



**Home Economics  
Leaving Certificate  
Higher Level**

**Past Exam Questions on  
Meal Planning and Preparation**

**Q4 Section A 2013**

4. Name three types of flour and suggest a different culinary use for each. (6)

Type of flour	Culinary use

**Q7 Section A 2013**

7. In relation to freezing explain each of the following: (6)

*Quick freezing* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Slow freezing* \_\_\_\_\_

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**Q6 Section A 2012**

6. Name three methods of heat transfer and give one example of a method of cooking that illustrates the use of each. (6)

Method of Heat Transfer	Cooking Method

## Q2 Section B 2010

2. 'Few Irish people consume the two portions of fish recommended each week. Despite being surrounded by some of the best fishing and fish in the world we are often reluctant to try this incredibly healthy food.'

*Press Release – Evening Herald*

- (a) Evaluate the nutritional and dietetic contribution that fish makes to the diet. (20)
- (b) Recommend one dry method of cooking and one moist method of cooking suitable for fish.  
In relation to each method recommended:
- state the underlying cooking principle involved
  - comment on the palatability of the cooked fish. (20)
- (c) Identify and discuss two contemporary trends in Irish eating patterns. (10)

## Q4 Section A 2009

4. Listed below are three properties associated with eggs and food preparation. Give one practical application of each property. (6)

Property	Application in Food Preparation
Coagulation	
Aeration	
Emulsification	

## Q7 Section A 2009

7. List two physical changes that occur during the cooking of food and give one example of each. (6)

Physical Change	Example

## Q1 Section B 2009

1. 'The key to a nutritionally adequate vegetarian diet is balance, ensuring that where foods are specifically omitted, suitable alternatives are included so that dietary quality is not compromised.'  
(British Nutrition Foundation, Nutrition Bulletin 30)

The following table provides information on the nutritive value of minced beef and quorn mince.

(Nutritional information per 100g).

	Energy	Protein	Fat	CHO	Fibre	Vitamins	Minerals
Minced Beef (raw)	225 kcal	19.7g	16.2g	0	0	B Group	Iron 1.4mg Sodium 80mg
Quorn Mince	94 kcal	14.5g	2.0g	4.5g	5.5g	0	Sodium 100mg

- (a) Using the information provided in the table, evaluate the contribution of quorn mince to the diet of vegetarians. (24)
- (b) (i) Using quorn mince, plan and set out the menu for a balanced three course meal suitable for a vegan.  
(ii) Indicate how the dishes selected meet the requirements of a vegan diet. (15)
- (c) Vitamin B12 is sometimes lacking in the diet of vegetarians.  
Give an account of *vitamin B12 (cobalamin)* and refer to:
- sources in the diet
  - properties
  - biological functions. (21)
- (d) Describe some of the measures taken by food manufactures / retailers in order to meet the needs of consumers who have specific dietary requirements. (20)

**Q6 Section A 2007**

6. Define each of the following methods of cooking: (6)

(i) Poaching \_\_\_\_\_

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(ii) Pot Roasting \_\_\_\_\_

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**Q2 Section B 2007**

2. “Coronary Heart Disease (CHD) remains the leading cause of death in Ireland accounting for over 7,000 deaths annually”.

*(CHAIR – Coronary Heart Attack Ireland Register)*

(a) Identify and elaborate on (i) the lifestyle changes and (ii) the dietary guidelines that should be followed in order to reduce the incidence of coronary heart disease. (16)

(b) Plan a day’s menu for a person with coronary heart disease (CHD). Include one *functional food* in the menu and state a reason for its inclusion. (22)

(c) Write an informative account of cholesterol. (12)