Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2026

Home Economics - Scientific and Social

Ordinary Level

Section B and Section C

Wednesday 3 June Afternoon 2:00 - 4:30

Section B мул ϒ l·ℕ ǐă
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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.
Write your answers in the answerbook containing **Section A**.

Question 1
Homemade lasagne is a popular dish.

The table below shows the nutritional value per 100 g of a vegetarian lasagne.

Vegetarian Lasagne	
Energy	117 kcal
Protein	4.8 g
Carbohydrates	9.0 g
of which sugars	4.4 g
Fibre	6.0 g
Fats	3.5 g
of which saturates	0.0 g
Iron	1.0 g
Salt	0.3 g



(*McCance and Widdowson's Composition of foods*)

(a) Using the information presented in the table above, evaluate the nutritional value of the vegetarian lasagne. (20 marks)

(b) Recommend **one** suitable accompaniment to serve with lasagne.
Give **one** reason for your choice. (8 marks)

(c) Give an account of iron under **each** of the following headings:

- dietary sources
- functions in the body
- effect of deficiency. (24 marks)

(d) Explain **two** factors that affect the absorption of iron in the body. (8 marks)

(e) Describe **four** ways food labelling can benefit the consumer when purchasing food. (20 marks)

Question 2

'Ireland is one of the top cheese producing nations in the world.' (*www.irelandcentral.com*)

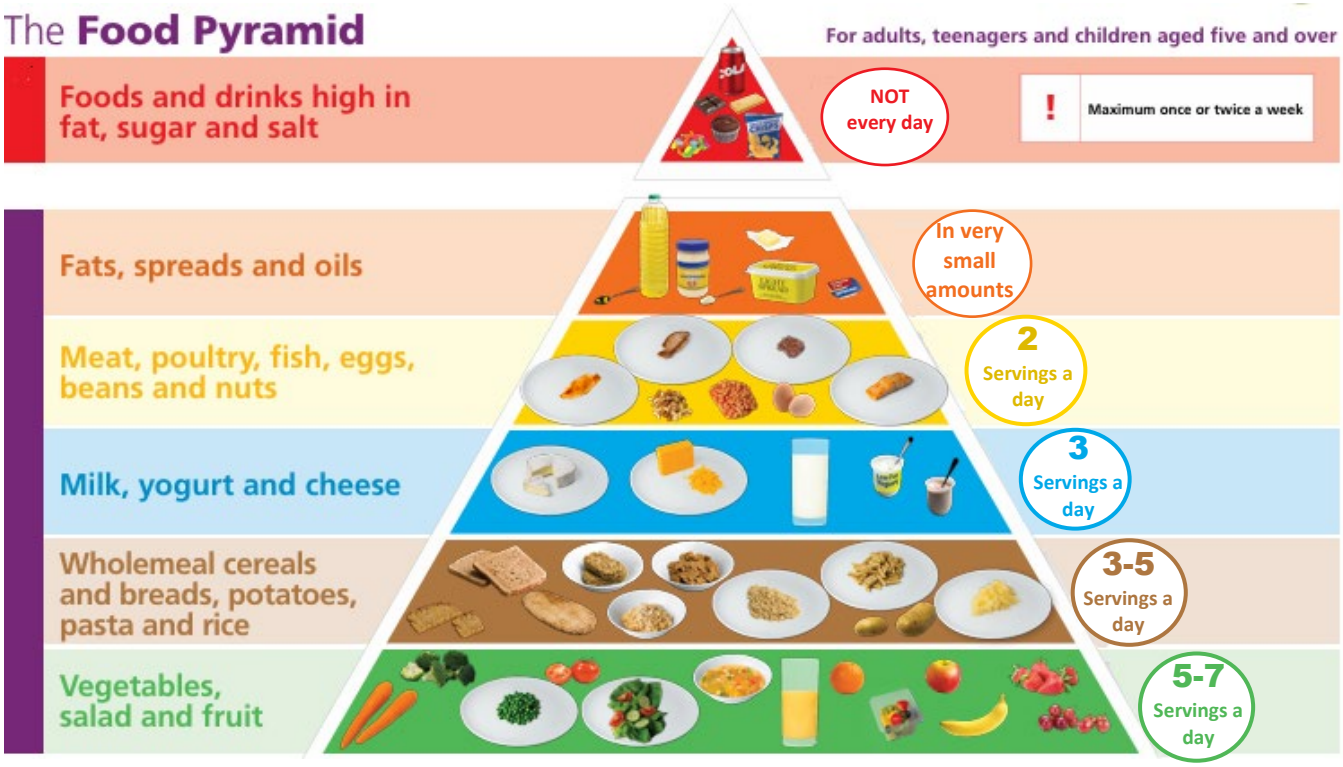
(a) Give an account of **(i)** the nutritive value and **(ii)** dietetic value of cheese. (20 marks)

(b) Having regard to current healthy eating guidelines, set out a menu (3 meals) for one day. Include cheese in the main meal of the day. (18 marks)

(c) Discuss **three** reasons for the growing popularity of Irish farmhouse cheese. (12 marks)

Question 3

The food pyramid is a guide for planning healthy balanced meals.



(*adapted www.healthpromotion.ie*)

(a) Explain how the food pyramid is used to plan healthy balanced meals. (20 marks)

(b) Describe **three** lifestyle guidelines to follow to maintain good health. (15 marks)

(c) Outline **three** factors that affect the energy requirements of an adult. (15 marks)

Question 4
Informed consumers make better purchasing decisions.



(*www.powercity.ie*)

(a) Set out the details of a study you have carried out on microwave ovens.
Refer to:

- modern features
- guidelines for use
- care and cleaning. (20 marks)

(b) Describe the complaint procedure to follow when a microwave oven becomes faulty immediately after purchase. (20 marks)

(c) Outline how a consumer can dispose of electrical appliances in an environmentally friendly way. (10 marks)

Question 5
Older people value their independence.

(a) Describe **three** ways older people can maintain their independence. (15 marks)

(b) Discuss **four** roles and responsibilities of older people within the family. (20 marks)

(c) Outline the importance of good communication between family members. (15 marks)

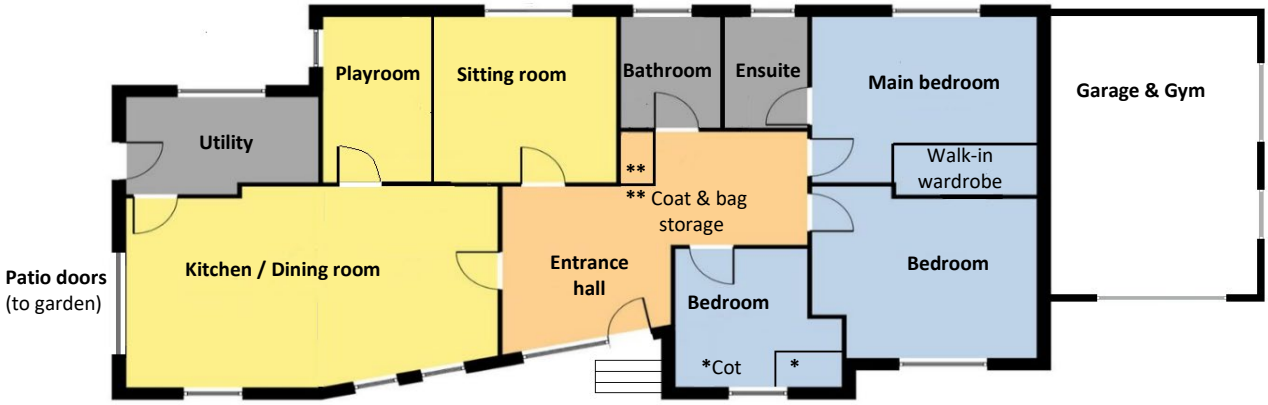
Section C — 40 or 80 marks

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 floorplan below shows the layout of a family home.



(i) Evaluate the suitability of this house layout for a family with young children. (20 marks)

(ii) Suggest **two** modifications that you could make to the house to cater for the future needs of the family. Give **one** reason for each modification. (20 marks)

(iii) Discuss **one** advantage and **one** disadvantage of using an interior designer when planning and designing a home. (10 marks)

and

1.(b) Irish homes use a variety of heating systems.

(i) Discuss **four** factors to consider when choosing a heating system for a home. (20 marks)

(ii) Explain how thermostats and timers on heating systems assist in energy saving in the home. (10 marks)

or

1.(c) Wall finishes can enhance the character of a room.

(i) Discuss **three** factors that should be considered when selecting wall finishes for a home. (15 marks)

(ii) Describe **three** different wall finishes suitable for a bathroom. (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) Health care workers wear uniforms for professional and practical reasons.



(*www.netouniforms.com.au*)

(i) Comment on the suitability of the uniforms shown for health care workers.
Refer to:

- comfort
- function
- design. (18 marks)

(ii) Describe how to apply a hospital crest to a health care uniform. (7 marks)

and

2.(b) Colour plays an important part in our clothing choices.

Name and describe **two** methods of colour application for clothing. (15 marks)

or

2.(c) Social media influencers are impacting our fashion choices.

(i) Evaluate how social media contributes to current fashion trends. (9 marks)

(ii) Discuss the increasing popularity of pre-loved / vintage clothing. (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) Equality across the world of work ensures fair access to opportunities.



(*www.building.co.uk*)

(i) Discuss **four** ways education prepares students for the world of work. (20 marks)

(ii) Give **three** reasons for the increased participation of women in the workforce. (15 marks)

(iii) Name and describe **one** piece of legislation that protects workers in employment. (15 marks)

and

3.(b) Families can choose to spend their leisure time on a variety of indoor and outdoor activities.

(i) Discuss **three** benefits of participating in leisure activities. (15 marks)

(ii) Outline **three** factors that influence family leisure choices. (15 marks)

or

3.(c) Social changes are impacting how and where we live.

(i) Discuss how the following social changes impact family life:

- changing attitudes to marriage
- reduction in working hours
- changing attitudes to parenting. (15 marks)

(ii) Discuss **three** reasons why more people in Ireland now choose to live in cities and towns / urban areas. (15 marks)

Question 4 – Core – 80 marks

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

4.(a) Good nutrition during pregnancy is important for mother and baby.



(*www.goldrushhospital.com*)

(i) Discuss **four** dietary requirements of pregnant women. (20 marks)

(ii) Set out a menu (3 meals) for one day suitable for a pregnant woman. (20 marks)

(iii) Explain the importance of adequate water intake during pregnancy. (10 marks)

and

4.(b) '96% of Irish adults shopped online in 2024.' (*www.aviva.ie*)

(i) State the advantages and the disadvantages of buying goods online. (20 marks)

(ii) Describe how consumers are protected by the Consumer Credit Act (1995). (10 marks)

or

4.(c) Choosing a home is influenced by a combination of financial, personal and practical factors.

(i) Explain how each of the following influence a person when choosing a home:

- income
- location
- trends in housing development. (15 marks)

(ii) Describe **three** benefits of home insurance. (15 marks)

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