

Exam Question	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009	2008	2007	FREQUENCY
1. Consumer Studies																			
1.1 Advertising and Spending	Q. B4 (a) (b)	Q. B4 (b) (c)		Q. 11, 12	Q. 12		Q. 10			Q. 12	Q. B4(a)	Q. 10	Q. B1(d)	Q. B3(a)		Q. 10	Q. B1(d)		11.5
1.2 Consumer Acts	Q. B4 (c)	Q. 14	Q. B4 (c)		Q. B4(c)	Q. 8		Q. 12	Q. B4(c)				Q. 9	Q. B3(c)	Q. 11, B3(c)	Q. B4 (c)	Q. 12	Q. 12	10.5
1.3 Labels and Logos			Q. 14		Q. 3		Q. 5, B1(e)		Q. 11, B3(c)			Q. B1(c)		Q. 12	Q. 12		Q. 8		7
1.4 Consumer Research	Q. 11	Q. B4 (c)	Q. 11	Q. 14		Q. 12			Q. 9, B4(a)(b)				Q. 11			Q. 9	Q. 10		7
2. Diet & Health																			
2.1 Healthy Eating Diets	Q. B1 (a)(d) Q. B2 (a) Q. B3 (a)	Q. 4, Q. B1 (a) (d) B2 (a)	Q. B1 (a) (b) (d)	Q. 4, B1 (a)(b)	Q. 2 & Q. B1(a)(d)	Q. 2 & Q. B1	Q. B1 (a)	Q. B1 (a)	Q. B1 (a)	Q. B1 (d)	Q. B1 (c)	Q. B1 (b)					Q. B1(a)(d)	Q. B2	26
2.2 Vegetarian/Vegan Diets	Q. 5		Q. B2 (a) (b)				Q. B2		Q. 5				Q. 5				Q. B1(b)		5.5
2.3 Deficiencies	Q. 4					Q. 3		Q. 4		Q. B1 (c)			Q. 3		Q. 3			Q. 3	4
2.4 Fibre Diet		Q. 6							Q. B1										1.5
2.5 Energy							Q. 4			Q. 4			Q. B3 (c)		Q. 4				2.5
2.6 Diabetes						Q. 5								Q. B2(a)		Q. 3			2
3. Food Science and Nutrition																			
3.1 Protein	Q. 1, Q. 5		Q. 3 Q. B2 (b)	Q. 1, 8	Q. B2(b)(c)		Q. B2(c)	Q. 1	Q. 1, 5	Q. 1	Q. B1(c)(d)	Q. 1		Q. 4, B1 (b)	Q. 1		Q. 1	Q. 1	14
3.2 Carbohydrates	Q. B1 (b)(c)	Q. 2	Q. 2	Q. 3	Q. 1, Q. B2(c)		Q. 1	Q. 2, B1	Q. 1(a)(b)(c)	Q. 2	Q. 1		Q. B1(b)	Q. 1	Q. 2	Q. 1		Q. 2, B1(a)(b)	16
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. B1(b)(c)	Q. 5	12.5
3.4 Vitamins	Q. 1, B2 (b)	Q. B1 (c)	Q. B1 (c)	Q. 3	Q. 4	Q. 2	Q. 2	Q. B2 (c)	Q. B2 (c)			Q. 3	Q. B1 (c)	Q. 2, 5		Q. B1 (c)			10.5
3.5 Minerals	Q. 3	Q. B1 (a)(b)	Q. 1	Q. B1 (c)(d)		Q. 3			Q. 4	Q. B1 (b)	Q. 3		Q. 1	Q. 3	Q. 3, B1 (b)(c)	Q. 2	Q. 2	Q. 3, B1 (c)	13.5
4. Food Industry and Packaging																			
4.1 Sensory Analysis Testing		Q. 8						Q. B3		Q. 6		Q. B2(b)				Q. 8		Q. B3	4.5
4.2 Milk Preserving Processes								Q. 8						Q. B1 (c)		Q. 5	Q. 4		2.5
4.3 Cheese Making	Q. 6							Q. B2(b)							Q. 5				1.5
4.4 Yoghurt Making	Q. B3 (b)																		1
4.5 Processed Food	Q. 9 Q. B (c)	Q. B3 (b) (c)	Q. 5, 7, 9			Q. B1	Q. 6, B3(a)	Q. 5, 7	Q. 3, 6		Q. 7			Q. B3(b)		Q. 6, B2(b)		Q. B1 (d)	13.5
4.6 Speciality Foods								Q. 2(c)					Q. 4	Q. B1 (d)	Q. B2 (a)				4
4.7 Food Legislation	Q. B3 (c)	Q. B2 (c)	Q. B2 (d)		Q. B3 (c)		Q. B3 (c)	Q. 3			Q. 5		Q. B3 (c)	Q. B3 (c)		Q. B2 (c)			8.5
4.8 Irish Food Industry				Q. B1 (b)	Q. 5								Q. B1 (a)		Q. B1 (a)	Q. B2 (a)		Q. 7	4.5
5. Food Spoilage and Safety																			
5.1 Additives					Q. 8		Q. B3 (b)(c)						Q. 3	Q. 11, B2 (b)(c)	Q. 10		Q. 7		6.5
5.2 Food Poisoning Bacteria	Q. 8	Q. 3		Q. B3 (c)		Q. B3	Q. 8	Q. 6	Q. 7	Q. B3 (a)(b)	Q. B3 (c)	Q. 8	Q. 8	Q. 8		Q. B3 (c)		Q. 5	10
5.3 Micro Organisms in Production			Q. B3 (b) (c)							Q. B3 (c)	Q. 8							Q. 6	4
5.4 Safe Food Practices	Q. 7	Q. 9	Q. 6	Q. B3 (a)	Q. B3	Q. B3							Q. B3 (a)					Q. B3 (a)(c)	7.5
5.5 HACCP				Q. B3 (b)					Q. 8		Q. B3 (a)				Q. 8		Q. B3 (b)		4
5.6 Enzymic Food Spoilage		Q. B2 (b)	Q. B3 (a)							Q. 8		Q. B3 (a)				Q. B3 (b)			4.5
6. Foods																			
6.1 Meat					Q. 6		Q. 3				Q. B2			Q. 7	Q. B1 (d)				3.5
6.2 Milk, Cheese, Yoghurt					Q. 7			Q. B2 (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. B2 (a)(b)				6
6.4 Cereal					Q. B2					Q. 5, 8		Q. 4					Q. 5		3
6.5 Eggs				Q. B2		Q. 4				Q. B2						Q. 4		Q. 4	3.5
6.6 Fruit & Vegetables			Q. 7			Q. B2							Q. B2 (a)(b)				Q. B2 (a)		4.5
7. Meal Planning and Preparation																			
7.1 Soups and Sauces		Q. 5								Q. 7					Q. 5				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. B3 (b)		Q. 6		Q. B2 (b)			Q. 6	6
7.4 Food Preservation				Q. 6	Q. B2 (b)				Q. B3 (a)(b)		Q. B2 (c)	Q. 7, B3 (c)	Q. B3 (b)	Q. 5	Q. B3 (a)		Q. B2 (b)(c)		11.5
8. The Family																			
8.1 Resource Management		Q. 10		Q. B4				Q. 9		Q. 9		Q. B4		Q. 9		Q. 9			4.5
8.2 History of Family Development		Q. B5 (a)			Q. B5 (a)						Q. B5 (a)						Q. B5 (a)		4
8.3 Family Structures & Functions	Q. B5 (b)	Q. B1 (d), B4 (a) B5 (b)	Q. B5 (b)	Q. B5	Q. B5 (b)	Q. 5 B					Q. B5 (b)(c)	Q. 5 (a)(b)		Q. B5	Q. B5 (a)		Q. B5 (b)(c)		16
8.4 Family Law			Q. B5 (c)				Q. 5 (c)					Q. B5 (c)	Q. B5 (a)(c)		Q. B5 (c)			Q. B5	7
8.5 Family As A Caring Unit	Q. B5 (a) (c)			Q. B5	Q. B5 (c)		Q. B5 (a)(b)		Q. B5				Q. B5 (a)(b)		Q. B5 (b)			Q. B5	11
8.6 Marriage		Q. B5 (c)	Q. B5 (a)				Q. 5			Q. 5						Q. B5			5
9. Household Finances																			
9.1 Saving		Q. 13					Q. 11			Q. B4 (c)					Q. B4 (b)				3
9.2 Income & Expenditure	Q. 10						Q. 12	Q. 11	Q. 10	Q. 10				Q. 10		Q. 11			3.5
9.3 Tax and Insurance			Q. 10, 12					Q. 10			Q. 9		Q. 10						2.5
9.4 Housing & Mortgages	Q. 13	Q. 12	Q. B4 (a) (b)		Q. 11						Q. 10		Q. B4	Q. 11			Q. 11, B4	Q. 11	7.5
9.5 Household Budget		Q. B1 (d)		Q. 4(c)		Q. B4		Q. B4		Q. 10, B4 (a)(b)	Q. B1 (b)	Q. 12		Q. B4	Q. B4 (a)(c)				11
10. Household Appliances																			
10.1 Technology In The Home					Q. B4 (a)		Q. B4 (a)										Q. B4 (a)		3
10.2 The Microwave					Q. 10						Q. B4 (b)					Q. B4 (b)	Q. 9		3
10.3 The Fridge	Q. 12			Q. 10			Q. B4 (b)			Q. 11		Q. 9			Q. 9	Q. B4 (b)		Q. B4	5.5
11. The Environment																			
11.1 The Environment	Q. 14	Q. 11			Q. B4 (b)	Q. 11, 12	Q. B4 (c)		Q. 12, B3 (c)		Q. 1, 5		Q. 12		Q. B3 (b)	Q. 12		Q. 9	9
12. Textiles																			
12.1 Textiles			Q. 13		Q. 10		Q. 9		Q. 11		Q. 11	Q. 11			Q. 10			Q. 10	4

Insights

- Predictions can be very useful insights to direct your study in the last few weeks before your exams, however, especially with home economics, they should never be taken as a guarantee.
- Almost every year we see healthy eating habits come up as a component of the compulsory question, this is an area to be very familiar with.
- Fat has not been part of a long question in recent years and so may come up as part of question 1 in section B.
- Being very familiar with all sections of food science and nutrition will come in handy when answering questions as this allows you to develop and expand your answers and achieve the marks you deserve.
- Foods did not make an appearance in last years paper, and comparing recent years to previous years, this may be due a come back as either a long or short question.
- Family structures and functions has been featured in long questions for the past 6 years, this may come up again.

KEY:

- Long Question = 1
- Short Question = 0.5