

Intensive Home Economics 6 Week Revision Plan 2025

Week 1	Week 2	Week 3
<ul style="list-style-type: none"> - Protein (2020) - Meat (2014) - Obesity (2013) - HACCP (2021) - Food Additives (2023) (emphasis on EU legislation – colours, antioxidants, preservatives) - Marriage 	<ul style="list-style-type: none"> - Lipids (2018) - Cheese (2017) - Coronary Heart Disease (2007) - Causes of Food Spoilage (2019) - Controlling Enzymatic spoilage in food (2009) - Processed food (definition, merits, reasons for food processing) 	<ul style="list-style-type: none"> - Calcium (2019) - Milk (2021) - Osteoporosis (2015) - Bacteria/Food poisoning (2019) - Domestic preservation (2 methods of choice) (2020) - Consumer studies (emphasis on consumer research) - The Family
Week 4	Week 5	Week 6
<ul style="list-style-type: none"> - Vitamin A (2012) - Fibre in the Diet (2016) - Eggs (2021) - Yeast (It has never been asked) - Family Resource Management - Sociology Terms - Mortgages 	<ul style="list-style-type: none"> - Vitamin B12 (2009) - Cereals (2020) - Vegetarianism - Moulds (2022) - Household Technology (emphasis on fridge) - Budgeting/ Savings accounts/ H.P/ Consumer Credit Act - Irish Laws/ Family 	<ul style="list-style-type: none"> - Vitamin D (2022) - Fruit (2012) - Food Laws/ Food Safety agencies - Housing (Social welfare payments for low paid, MABS, Local authority schemes, trends in housing developments. - The Family as a caring unit.

***NOTE** – This plan is based on students answering QUESTIONS 4,CORE ON SECTION C. This plan covers KEY TOPICS OF IMPORTANCE FOR LEAVING CERT 2025 BUT IS NOT EXHAUSTIVE. STUDENTS ASPIRING TO THE H1 GRADE MUST COVER THE ENTIRE SYLLABUS.