

Continue



Coursework You have to write up 5 Food Studies Practical Coursework Assignments. You will be given an Examination Journal, which must be completed by you. This will be taken up by the State Examinations Commission in the first term of sixth year. Your fully completed journal represents 20% of your final grade. You must:- 1. - complete an INVESTIGATION, research in your own words, 2. - write up a PLAN and cost your recipe (this opens as a spreadsheet, there is an example, then you can input your weights and costs. remember only type in NUMBERS no letters!) 3. - carry out the plan in cookery class, 4. - write a report of how you carried out the plan - IMPLEMENTATION 5. - and write an EVALUATION directly linked to your investigation. Use the links available on these pages, current health advice, your textbooks and your teacher to investigate your assignment. It is very important that you keep a record of where you found information, you will need to write it down in the journal. This link will take you to an external website with some samples, Exemplars of coursework, at different grades. A complete guide to the Food Studies Journals and Textiles, Fashion and Design Elective Coursework + SEC Corrected ProjectThe Food Studies Coursework is worth 100 marks (20.83%), the Textiles, Fashion and Design Elective Coursework is worth 100 marks (20.83%) and the written examination is worth 280 marks (58.33%) for students completing this chosen elective. Mark allocations will differ for other electives. As the Food Studies coursework is worth approx. 1/5 of your final grade and the Textiles, Fashion and Design Elective coursework is worth 1/5 of your final grade, we believe it is highly possible to bank valuable marks before you sit your written examination. And we want to help you achieve your best with our ebook resources. Our resources: - An ebook including a guide + multiple SEC Corrected Food Studies Journals You will receive a complete guide on what to include in the project and how to complete it, insights into what the examiner is looking for, examples of the examiners markings and images of SEC marked and graded H1 journals -An ebook only of multiple SEC Corrected Food Studies Journals -An ebook including a guide + a SEC Corrected Textiles Elective project You will receive a complete guide on what to include in the project and how to complete it, insights into what the examiner is looking for, examples of the examiners markings and images of SEC marked and graded H1 project -An ebook only of a SEC Corrected Textiles Elective project To avail of our valuable project guides and SEC corrected projects, click the 'Store' link through the menu at the top right hand corner. Skip to content We're very excited to present our work on Home Economics (Higher Level). The contents of are detailed below. This is a distilled set of notes with a small section on H1 past paper answers. It is 132 A4 pages (27,000 words) of only the most relevant insights for your H1. We know how hard it can be, and it is our passion to make it easier for the students who come after us. Our team, composed of people who got 625+ points, teachers and State examiners, distilled our own best notes, sample answers and tips, so that you don't have to fight these battles on your own or reinvent the wheel. Whether you want 625 points, or to simply maximise your points, this will - guaranteed - have useful insights to make your life easier. If you are unhappy with the product, contact us within 2 weeks of purchase and we will issue a refund in full. This guide does not include the project and focuses on one Elective only, Elective 3. This is our first edition of the Home Economics notes, so we're currently offering them at a special price of 29 euro. With our Home Economics guide, you will get: ✓priority access for Leaving Cert study advice. Email answer@625points.com with your query ✓notes as detailed below IntroductionCourse BreakdownExam BreakdownGeneral Advice Core area 1: Food Studies Food Choice Protein Chemical StructurePeptide LinksStructure of ProteinsClassification of ProteinsBiological Value of ProteinComplementary Role / Supplementary RoleProperties of ProteinsEffects of Dry and Moist HeatAbsorption of ProteinDeaminationDigestion of Protein Carbohydrates (note this chapter is available as a sample at the bottom of this page)Classification of CarbohydratesProperties of SugarProperties of StarchProperties of Non Starch Polysaccharides (NSP)Effect of Heat on CarbohydratesBiological Function of CarbohydratesAbsorption of CarbohydratesDigestion of Carbohydrates LipidsChemical StructureClassification of Fatty AcidsEssential Fatty AcidsOmega-3 Fatty AcidsCis Fatty Acids (good)/Trans Fatty Acids (bad)Classification by sourceProperties of LipidsBiological Functions of LipidsAbsorption of LipidsDigestion of Lipids VitaminsB-Group Vitamins (water soluble)Vitamin CFat-Soluble Vitamins MineralsCalciumIronZincIodineSodiumPotassiumDiet-Related Health ProblemsBowel DisordersOsteoporosisObesityCoronary Heart DiseaseDiabetesModified Diets Dietary requirements through lifecycleBabiesChildren and TeenagersAdults and Older PeoplePregnant and Breastfeeding Women The Irish DietAreas of Malnutrition in the Irish Diet Food CommoditiesMeatFishEggsMilkCreamButterYoghurtCheeseCerealsFruit and VegetablesAlternative Protein Foods (Novel Foods)Food Preparation and Cooking ProcessesPhysical and chemical changes during food preparationPhysical changes during cookingChemical changes during cookingMethods of Heat TransferSoup Sauces Pastry Sensory Analysis Testing Food Packaging and Labelling Food Additives Microbiology Food Spoilage Food PreservationFreezingJam MakingCommercial PreservationEffects of Preservation on FoodComparative evaluation of freezing and canning strawberries Food SafetyHazard Analysis and Critical Control Points (HACCP)Food Legislation Core Area 2: Resource Management and Consumer Studies Family Resource ManagementHousehold FinancesMoney Advice and Budgeting Service (MABS)CreditSavingsInsuranceHousing FinanceHousing Household TechnologyA small appliance with a motor - Food ProcessorAn appliance with a heating element - KettleA refrigeration appliance - FridgeMicrowave Oven TextilesScientific Principles underlying the care of fabricsTypes of FabricConsumer StudiesRetail OutletsRetail PsychologyConsumer Rights and ResponsibilitiesConsumer Protection LegislationStatutory Protection AgenciesVoluntary Protection Agencies Core Area 3: Social Studies The Family in SocietySociological TermsFamily StructuresHistorical Development of the FamilySocial, economic and technological changes affecting familiesFamily FunctionsMarriageMarriage CustomsMarriage PreparationSeparationNullity of MarriageDivorceThe Family as a Caring UnitThe Rights of ChildrenAdolescent-parent relationshipsSpecial Needs Family Law Elective 3: Social Studies Social Change & The FamilySocial & economic changes in IrelandChanging settlement patternsReduction in working hoursProvision of educationProvision of social welfareChanging attitudes to marriageModern technologyMore women in the workforce EducationPurpose of educationFactors that influence educational achievementPre-school EducationPrimary SchoolsSecond Level EducationThird Level Education Work/Job SatisfactionWorking LawsUnemploymentUnemployment in Ireland ChildcareFactors to considerChildminders vs Crèches PovertyTypesCauses of PovertySocial PolicyEffects of Poverty LeisureFunctionsFactors influencing leisure Sample Answers 2019 Section B Q12016 Section B Q22016 Section B Q52020 Section C Q3 Exam Advice Monosaccharides: a simple sugar that contains one single sugar unit. Examples include glucose and fructose Disaccharides: formed when two monosaccharides join together resulting in the loss of water. This is known as the condensation reaction. Examples include sucrose and lactose. Polysaccharides: formed when three or more monosaccharides join together resulting in the loss of water with each new link. Chains can be straight or branched. Examples include starch, glycogen and cellulose. Assist Aeration: when sugar is whisked, aeration occurs. The sugar helps to denature the egg protein, causing it to unfold and entrap air bubbles. Caramelisation: on heating, sugar melts and caramelises. Caramelisation normally occurs at 160 °C resulting in an attractive brown colour and a sweet taste. If overheated (past 177 °C), caramel will carbonise and burn. Maillard Reaction: the non-enzymatic browning of food due to a reaction between certain amino acids and sugars under dry heat e.g. shortbread biscuits Crystallisation: if more sugar is added to a liquid than it can dissolve, crystals form which can solidify when set e.g. jam making. Hydrolysis: this is the reverse of the condensation reaction. It occurs during digestion. Water and enzymes split disaccharides into two monosaccharides. Inversion: this is when sucrose splits into glucose and fructose. It is an invert sugar. This is used in jam making. Gelatinisation: when starch is combined with a liquid, the grains swell and burst, they absorb the liquid. This increases the viscosity. As the temperature increases, it becomes more viscous and forms a sol. Hydrolysis: this is the reverse of the condensation reaction. Occurs during digestion. Water and enzymes split disaccharides into two monosaccharides. Dextrinisation: when starchy foods are heated, dextrins form. More heat causes pyrodextrins to form which causes colour to develop e.g. toast Cellulose: insoluble in water and cannot be digested by the body without any water. It helps to stimulate peristalsis and prevent bowel disorders. Pectin: present in plant cell walls (in fruit and vegetables). Only present when they are ripe. It is used as a setting agent. For it to be extracted, heat and acid are needed. Dry Heat: caramelisation, maillard reaction Moist Heat: syrup formation Supplies the body with heat and energy By consuming enough carbs, protein can fulfill its primary function Stimulates peristalsis Excess carbs are converted to glycogen and kept as long term energy store After digestion, the monosaccharides are ready to be absorbed by the small intestine. They pass through the wall of the villi and into the bloodstream. Glucose is then: 1) oxidised to produce heat and energy 2) converted to glycogen and stored in the liver and muscles (long term energy) 3) excess glucose is converted to fat and stored as adipose tissue under the skin Organ SecretionEnzymesSubstrateProductMouthSalivaAmylaseStarchMaltosePancreasPancreatic JuiceAmylaseStarchMaltoseIntestinal JuiceMaltaseMaltoseGlucose You may also like: Leaving Cert Home Economics predictions Read on for information, to watch videos and more... Life Skills provides consolidated support for all aspects of assessment, to help your students maximise their results.The Student Textbook has exam-focused sections and tips throughout. Past-paper questions are included with the recommended time allocations and marking schemes.The Exam and Assignment Journal includes sample answers for each core unit and elective. The dedicated Food Assignment section gives a complete breakdown of the Practical Food Studies assignment and tips for success in the practical. We are delighted to announce Marion Kingston in Kildare and Mary Cummins in Tipperary are the winners of our Home Ec Teachers Quiz and have each won a €150 One4all voucher!Congratulations Marion and Mary! All winners have been contacted. Life Skills save you valuable time in a number of ways:The content is concise and clearly mapped to every topic of the syllabusThe Teacher's Planner includes yearly and chapter plans and a range of resources for the classroomThe topical eNewsletters will keep lessons fresh and up-to-dateThe digital resources include ready-made PowerPoints and recipes Check out this two minute overview of Life Skills Life Skills is written by the successful author team of Skills for Life and Lifelines, Carmel Enright and Maureen Flynn.The Teacher's Planner is written by Fidelma Nolan-Quinn, an experienced teacher and examiner, and includes a range of resources and methodologies to support exam-focused teaching of the syllabus. Written by experienced authors Carmel Enright and Maureen Flynn with consultant reviewer Maria Hickey. Skills for Life is the complete teaching solution for Junior Cycle Home Economics. Find out more about Skills for Life Leaving Certificate Exam LayoutFile Size: 50 kbFile Type: pdfDownload File LC HEc Mock Marking Scheme 2016File Size: 10447 kbFile Type: pdfDownload File Section B - Question 1File Size: 2451 kbFile Type: docxDownload File Section B - Question 2File Size: 123 kbFile Type: pdfDownload File Section B - Question 3File Size: 94 kbFile Type: pdfDownload File Section B - Question 4File Size: 83 kbFile Type: pdfDownload File Sample SecB Q1 2007File Size: 1188 kbFile Type: pptxDownload File Section B - Question 5File Size: 57 kbFile Type: pdfDownload File Section C - Elective 3File Size: 103 kbFile Type: pdfDownload File lc laws agencies p1 pptxFile Size: 4516 kbFile Type: pptxDownload File Food Studies Practical coursework journal.docxFile Size: 18 kbFile Type: docxDownload File assnment_1_-_young_active.pdfFile Size: 105 kbFile Type: pdfDownload File assignment_2_-_elderly.pdfFile Size: 132 kbFile Type: pdfDownload File assignment_3_-_food_processor_info.pdfFile Size: 217 kbFile Type: pdfDownload File 0%(3)0% found this document useful (3 votes)3K views38 pagesThis document provides guidelines for Leaving Certificate students completing their Home Economics Food Studies practical coursework journal for 2025. It outlines the requirements for record...AI-enhanced title and descriptionSaveSave Food Studies Coursework Journal 2025 - Digital v 1 For Later0%0% found this document useful, undefined0%(3)0% found this document useful (3 votes)3K views38 pagesThis document provides guidelines for Leaving Certificate students completing their Home Economics Food Studies practical coursework journal for 2025. It outlines the requirements for record...AI-enhanced title and descriptionJournal Tasks:The Journal Tasks are worth 20% of the Leaving Certificate Home Economics Exam. It is submitted for correction in early November of 6th Year.You are given 5 assignments, and must complete 4 of the assignments. Click on the images below for links to websites that may be useful when helping to select suitable dishes for the assignments!

- <https://balaji-technology.com/userfiles/file/simixaxun-gowitzarepa-lamebenum.pdf>
- <https://pracharamchai.org/Uploads/files/77510713712.pdf>
- [brain teasers for middle school worksheets](#)
- <https://rubikon-bg.com/uploads/files/56e1ae30-ad00-4aca-8711-e3fb0f3cde9b.pdf>
- [can you get hay day on macbook](#)
- http://gmkms.net/upfile_editor/2025/files/pizam-tabuxekuxipoguk-tuguligigukupup.pdf
- <http://soltartgalera.hu/images/file/barusideriv-kunubolodevor-tujowesegawuna-roxedas.pdf>