

Exam Question	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	FREQUENCY
<b>1. Consumer Studies</b>																		
1.1 Advertising and Spending	Q. B4 (b) (c)		Q. 11, 12	Q. 12		Q. 10			Q. 12	Q. B 4(a)	Q. 10	Q. B 1(d)	Q. B3(a)		Q. 10	Q. B 1(d)		8
1.2 Consumer Acts	Q. 14	Q. B4 (c)		Q. B4(c)	Q. 9		Q. 12	Q. B 4(c)				Q. 9	Q. B 3(c)	Q. 11, B 3(c)	Q. B4 (c)	Q. 12	Q. 12	8.5
1.3 Labels and Logos		Q. 14		Q. 9		Q. 5, B1(e)		Q.11, B 3(c)			Q. B 1(e)		Q. 12	Q. 12		Q. 8		7.5
1.4 Consumer Research	Q.B4 (c)	Q. 11	Q.14		Q. 12			Q. 9, B 4(a)(b)				Q. 11			Q. 9	Q. 10		5
<b>2. Diet &amp; Health</b>																		
2.1 Healthy Eating Diets	Q. 4, Q. B1 (a) (d) B2 (a)	Q. B1 (a) (d)	Q. 4, B1 (a)(b)	Q. 2 & Q. B1(a)(d)	Q. 2 & Q. B1	Q. B 1(a)	Q. B 1(e)	Q. B 1(e)	Q. B 1(d)	Q. B 1(c)	Q. B 1(b)					Q. B 1(a)(d)	Q. B 2	14.5
2.2 Vegetarian/Vegan Diets		Q. B2 (a) (b)				Q. B 2		Q. 5				Q. 5			Q. B 1(b)			4
2.3 Deficiencies					Q. 3		Q. 4		Q. B1 (c)		Q. 3		Q. 3			Q. 3		3.5
2.4 Fibre Diet	Q. 6							Q. B1										1.5
2.5 Energy					Q. 4					Q. 4		Q. B 1(c)		Q. 4				2.5
2.6 Diabetes					Q. 8								Q. B 2(a)		Q. 3			2
<b>3. Food Science and Nutrition</b>																		
3.1 Protein		Q. 3 Q. B2 (b)	Q. 1, 8	Q. B2(b)(c)		Q. B 2(c)	Q. 1	Q. 1, 5	Q. 1	Q. B 1(c)(d)	Q. 1		Q. 4, B1 (b)	Q. 1		Q. 1	Q. 1	9
3.2 Carbohydrates	Q. 2	Q. 2	Q. 5	Q. 1, Q. B 2(c)		Q. 1	Q. 2, B1	Q. 1(a)(b)(c)	Q. 2	Q. 1		Q. B 1(b)	Q. 1	Q. 2	Q. 1		Q. 2, B1(a)(b)	9.5
3.3 Fat	Q. 1	Q. 4	Q. 2	Q. 3	Q. 1	Q. B1 (b)(c)(d)		Q. 2	Q. 4	Q. 2	Q. 2, B1 (c)(d)	Q. 2				Q. B 1(b)(c)	Q. 8	8
3.4 Vitamins	Q. B1 (c)	Q. B1 (c)	Q. 3	Q. 4	Q. 2	Q. 2	Q. B2 (c)	Q. B 2(c)			Q. 3	Q. B 1(c)	Q. 2, 5			Q. B 3(c)		9
3.5 Minerals	Q. B1 (a)(b)	Q. 1	Q. B1(c)(d)		Q. 3			Q. 4	Q. B 1(b)	Q. 3		Q. 1	Q. 3	Q. 3, B 1(b)(c)	Q. 2	Q. 2	Q. 3, B1 (c)	8.5
<b>4. Food Industry and Packaging</b>																		
4.1 Sensory Analysis Testing	Q. 8						Q. B 3		Q. 6		Q. B2(b)				Q. 8		Q. B 3	4.5
4.2 Milk Preserving Processes							Q. 8					Q. B 1(c)			Q. 5	Q. 4		2.5
4.3 Cheese Making							Q. B2(b)						Q. 5					1.5
4.4 Yoghurt Making																		
4.5 Processed Food	Q. B3 (b) (c)	Q. 5, 7, 9			Q. B 1	Q. 6, B 3(a)	Q. 5, 7	Q. 3, 6		Q. 7			Q. B 3(b)		Q. 6, B 2(b)		Q. B 1(d)	9
4.6 Speciality Foods							Q. 2(c)					Q. 4	Q. B1(d)	Q. B 2(a)				4
4.7 Food Legislation	Q. B2 (c)	Q. B2 (d)		Q. B 3(c)		Q. B 3(c)	Q. 3			Q. 5		Q. B 3(c)	Q. B 3(c)			Q. B 2(c)		7
4.8 Irish Food Industry			Q. B1 (b)	Q. 5								Q. B1(a)		Q. B 1(a)	Q. B 2(a)		Q. 7	4.5
<b>5. Food Spoilage and Safety</b>																		
5.1 Additives				Q. 8		Q. B3(b)(c)						Q. 3	Q. 11, B2 (b)(c)	Q. 10		Q. 7		4
5.2 Food Poisoning Bacteria	Q. 3		Q. B3 (c)		Q. B 3	Q. 8	Q. 6	Q. 7	Q. B 3(a)(b)	Q. B3(c)	Q. 5	Q. 5	Q. 8		Q. B 3(c)		Q. 5	7.5
5.3 Micro Organisms in Production		Q. B3 (b) (c)							Q. B 3(c)	Q. 8							Q. 6	3
5.4 Safe Food Practices	Q. 9	Q. 6	Q. B3 (a)	Q. B 3	Q. B 3							Q. B 3(a)					Q. B 3(a)(c)	4
5.5 HACCP			Q. B3 (b)					Q. 8		Q. B3(a)				Q. 8		Q. B3(b)		3
5.6 Enzymic Food Spoilage	Q. B2 (b)	Q. B3 (a)						Q. 8		Q. B3(a)						Q. B 3(b)		4.5
<b>6. Foods</b>																		
6.1 Meat				Q. 6		Q. 3				Q. B 2			Q. 7	Q. B 1(d)				3.5
6.2 Milk, Cheese, Yoghurt				Q. 7			Q. B 2(a)			Q. 6	Q. 5		Q. B1(a)					3.5
6.3 Fish	Q. B2 (a)(b)	Q. 8			Q. 5			Q. B2(a)(b)						Q. B 2(a)(b)				4
6.4 Cereal				Q. B 2					Q. 5, 8		Q. 4						Q. 5	3
6.5 Eggs			Q. B 2		Q. 4				Q. B 2						Q. 4		Q. 4	2.5
6.6 Fruit & Vegetables			Q. 7		Q. B 2							Q. B 2(a)(b)				Q. B 2(a)		3
<b>7. Meal Planning and Preparation</b>																		
7.1 Soups and Sauces	Q. 5								Q. 7					Q. 6				1.5
7.2 Heat Transfer Methods						Q. 7						Q. 6						1
7.3 Cooking Methods	Q. 7	Q. 8 Q. B1 (b)	Q. 9		Q. 2					Q. B 3(b)		Q. 6		Q. B 2(b)			Q. 6	5
7.4 Food Preservation			Q. 6	Q. B 2(b)				Q. B 3(a)(b)		Q. B 2(c)	Q. 7, B 3(c)	Q. B 3(b)	Q. 5	Q. B 3(a)		Q. B 2(b)(c)		7.5
<b>8. The Family</b>																		
8.1 Resource Management	Q. 10		Q. B4				Q. 9		Q. 9		Q. B 4		Q. 9		Q. 9			4.5
8.2 History of Family Development	Q. B5 (a)			Q. B 5(a)						Q. B 5(a)						Q. B 5(a)		4
8.3 Family Structures & Functions	Q. B1 (d), B4 (a) B5 (b)	Q. B5 (b)	Q. B5	Q. B 5(b)	Q. 5 B					Q. B5(b)(c)	Q. 5(a)(b)		Q. B5	Q. B 5(a)		Q. B 5(b)(c)		11.5
8.4 Family Law		Q. B5 (c)			Q. 5(c)						Q. B 5(c)	Q. B5(a)(c)		Q. B 5(b)			Q. B 5	5.5
8.5 Family As A Caring Unit			Q. B5	Q. B 5(c)		Q. B5 (a)(b)		Q. B 5				Q. B5 (a)(b)		Q. B 5 (b)			Q. B 5	7
8.6 Marriage	Q. B5 (c)	Q. B5 (a)				Q. 5		Q. 5							Q. B 5			5
<b>9. Household Finances</b>																		
9.1 Saving	Q. 13					Q. 11			Q. B 4(c)					Q. B 4(b)				3
9.2 Income & Expenditure						Q. 12	Q. 11	Q. 10	Q. 10				Q. 10		Q. 11			3
9.3 Tax and Insurance		Q. 10, 12					Q. 10			Q. 9		Q. 10						2.5
9.4 Housing & Mortgages	Q. 12	Q. B4 (a) (b)		Q. 11						Q. 10		Q. B 4	Q. 11			Q. 11, B 4	Q. 11	6.5
9.5 Household Budget	Q. B1 (d)		Q. 4(c)		Q. B 4		Q. B 4		Q. 10, B 4(a)(b)	Q. B1(b)	Q. 12		Q. B 4	Q. B 4(a)(c)				7.5
<b>10. Household Appliances</b>																		
10.1 Technology In The Home				Q. B 4(a)		Q. B 4(a)										Q. B 4(a)		3
10.2 The Microwave				Q. 10						Q. B 4(b)					Q. B 4(b)	Q. 9		2
10.3 The Fridge			Q. 10			Q. B 4(b)			Q. 11		Q. 9			Q. 9	Q. B 4(b)		Q. B 4	5
<b>11. The Environment</b>																		
	Q. 11			Q. B 4(b)	Q. 11 & 12	Q. B 4(c)		Q. 12, B 3(c)		Q. 12, B 4(c)		Q. 12		Q. B 3(b)	Q. 12		Q. 9	7
<b>12. Textiles</b>																		
		Q. 13		Q. 10		Q. 9		Q. 11		Q. 11	Q. 11			Q. 10			Q. 10	4

**Insights**

- Healthy eating diets comes up every year in the compulsory long question, so be sure to study this well
- Protein did not make an appearance on 2023's paper and so this may be likely to come up next year.
- Family structure and function has come up the past 5 years as a long question and so this may be a topic to look into.
- Meat, dairy, cereals, fruit & vegetables and eggs have not made an appearance in the past few years, these could be possible questions linking in with nutrition.
- Household appliances are due to come up as either a long question or a short question.

**KEY :**  
 Long Question = 1  
 Short Question = 0.5