

Food, families, fixtures and

From menus and marriage law, to consumer rights and planning regulations, there is a huge amount of ground to cover in Sections B and C

SECTION B – Menu Planning

Menus may be asked as part of question one, or may be included in question two or three. Draw the framework of your menu beforehand, including a column with the different servings from the food pyramid (see below).

Give a brief introduction to your menu

(i) State the nature of the disorder or give the main dietary requirements of the person mentioned in the question.

(ii) List some foods that should be avoided from the menu.

(iii) List some foods that should be included.

Write out the menu under the headings breakfast, lunch, dinner and snacks. Draw a rectangular box around the menu.

◆ Always follow the food pyramid and current dietary guidelines.

◆ The dinner must have two courses (three food groups in the main course, and the fourth food group in the second course, ie starter or dessert).

◆ If a table of foods is given in the question you must include foods from the table or chart (at least four foods).

◆ Students must also remember to stay focused on who the menu is for, eg a coeliac, a diabetic, and include relevant foods.

◆ The food pyramid is different for vegetarians, so learn these differences before the exam.

Sample Menu

Question: Plan a daily menu for a high fibre diet.

Answer

It is important to have adequate fibre in the diet to stimulate peristalsis and prevent bowel problems, such as constipation and diverticulitis. Avoid refined foods, ie white food such as white rice, white bread, biscuits, cakes. Include whole cereals, fruit, vegetables, nuts.

MEAL FOOD GROUPS

Breakfast	
Two weetabix	2 cereal
Natural Yoghurt/Blueberries	1 dairy
Freshly squeezed Orange juice	1 fruit/veg

Lunch	
Chargrilled chicken strips,	1 protein
Wholewheat pitta bread	2 cereal
Lettuce, tomato, cucumber	2 fruit/veg
A mango/pineapple smoothie	1 dairy
Peanuts/raisins (25g)	

Dinner	
Vegetable Stir-Fry	2 fruit/veg
with fillet steak and	1 protein
brown rice	2 cereal
Strawberry/rhubarb crumble	1 dairy

Snacks	
One homemade flapjack	1 cereal
Carrot sticks and hummus	1 fruit/veg

Note: This menu should be accompanied with eight glasses of water.

◆ Always follow current dietary guidelines, even though this menu is specifically “high fibre”. The foods in the menu are also low salt, low fat and low sugar.

Food commodities

Topics include meat, eggs, fish, cheese, milk, yoghurt, fruit, vegetables, cereals, fats/oils. These topics regularly appear on both higher level and ordinary level. Key terms that appear in food commodities questions include: nutritive value; dietetic value; and nutritional value. A suggested approach to answering these key terms would be as follows.

EXAMPLE – MILK

List six nutrients and give the percentage of each nutrient, the type and examples present.

Protein

- ◆ 3.5 per cent protein in milk
- ◆ It has high biological value protein and is high in essential amino acids.
- ◆ Casein, lactalbumin, lactoglobulin are proteins in milk.

Lipids

- ◆ 4 per cent fat in full milk, 2 per cent in low fat milk, 0.02 per cent in skimmed milk.
- ◆ Mainly saturated fatty acids
- ◆ Cholesterol is present

Carbohydrates

- ◆ 4.5 per cent present, disaccharide = lactose

Minerals

- ◆ Calcium and phosphorous are present

- ◆ It lacks iron

Vitamins

- ◆ Vitamins A, D, E and K are present in whole milk, B carotene is in milk. It lacks vitamin C.

Water

- ◆ 83 per cent in whole milk, 90 per cent in skimmed milk

Dietetic Value

Give five points and ask the following questions:

- ◆ What groups of people should include this food in their diet and why?
- ◆ Who should avoid this food and why?
- ◆ Are there any nutrients missing from this food and how can they be compensated for?

Answer

◆ Milk is suitable for children for the calcification process due to the presence of calcium and phosphorous.

◆ Milk is essential for growth due to the presence of proteins in it, which makes it suitable for teenagers and pregnant women.

◆ Low-fat milks should be given to people with heart problems because it contains less cholesterol.

◆ Milk should be served with foods rich in iron and vitamin C.

◆ Older people and convalescents find milk easy to digest as lipid is a fine emulsion.

Protein

- ◆ 3.5 per cent protein in milk. This is high biological value protein eg casein, lactalbumin.
- ◆ Suitable for growing children and teenagers.

Lipids

- ◆ 4 per cent lipid in whole milk, 2 per cent in low-fat milk.
- ◆ Mainly saturated fatty acids present.
- ◆ Skimmed milk (fat free) should be given to those with heart problems.

Carbohydrates

- ◆ 4.5 per cent carbohydrates in milk in the form of disaccharide lactose.
- ◆ Supplies energy for all people.

Minerals

Calcium and phosphorous are present for calcification

Vitamins

- ◆ Vitamin A for growth
- ◆ Vitamin D for calcium absorption

SOCIAL STUDIES

There is a possibility that one of the four 50-mark questions in Section B will be on the core area of social studies. A trend appears to be developing.

The following is an answer to the sample social studies question from the Department of Education.

Answer

(a) Number of partners in Ireland: Monogamy is a legal condition of marriage. A person can only be married to one person at a time (one man and one woman). A person is a bigamist if they marry more than one person at the time they are still married to someone else. Polygamy exists in other countries where a person can have more than one spouse.

(i) Polygyny – one man and many wives, for example, Muslims can have up to four wives.

(ii) Polyandry – one woman and many husbands, for example, the Todas tribe in southern India.

Age at time of marriage: In Ireland, a person must be at least 18 years old before they can legally marry. In other countries, such as in tribes in South Africa, marriage is allowed when the girl and boy reach puberty.

Choice of partner: In Ireland, people choose their partners of their own free will. They marry for “love”. In some cultures, endogamy is required. This is where people must marry within their religion, race or social class, for example the caste system in India. Also, in Hindu culture, betrothal of children at a young age (pre-puberty) is common.

(b) Both partners must be of the opposite sex (one man, one woman). Same-sex marriages are not allowed in the Irish Republic. Both people must be at least 18 years old according to the Family Law Act 1995. Three months notice must be given in writing to the County Registrar of the couple’s intention to marry. This applies to church and civil ceremonies.

Marriage must be voluntary – it must be of the partners’ own free will. If anyone is married under duress, the marriage can be annulled.

(c)

Marriage confers the following rights and responsibilities on each spouse.



You’ll need to know your onions when it comes to food and menu
Photographs: Alan Betson, Frank Miller, Cyril Byrne

- ◆ The right to each other’s company ie to live together as man and wife.
- ◆ The right to equal guardianship of children.
- ◆ The duty to maintain each other.
- ◆ The right to part of each other’s estate.
- ◆ The right to be consulted and to have your written consent before the family home is sold.
- ◆ The duty to rear children with due regard to their physical, social and moral welfare.

(d) (i) Importance of making a will

- ◆ Reduces the payment of inheritance tax by those who inherit your estate.
 - ◆ Protects your family business, ensuring its survival for the next generation.
 - ◆ Prevents unpleasant family rows over the distribution of your estate.
 - ◆ Instructions can be left for the disposal of your body.
 - ◆ Ensures that persons you have named receive the share of your estate you want them to receive.
- (ii) **Procedure of making a will**
- ◆ List your assets (actual and potential).
 - ◆ Decide how you want your estate to be distributed.
 - ◆ Choose an executor (ideally two executors).
 - ◆ The will must be witnessed by two people.
 - ◆ Seek professional advice about taxes.
 - ◆ If you have underage children, name a guardian.

CONSUMER STUDIES/RESOURCE MANAGEMENT

Another trend has appeared over the past three years. Consumer studies/resource management topics have appeared on at least one of the four 50 mark questions in Section B.

Consumer studies is made up of three chapters: consumer choice; consumer responsibility; and consumer protection.

Resource management is made up of finance topics, textiles, household technology, housing issues and family resource management.

Sample question on consumer studies

See Q4, 2004

Answer

(a) Varying household income

The amount of disposable income available will vary between different families.

Those on a limited income will have less money to spend on luxury items.