



Coimisiún na Scrúduithe Stáit State Examinations Commission

Leaving Certificate Examination 2015

Home Economics - Scientific and Social

Food Studies Assignments (20% of Total Marks)

General Directions to Candidates

- Assignments are common to Higher and Ordinary Level.
- All candidates (Higher and Ordinary) are required to complete and present a record of **five** assignments for examination.
- In respect of Areas of Practice, candidates will be required to complete
 - Area A – **One** assignment,*
 - Area B - **One** assignment,*
 - Area C - **One** assignment,*
 - Area D - **One** assignment,*
 - One** other assignment from either Area of Practice A or E.*
- Candidates are required to present the record of each assignment in the official Food Studies Coursework journal issued by the State Examinations Commission.
- The date for completion of coursework is **3rd November 2014**.
- Candidates should note ***Food Studies Coursework Essential Requirements*** on page four of this document.

Area of Practice A: Application of Nutritional Principles

Assignment 1

Many third level students living away from home find shopping and cooking for themselves is a new and challenging experience.

Discuss the nutritional needs of third level students. Research and elaborate on the meal planning guidelines that should be considered when planning and preparing meals for third level students who are living away from home in shared accommodation.

Bearing in mind these considerations, investigate a range of main course dishes suitable for the main meal of the day.

Prepare, cook and serve **one** of the main courses from your research.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the specific requirements of the assignment.

2015

Assignment 2

The body needs about 4 grams of salt each day and an acceptable maximum level is 6 grams or one teaspoon of salt per day. Many people exceed this level of salt intake and eat on average about 9 to 10 grams of salt per day.
(Irish Heart Foundation)

With reference to the above statement, identify the health risks associated with a diet that is high in salt.

Research and elaborate on the nutritional needs and meal planning guidelines (strategies to reduce salt in the diet) that should be considered when planning and preparing meals for people who wish to reduce the salt content in their diet.

Bearing in mind these factors, investigate a range of menus (starters and main course dishes) suitable for the main meal of the day for this group of people.

Prepare, cook and serve **one** of the main courses that you have investigated.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the specific requirements of the assignment.

2015

Area of Practice B: Food Preparation and Cooking Processes

Assignment 3

Commercially prepared pastry is a popular option for many consumers.

Carry out research on commercially prepared pastry in relation to each of the following:

- brands and types available
- dishes that can be made, stating the type of pastry used in each case
- cost.

Choose **one** type of commercially prepared pastry. Give an account of the key points that should be considered in order to ensure success when using this pastry.

Prepare, cook and serve **one** dish (either sweet **or** savoury) using the pastry that you have investigated.

Evaluate the assignment in terms of **(a)** implementation and **(b)** the advantages and / or the disadvantages of commercially prepared pastry.

2015

Area of Practice C: Food Technology

Assignment 4

Artisan hand made foods have emerged as an important niche sector in the Irish food industry. This sector is supplied by a group of dedicated small-scale producers of foods such as breads, preserves and many other products.

Identify a range of different breads currently popular and list the different ingredients used. Investigate **two** different methods of bread making and explain the underlying principles involved in each case.

Using **one** of the methods investigated, prepare and bake **one** type of bread.

Describe the packaging you would recommend for the bread having regard to keeping the product fresh, hygienic and presenting it attractively.

Evaluate the assignment in terms of (a) implementation, (b) practicability and (c) cost.

2015

Area of Practice D: Dishes illustrating the Properties of a Food

Assignment 5

The success of many dishes relies on the gelatinisation of starch which may be present in one or more ingredients.

Define **gelatinisation**. Identify a range of sweet and savoury dishes that illustrate this property. Investigate and elaborate on the application of gelatinisation in the making of sweet and savoury dishes and explain the scientific principle involved.

Prepare, cook and serve **one** of the dishes (either sweet **or** savoury) that you have investigated.

Evaluate the assignment in terms of (a) implementation and (b) success in applying the property of gelatinisation when making the dish.

2015

Area of Practice E: Comparative Analysis including Sensory Analysis

Assignment 6

In the food industry there is constant modification and testing of products for the purpose of making improvements to flavour or increasing profitability. This may result in a change of ingredients used.

Investigate a range of baked products (e.g. biscuits, buns, cakes) which can be made using different types of fat. Choose one of the products that you have investigated and using a different fat in each case bake two batches of the product. (The same recipe, using a different type of fat, should be used for each product.)

Carry out a **simple difference paired comparison test** to determine if the testers can detect a difference between the products.

Evaluate the assignment in terms of (a) implementation and (b) the test results obtained (i.e. an analysis of the factors that may have contributed to the test results).

2015

Food Studies Coursework Essential Requirements

1. The Practical coursework undertaken must be recorded in the official journal issued by the State Examinations Commission. **Do not insert any extra material or subdivide the lines. Examiners will mark only what is presented on the pages of the journal itself.**
2. Each candidate is required to include his/her PPSN number, date of birth and the school roll number on the cover of the journal.
3. In relation to each assignment attempted, candidates are required to:
 - (a) record the area of practice and the assignment number
 - (b) report the coursework completed in relation to each assignment using prescribed headings referred to as “*Recording Criteria*” as set out on the inside cover of the coursework journal.
4. **In relation to the Practical Applications component of the assignments the dishes selected:**
 - **must meet the requirements of the assignment and be identified in the assignment investigation**
 - **must be attempted only once; dishes cannot be repeated, or partially modified and repeated, across assignments**
 - **should include as broad a range of applications possible appropriate to the assignment**
 - **should incorporate the use of fresh foods and avoid the overuse of convenience foods.****If the above conditions are not fulfilled, marks will be lost.**
5. All Food Studies Practical Coursework Journals presented for assessment must be the candidate’s own individual work (verified by the candidate and the class teacher). Any secondary materials (e.g. books, journals, web sites etc.) used must be acknowledged.
6. Candidates must carry out all practical coursework, during class time and under the supervision of the Home Economics class teacher. Teacher demonstration is not acceptable. All journal work must be produced under the supervision of the Home Economics teacher. If the coursework is not completed under the teacher’s supervision, he/she will not be able to validate the work as being a candidate’s own individual work when requested by the State Examinations Commission to do so.
7. Candidates may undertake the practical work relating to an assignment in pairs or in the case of Area of Practice E, in groups. **However, the written recorded account of the assignment must be the candidate’s own individual work. Direct copying of material from other sources, other than essential references e.g. definitions, is not acceptable. Where there is evidence of collaboration in the recording of any aspect of an assignment, the marks for the assignment work presented will be disallowed.**
8. Where assignment work cannot be verified as the candidate’s own individual work, the State Examinations Commission will take appropriate action. This often results in the work presented being deemed invalid and marks awarded in respect of it being discounted when determining the overall result.
9. Any incidence of suspected copying, improper assistance from another party, plagiarism or procurement of work prepared by another party will be thoroughly investigated and candidates are liable to have penalties imposed as provided for in the Rules and Programme for Secondary Schools. The penalties include loss of the subject, to loss of the entire examination in all subjects, to being debarred from the Certificate Examinations in subsequent years
There may be serious consequences for any other party involved in improperly assisting you as the Education Act 1998 provides for certain criminal offences in relation to the conduct of the examinations.
10. Teachers and the authorities of schools are familiar with the requirements to ensure that practical coursework is valid for examination purposes. Candidates should comply fully with all requests that they may make that are designed to enable them certify that the work presented for examination is a candidate’s own individual work.

Responsibility for complying with the examination requirements rests with the candidate. If the above requirements are not followed your teacher and the school authority will have no choice but to bring this matter to the attention of the State Examinations Commission.