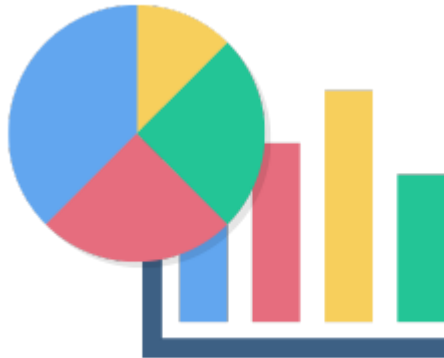


Ordinary Level

Home Ec

QUESTION B1

Tables/charts



Laura Healy 2021

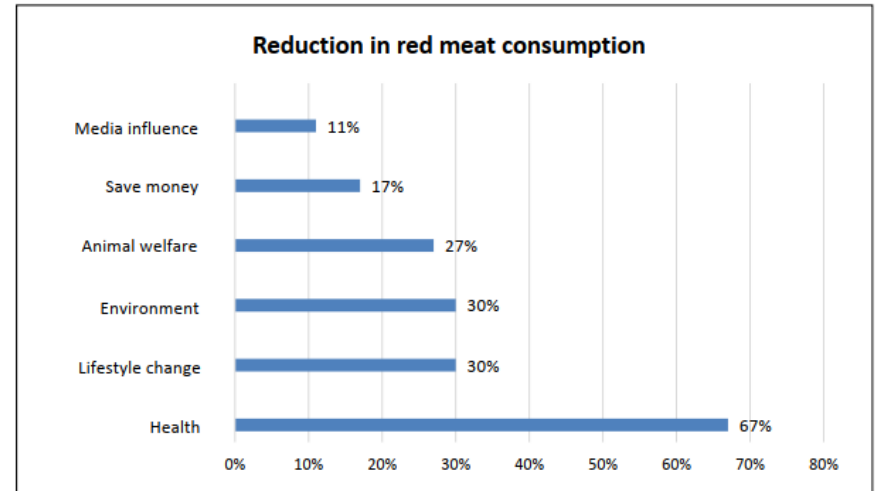
2020

Question 1

'1 in 3 people claim to have reduced the intake of red meat in their diet.'

(Dietary Lifestyles Report | Thinking House, Bord Bia)

The table below shows the reasons why people are reducing their intake of red meat.

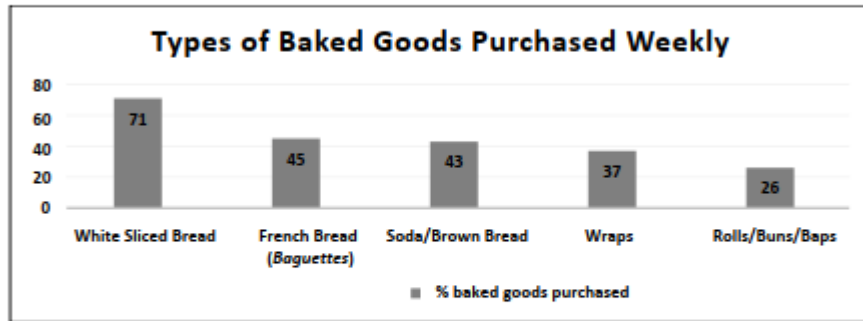


- (a) (i) Using the information provided in the table, comment on **four** of the reasons why people are choosing to reduce their intake of red meat. (24 marks)
- (ii) Name a protein food that could be used instead of red meat. (6 marks)

2019

1. Bread is still considered a staple food in Ireland.

The table below shows the types of baked goods purchased by households on a weekly basis.



(Bord Bia, 2017)

- (a) Using the information presented in the table above:
- comment on **four** of the baked goods purchased weekly by households and give reasons for their popularity. (20)
 - suggest **one** modification (change) that could be made to **one** of the baked goods to make it healthier. Give a reason for your choice. (5)

2018

1. Dietary protein is one of the essential nutrients that we must eat every day.

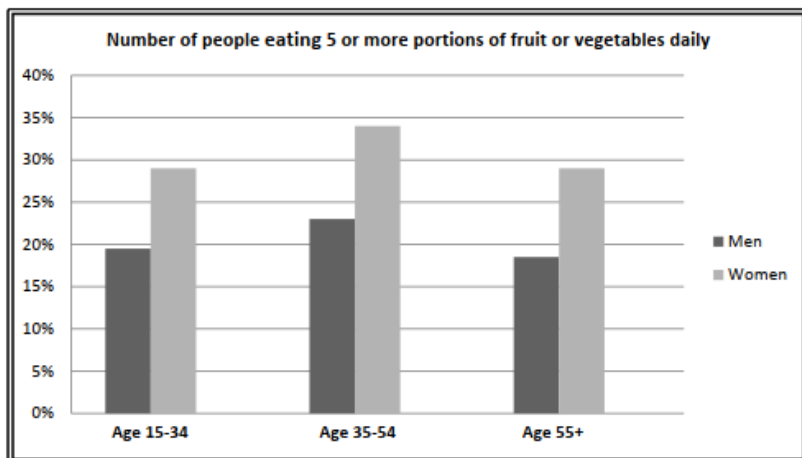
The table below shows the ingredients and nutritional information (per 100 g), of a pre-prepared Beef Lasagne.

Pre-prepared Beef Lasagne		
Ingredients	Nutritional Information (per 100 g)	
Chopped tomatoes, beef mince, lasagne sheets, milk, cheese, butter, tomato purée, water, onion, carrot, garlic, celery, sugar, olive oil, salt, pepper, beef stock, basil.	Energy	121 kcal
	Protein	6.8 g
	Fats	5.1 g
	Carbohydrate	12.6 g
	of which sugars	3.1 g
	Fibre	1.0 g
Salt	0.5 g	

- (a) (i) Using the information presented in the table above and having regard to current healthy eating guidelines, evaluate the nutritional value of the pre-prepared beef lasagne. (20)
- (ii) Suggest **one** suitable accompaniment that could be served with beef lasagne. Give a reason for your choice. (5)

2017

1. 'The World Health Organisation recommends the consumption of at least five portions of fruit or vegetables daily.' (Healthy Ireland Survey, 2015)



(a) Using the information provided above:

- (i) comment on the table and give one reason why women consume (eat) more fruit and vegetables than men in each of the three different age groups. (15)
- (ii) suggest three ways that men can increase their daily intake of fruit and vegetables. (12)

2016

1. 'Saturated fat has a bad reputation in recent years, but it might not be entirely deserved. Foods such as milk that are high in SFA (saturated fatty acids) and high in calcium don't seem to raise harmful cholesterol levels.' (Paula Mee, The Irish Times, July 2015)

The table below shows the nutritional content of two pre-prepared meals.

Pre-prepared meal	Ingredients	Nutritional Information (per serving)	
Fisherman's pie	Potato, cod, cream, milk, butter, cheese, onion, peas, salt.	Energy	392 kcal
		Fat	18.4 g
		Carbohydrates	37.9 g
		Fibre	3.1 g
		Protein	17.2 g
Chicken curry with rice	White rice, chicken, apple, onion, curry powder, garlic, tomato puree, flour, salt.	Salt	1.9 g
		Energy	524 kcal
		Fat	8.0 g
		Carbohydrates	88.0 g
		Fibre	4.8 g
		Protein	22.0 g
		Salt	1.7 g

- (a) Using the information presented in the table above, state which of the pre-prepared meals you would recommend for a young person involved in sport. Explain three reasons for your choice. (20)

2015

1. *'Iron deficiency remains a common condition in children, with research suggesting many negative effects on the developing child'.*

(Siobhan O'Sullivan, Dietician, Our Lady's Hospital, Crumlin.)

The table below shows the nutritional content of four different meats.

Meat	Protein	Fat	Calcium	Iron	Vitamins
Beef	18.1g	17.1g	7mg	1.9mg	B group
Chicken	24.8g	5.4g	9mg	0.8mg	B group
Liver	24.9g	13.7g	14mg	8.8mg	B group, C, D
Pork	15.8g	29.6g	8mg	0.8mg	B group

- (a) Why, in your opinion, is iron deficiency a common condition in children? (8)
- (b) Using the information provided in the table **and** having regard to current healthy eating guidelines comment on the nutritional value of the different meats named above. (24)

2014

1. The table below illustrates the carbohydrate, protein and fat content of a range of ready-made meat dishes. (FSAI website)

Dish	Carbohydrate	Protein	Fat
Beef Lasagne	11.8g	8.1g	8.9g
Sweet & Sour Chicken & Rice	20.0g	6.8g	0.4g
Cheese Burger	27.1g	14.2g	3.2g

- (a) Using the information presented in the table above, state which dish you would recommend for a family meal. Explain **three** reasons for your choice. (18)

2013

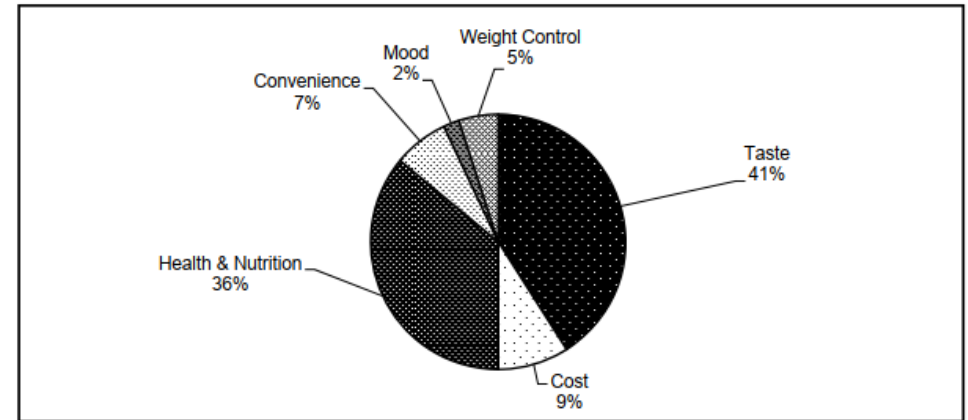
1. Following the guidelines of the new food pyramid and being active gives people the best chance of being healthy and well. *(Food Safety Authority, 2012)*



- (a) Discuss the role of the food pyramid as a source of information on healthy eating. (16)

2012

1. The National Adult Nutritional Survey (2011) asked participants to rank in order of importance to them six factors which affect food choice. The results are presented below. *(Irish Universities Nutrition Alliance)*



- (a) Using the information presented in the chart above comment and elaborate on the six factors which affect a person's choice of food. (24)

2011

1. The table below shows nutritional information per 100 grams for cod and salmon.

	Protein	Fat	Carbohydrate	Minerals	Vitamins	Energy value (per 100g)
Cod	18.3g	0.7g	0g	Iron Phosphorus Iodine	B group	80 kcal
Salmon	20.2g	11.0g	0g	Phosphorus Calcium Iodine	A, D, B group	180 kcal

- (a) Using the information provided in the table and having regard to current healthy eating guidelines evaluate the dietetic value of cod **and** salmon. (18)

2010

1. 'Dem bones, dem bones need calcium....'
Ninety per cent of the adult skeleton is formed by the age of 17 years. Bone continues to grow during the 20s but from the mid 30s onwards the skeleton starts to weaken slowly.
(National Dairy Council)

The table below shows nutritional information, per 100g, for whole and semi-skimmed milk.

	Whole Milk	Semi-skimmed Milk
Energy kcal	66	46
Protein (g)	3.3	3.5
Carbohydrates (g)	4.6	4.7
Fat (g)	3.9	1.7
Saturated fatty acids (g)	2.5	1.1
Calcium	118	120
Iron (mg)	0.03	0.02
Vitamin A (Retinol)	30	19
Folate	8	9
Vitamin C	2	2

- (a) Identify the **three** main differences between whole milk and semi-skimmed milk. (9)
- (b) Give an account of the dietetic value of semi-skimmed milk. (15)

2009

1. 'The World Health Organisation recommends people to limit their daily consumption of sugars to less than 10% of total energy intake....'

The table below shows the nutritional information per 100g displayed on the packaging of three breakfast cereals.

Breakfast Cereal	Carbohydrate (of which sugars)	Protein	Fat	Salt
Cornflakes (per 100g)	84 g (8g)	7g	0.9g	1.8g
Weetabix (per 100g)	68.4g (4.4g)	11.5g	2.0g	0.65g
Cheerios (per 100g)	75.2g (21.6g)	8.1g	3.9g	1.2g

- (a) Using the information provided and bearing in mind current healthy eating guidelines, evaluate the nutritional value of the three breakfast cereals referred to in the table above. (15)

2008

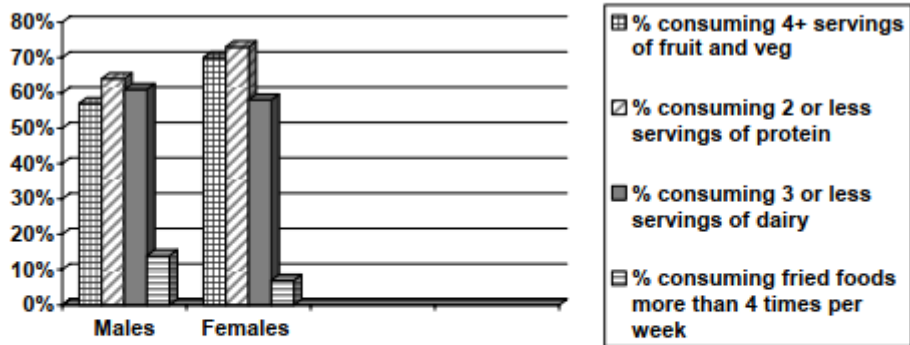
1. The table below shows the iron content, per average serving, of a range of different foods.

Food	Iron content (mg)
Calves' Liver	12.2 mg
Black Pudding	9.2 mg
Minced Beef	3.1 mg
Sardines	2.9 mg
Bowl of Cornflakes	2.0 mg
Baked Beans	1.9 mg
Spinach	1.4 mg
Broccoli	0.9 mg
1 Egg	1.1 mg

- (a) State: (i) two reasons why it is important to include iron in a teenager's daily diet; (ii) one ill-effect of a diet deficient (lacking) in iron. (15)

2007

1. The chart below provides information on the eating habits of males and females in Ireland.



(Source: The National Health & Lifestyle Surveys. – 1999).

- (a) Using the information provided on the chart
- (i) identify **three** differences in the eating habits of males and females
 - (ii) state, giving reasons, whether males or females have a healthier diet. (24)

2006

1. 'Children are not eating enough fibre, and are eating more fat and salt than is recommended.'
(The National Children's Food Survey – UCC and TCD).

The label on a packet of 'Jumbo Porridge Oats' has the following information:

TYPICAL COMPOSITION	Per 100g	Per 40g serving
Energy	1613kJ 386.6kcal	645.3kJ 154.6kcal
Protein	11.1g	4.4g
Carbohydrates	73g	29.2g
Fat	5.5g	2.2g
Fibre	6.1g	2.5g
Sodium	Trace	Trace
Thiamine	0.85mg	0.35mg
Iron	4.1mg	1.64mg

- (a) Comment on the dietetic value of 'Jumbo Porridge Oats'. (12)

2005

1. A local restaurant has a choice of three meats to add to a pasta dish. The main nutrients present in each of the three meats are listed below.

Nutritional Comparison of Ingredients per 100g

	Minced beef	Chicken fillet	Bacon
Energy (kcal)	221	116	428
Protein (g)	18.8	21.8	14.2
Lipids (g)	16.2	3.2	41.2
Carbohydrate (g)	0	0	0
Iron (mg)	2.7	0.5	1.0

- (a) Using the information provided in the table and bearing in mind current healthy eating guidelines, recommend **one** meat for use in the pasta dish. Give **three** reasons for your choice. (16)

2004

1. Recent studies suggest that 36% of Irish women consume less than the average daily requirement of calcium. (National Dairy Council).

The table below illustrates the calcium content of a range of foods.

Food	Calcium (mg per 100 g/100mls)
Milk	115
Cheddar cheese	720
Cottage cheese	60
Fruit yoghurt	180
Canned sardines	550
Canned salmon	98
Cabbage	57
Baked beans	53
Broccoli	76
Stewed rhubarb	84
White bread	100
Muesli	200
Special K	42
Fortified orange juice	122

- (a) Why is it important to include calcium in the diet? (12)

