000 people in Ireland have osteoporosis.'*(www.irishosteoporosis.ie)*

- (a) Describe osteoporosis and discuss why a person might be at risk of developing this condition. (18 marks)
- (b) Outline the factors that affect the absorption of calcium in the body. (15 marks)
- (c) Give a detailed account of the production of cheese.  
Refer to:
- stages of production
  - packaging and labelling.
- (17 marks)

## Question 3

'Everyone has the right to safe food.'*(www.fsai.ie)*

- (a) Identify and give a detailed account of **one** food poisoning bacteria you have studied.  
In relation to the bacteria identified refer to:
- source
  - high risk foods
  - factors affecting growth
  - food poisoning symptoms.
- (18 marks)
- (b) Discuss the importance of correct food storage and cooking/reheating procedures in ensuring that food is safe to eat. (20 marks)
- (c) Describe the protection provided to consumers by the European Communities Hygiene of Foodstuffs Regulations, 2006 (amended 2009 and 2010). (12 marks)

#### Question 4

Consumer behaviour has an impact on the environment.

- (a) Discuss how consumers can be environmentally responsible when choosing, using and disposing of household appliances. (16 marks)
- (b) Set out details of a study you have undertaken on **one** refrigeration appliance. Refer to:
- working principle
  - modern features.
- (22 marks)
- (c) Explain how the Sale of Goods and Supply of Services Act 1980 protects consumers when purchasing electrical products. (12 marks)

#### Question 5

The family plays a key role in society and is continually adapting to change.

- (a) Give an account of the historical development of the family in Ireland from the middle of the twentieth century to the present day. (20 marks)
- (b) Describe **three** main functions of the family in contemporary society and outline how the State supports the family with each of these functions. (18 marks)
- (c) Discuss the role of grandparents/older family members in modern family life. (12 marks)

## Section C

40 or 80 marks

Answer **one** elective question **or** Question 4 (core) to include **part (a)** and either **part (b) or (c)**.

If you submitted *Textiles, Fashion and Design* coursework for examination,  
you may only attempt Question 2 from this section.

Write your answer in the answerbook containing **Section A**.

### Elective 1 – Home Design and Management – 80 marks

Candidates selecting this elective must answer **1(a)** and either **1(b) or 1(c)**.

**1.(a)** The kitchen is regarded as the heart of the home.

(i) Discuss the factors that influence the design of a kitchen/dining room.

Refer to:

- family size and circumstances
- ergonomics
- environmental awareness.

(16 marks)

(ii) Outline the principles that should be considered when planning a lighting system for a kitchen/dining room.

(16 marks)

(iii) Explain the underlying principle of ventilation and outline the effects of inadequate ventilation in a kitchen/dining room.

(18 marks)

**and**

**1.(b)** Good housing provides for the physical, social and emotional wellbeing of its occupants.

(i) Outline the housing requirements necessary to meet the needs of each of the following groups of people:

- families with school going children
- people with disabilities.

(18 marks)

(ii) Discuss social housing provision in Ireland.

(12 marks)

**or**

**1.(c)** 'On average, an Irish person uses 133 litres of water each day.'*(www.greenhome.ie)*

(i) Describe the cold-water system in a house.

(15 marks)

(ii) Devise a set of different strategies to ensure that household water is managed in an energy efficient and sustainable way in the home.

(15 marks)

## Elective 2 – Textiles, Fashion and Design – 40 marks

Candidates selecting this elective must answer **2(a)** and either **2(b)** or **2(c)**.

**2.(a)** A blazer is a wardrobe staple.



([www.pinterest.com](http://www.pinterest.com))

(i) Evaluate the design of the outfits shown above.

Refer to:

- design
- comfort
- aesthetic appeal.

(15 marks)

(ii) Name **one** design principle and explain how it is demonstrated in either outfit above.

(10 marks)

and

**2.(b)** Performance tests measure a fabric's unique set of characteristics.

Name **two** performance tests that can be carried out on fabrics and explain the procedure involved in conducting **one** of the tests you have identified.

(15 marks)

or

**2.(c)** 'Irish designers are making waves on the international fashion scene.' ([www.dcci.ie](http://www.dcci.ie))

(i) Outline **three** factors that influence current fashion trends.

(9 marks)

(ii) Give examples of how a garment can be restyled to reflect a current trend.

(6 marks)

### Elective 3 – Social Studies – 80 marks

Candidates selecting this elective must answer **3(a)** and either **3(b)** or **3(c)**.

**3.(a)** Work is recognised as an important part of people's lives.

- (i) Discuss how increased educational requirements and flexibility in working hours have impacted work in Ireland. (20 marks)
- (ii) Analyse how intrinsic and extrinsic factors affect a person's attitude to work. (15 marks)
- (iii) Name and evaluate **one** childcare option available to working parents. (15 marks)

and

**3.(b)** Lifelong learning benefits both the individual and the family.

- (i) Analyse the reasons why adults return to education. (18 marks)
- (ii) Describe how improvements in the provision of education have impacted on family life. (12 marks)

or

**3.(c)** In 2023, 559,850 people were living in poverty in Ireland. Over 176,900 of those were children.  
(*Social Justice Ireland, November 2024*)

- (i) Discuss the causes of poverty.  
In your answer refer to the cycle of poverty. (18 marks)
- (ii) Differentiate between **each** of the following types of poverty.
  - absolute poverty
  - relative poverty. (12 marks)

## Question 4 – Core – 80 marks

Candidates selecting this elective must answer **4(a)** and either **4(b)** or **4(c)**.

**4.(a)** Consumers in Ireland have access to high quality meat and meat products at price points that suit their budgets.

- (i) Discuss the nutritional significance of meat in the diet. (20 marks)
- (ii) Outline **two** causes of toughness in meat.  
Describe **four** methods of tenderising meat. (18 marks)
- (iii) Describe how the Bord Bia Quality Assurance Scheme ensures meat quality and safety. (12 marks)

and

**4.(b)** If you are buying a home, you will probably have to take out a mortgage.  
([www.citizensinformation.ie](http://www.citizensinformation.ie))

- (i) Outline the conditions that must be met in order to qualify for mortgage approval. (16 marks)
- (ii) Name and describe **one** type of mortgage available to house purchasers. (14 marks)

or

**4.(c)** As people get older, they may cook less for themselves and may be more at risk of nutritional deficiencies.

- (i) Outline **three** meal planning guidelines that an older person should follow to maximise nutritional intake. (15 marks)
- (ii) Evaluate steaming as a method of cooking for an older person.  
Refer to:
  - ease of use
  - effect on nutritive value of food
  - palatability of food cooked by this method. (15 marks)



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