



**COIMISIÚN NA SCRÚDUITHE STÁIT
STATE EXAMINATIONS COMMISSION**

JUNIOR CERTIFICATE EXAMINATION 2014

HOME ECONOMICS

Higher and Ordinary Levels

ASSESSMENT FORMAT

FOOD AND CULINARY SKILLS TASKS

The examination will take the following form:

Higher Level:	(i)	Written Examination	300 marks (50%)
	(ii)	Food and Culinary Skills Examination	210 marks (35%)
	(iii)	Optional Study Project Work	90 marks (15%)
Ordinary Level:	(i)	Written Examination	240 marks (40%)
	(ii)	Food and Culinary Skills Examination	270 marks (45%)
	(iii)	Optional Study Project Work	90 marks (15%)

FOOD AND CULINARY SKILLS EXAMINATION

TIME 1½ HOURS

HIGHER LEVEL - 210 MARKS ORDINARY LEVEL - 270 MARKS

The following is a list of tasks for the 2014 Junior Certificate Examination.

- Each candidate will complete a practical examination in the presence of an examiner appointed by the State Examinations Commission.
Duration of examination: 1 hour 30 minutes.
Each candidate is allowed 30 minutes preparation time in advance of the examination.
An advising examiner may attend to monitor the work of the examiner.
- The number of candidates per examination session is 12.
- Six out of the seven tasks should be distributed equally through each examination session.
Each candidate will draw and complete one task from the chosen six.
- Each task can be taken by a maximum of 2 candidates in an examination group. This will not apply where 2 class groups have been amalgamated.
- Individual tasks for this examination will be drawn by candidates **at least two weeks** prior to the examination under the supervision of the Home Economics Teacher.
- The design process should be followed where appropriate to the task.
- **Teachers should draw the attention of candidates to the information on page 4.**

FOOD AND CULINARY SKILLS TASKS

1. Flour is an essential ingredient in home baking.
Name three different types of flour used in home baking.
Give a different example of the use of each type of flour when making scones and muffins.
Demonstrate your baking skills by preparing, baking and serving a batch of scones and a batch of muffins using at least two types of flour named.
Calculate the cost of the scones or muffins and compare the cost with a similar commercial product.

2014

2. Current dietary guidelines recommend that we should increase our intake of fresh fruit and vegetables.
List different methods of including fresh fruit and vegetables in the diet.
Suggest some nourishing dishes that can be made using a variety of fresh fruit or vegetables.
Using fresh fruit and/or vegetables, prepare, cook and serve one savoury dish and one sweet dish.

2014

3. Young athletes need to eat a balanced diet to maintain good health and achieve peak performance.
Outline the benefits of omega 3 fatty acids in the diet of young athletes.
Design and set out a two-course dinner menu for athletes which includes fresh fish or smoked fish as a key ingredient.
Demonstrate your skills by preparing, cooking and serving the complete main course of the meal for at least two athletes.
Prepare an attractive salad and a simple dressing to serve with the meal.

2014

4. Certain people have special dietary needs.
Design and set out a two-course menu suitable for an evening meal for either:
(i) a lacto-vegetarian or (ii) an anaemic young adult.
Prepare, cook and serve the complete main course of the meal.
Prepare and serve the starter or the dessert to complete the evening meal.

2014

5. Catering for a special occasion at home can be a fun and rewarding experience and can be cost effective.
Name a special occasion of your choice and list a variety of sweet and savoury foods that could be served for the occasion.
Demonstrate your culinary and creative skills by preparing and serving one savoury dish and one sweet dish suitable for the occasion. (One of the dishes must be cooked)
Calculate the cost of both dishes.

2014

6. Introducing ethnic dishes into meals is an ideal way to experience different cultures.
Identify a culture of your choice and list some popular dishes associated with this culture.
Design and set out a two-course menu suitable for an evening meal.
Prepare, cook and serve the complete main course of the meal for at least two people.
Set a one-place table setting for the meal.

2014

7. Fibre forms an essential part of a healthy diet.
List some high-fibre main course dishes that could be served as the main meal of the day.
Prepare, cook and serve one of the dishes you have listed.
Prepare and serve a nourishing drink to complement the meal.

2014

OPTIONAL STUDY PROJECT WORK

MARKS - 90

Each candidate is required to present project work from **one** of the following syllabus areas:

- * **Childcare**
- * **Design and Craftwork**
- * **Textile Skills.**

Project work presented for examination must be clearly identified with the candidate's examination number.

INFORMATION FOR TEACHERS AND CANDIDATES

- Evidence of preparatory research and planning should be presented in a folder and should include the following:
 - the selected task
 - analysis of three factors relevant to the specific task
 - two possible solutions that were investigated
 - the selected solution(s) together with reasons for decisions
 - the solution should satisfy the criteria of the task and should afford the candidate the opportunity to be purposefully engaged in the demonstration of skills appropriate to the standard of Junior Certificate for the duration of the examination
 - a work/time plan for the examination. The work plan should include time for carrying out a written evaluation at the end of the examination
 - a list of the resources that are required, e.g. ingredients, equipment etc.
- Candidates are required to have writing material for carrying out the written evaluation during the examination.
- Each candidate, work station and all written material must be clearly identified with the candidate's examination number and task number.
- Maximum use should be made of fresh ingredients and the use of convenience foods should be kept to a minimum to allow candidates to demonstrate their culinary skills and application of cooking principles.
- Advance preparation of ingredients should be minimal i.e. ingredients may be weighed, vegetables may be washed but not peeled or chopped etc.
- Candidates should adhere to safe and hygienic work practices.
- Candidates will be required to clean tools and equipment used as part of the task and to leave them on the table until checked by examiner.
- Gas cookers may be lit in advance but must be set to the required temperature setting by the candidate at the examination.
- Each candidate must carry out a short written evaluation of the task during the examination. Where a task specifies an evaluation or comparison this should be included in the general evaluation normally carried out.