



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2026
Home Economics - Scientific and Social
Higher Level

Section B and Section C

Wednesday 3 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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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 answer in the answerbook containing **Section A**.

Question 1

The targeted marketing of high-protein snack foods means consumers perceive them as healthy.
(www.safefood.net)

Below is the typical nutritional content per 100 g/100 ml of two high protein snack foods.

	Protein bar	High protein fruit yogurt
Energy	523 kcal	122 kcal
Protein	17 g	12 g
Fat	37 g	2.9 g
of which saturates	7.6 g	1.3 g
Carbohydrate	24 g	10 g
of which sugars	16 g	8 g
Calcium	60 mg	190 mg
Fibre	13 g	3.5 g
Salt	0.8 g	0.2 g



(www.wellness.alibaba.com)

- (a) Using the information provided and having regard to current healthy eating guidelines, compare and evaluate the nutritional contribution of protein bars and high protein fruit yogurts to the diet. (20 marks)
- (b) Differentiate between essential amino acids and non-essential amino acids and give **one** example of each type of amino acid. (8 marks)
- (c) Describe the deamination of protein. (14 marks)
- (d) Explain the denaturation of protein. In your answer refer to:
- heat
 - mechanical action
 - enzymes.
- (18 marks)
- (e) Devise a set of strategies to follow when selecting protein foods to ensure safety and value for money. (20 marks)

Question 2

Vegetables are a source of many nutrients and provide flavour and texture to meals.

- (a) Evaluate the nutritional significance of vegetables in the diet. (20 marks)
- (b) Outline **four** guidelines to follow when preparing and cooking vegetables in order to maximise retention of nutrients. (12 marks)
- (c) Discuss the causes of food spoilage in vegetables.
Refer to:
- enzymes
 - moisture loss
 - microbial contamination.
- (18 marks)

Question 3

The range of processed foods extends from those that are minimally processed to foods that are ultra processed (UPFs).

- (a) Discuss the advantages and disadvantages of including processed/convenience foods in the diet. (16 marks)
- (b) Write an informative account of artificial sweeteners.
Refer to:
- description of types/classes
 - examples
 - uses in food.
- (18 marks)
- (c) Analyse how labelling can assist consumers in their choice of processed/convenience foods. (16 marks)

Question 4

A series of interrelated factors impact consumer behaviour.

- (a) Analyse the recent changes in consumer shopping patterns. (20 marks)
- (b) Discuss how the following impact on household spending:
- income
 - family stage
 - personal values. (18 marks)
- (c) Describe the advantages of household budgeting. (12 marks)

Question 5

In contemporary Ireland economic and social changes have impacted family life and family structures.

- (a) Analyse how economic and social changes affect families in Ireland. (20 marks)
- (b) Discuss how the roles of parents and children evolve throughout the life cycle of the family. (16 marks)
- (c) State why it is important for parents to make a will and outline the procedure involved. (14 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 “Housing for All” initiative aims to deliver a sustainable housing system in Ireland.’

(www.gov.ie)

- (i) Discuss the adequacy of housing provision in Ireland. (20 marks)
- (ii) Analyse the importance of local amenities and services in housing developments. (15 marks)
- (iii) Outline the historical development of housing styles in Ireland. (15 marks)

and

1.(b) ‘Housing completion figures show a 35% increase from 2024 to 2025.’ (www.rte.ie)

- (i) Analyse how the following factors influence house design and construction:
 - family requirements
 - technological developments
 - aesthetic and environmental factors. (15 marks)
- (ii) Give details of the professional services available to assist in designing and building a home. (15 marks)

or

1.(c) ‘Take control of your energy use, with smart options and low carbon technologies at your fingertips.’

(www.seai.ie)

- (i) Discuss **one** renewable energy source you have studied.
Refer to:
 - name
 - advantages
 - disadvantages. (18 marks)
- (ii) Describe how levels of thermal comfort in the home can be controlled. (12 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) ‘Fashion is a constantly evolving reflection of society.’ (www.garmentseducations.com)

- (i) Name and describe **three** current fashion trends. (9 marks)
- (ii) Sketch and describe an outfit that incorporates **one** current fashion trend. (9 marks)
- (iii) In relation to the outfit, give details of:
 - suitable fabric(s)
 - aesthetic appeal. (7 marks)

and

2.(b) Natural fabrics have many advantages over synthetic fabrics.

Write a profile of **one** natural fabric.

Refer to:

- fibre production
- fibre identification test
- fabric properties. (15 marks)

or

2.(c) Our clothing choices allow for self-expression and creativity, but clothing also needs to be functional in order to meet our daily needs.

- (i) Describe, giving **one** example, how function influences our clothing choices. (6 marks)
- (ii) Analyse how social influences impact the design of clothing. (9 marks)

Elective 3 – Social Studies – 80 marks

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

3.(a) The rate of unemployment in Ireland has risen to 5.3%.

(Labour Force Survey, CSO, November 2025)

- (i) Analyse the extent and distribution of unemployment across Ireland. (20 marks)
- (ii) Discuss the effects of unemployment on individuals and society. (20 marks)
- (iii) Name and discuss **one** statutory response to creating employment. (10 marks)

and

3.(b) Voluntary work benefits large sections of society. It also benefits the volunteers themselves.

- (i) Explain how an individual can benefit personally by participating in voluntary work. (15 marks)
- (ii) Discuss the benefits of voluntary work to the community. (15 marks)

or

3.(c) Education has an important role to play in the development of a child.

- (i) Analyse the role of education in child development.
Refer to:
 - physical development
 - emotional development
 - intellectual development
 - moral development.(20 marks)
- (ii) Name and give details of **one** statutory education initiative provided for pre-school children. (10 marks)

Question 4 – Core – 80 marks

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

4.(a) While people in Ireland regularly consume cereal products the intake of wholegrain cereals is low relative to recommended guidelines.

- (i) Evaluate the contribution of wholegrain cereals to the diet. (16 marks)
- (ii) Give an informative account of the production of flour.
Refer to:
 - stages of production
 - packaging and labelling. (18 marks)
- (iii) Discuss the measures taken by manufacturers of cereal products in order to cater for those with diet-related problems and specific dietary requirements. (16 marks)

and

4.(b) 'Sensory analysis is a very important tool for the food industry, with a range of applications.' (www.teagasc.ie)

- (i) Write a detailed account of **one** difference test used in the food industry.
Refer to:
 - name of test
 - aim
 - implementation. (18 marks)
- (ii) Outline the conditions that should be controlled for sensory analysis testing. (12 marks)

or

4.(c) Caring for a family member with special needs brings challenges and rewards.

- (i) Discuss the challenges a family may experience when a member has special needs. (18 marks)
- (ii) Name and give details of **one** voluntary organisation that supports families when a member has special needs. (12 marks)

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