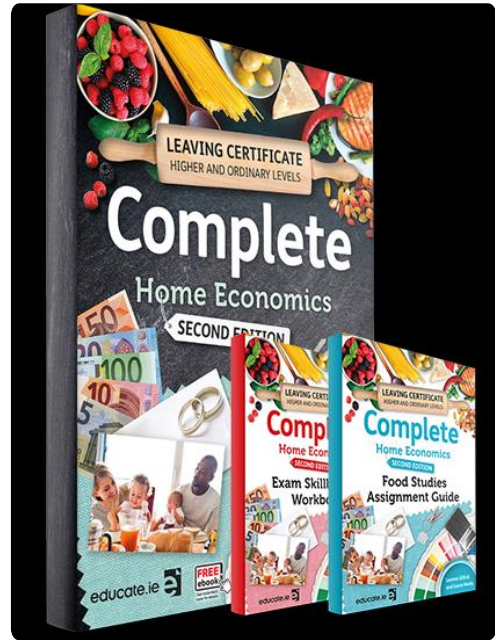


Home Economics



Home Economics Leaving Certificate Course Content

— Areas covered

1. Food Studies
2. Resource Management & Consumer Studies
3. Social Studies - Family in society
4. Elective - Social Studies (Study of society)



Home Economics

Leaving Certificate Course Content



What you will learn about...

- ☀ All the nutrients in detail, their functions, sources, effects of deficiencies. Meal planning and special diets.
- ☀ Food groups: Fruit & veg, dairy, wholegrain products, meat, fish & eggs.
- ☀ Will practice some cookery skills, but there is a LOT LESS practical classes compared to Junior Cycle Home Economics. There is no cookery exam.
- ☀ Processing and packaging of food.
- ☀ Irish Food Industry.
- ☀ Food micro-biology.
- ☀ Managing a household - budgets, state benefits, consumer laws.
- ☀ Household technology.
- ☀ The family in society.
- ☀ The effect of work, unemployment, education and leisure on the family in society.



Home Economics Leaving Certificate Exam



Exam breakdown

Part 1:

Written exam

= 80%

Part 2:

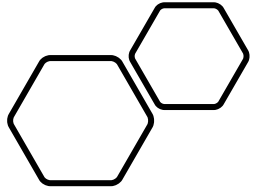
-Coursework, must complete 4 written journals based on cookery tasks completed in class during 5th year, and finished in October of 6th year. The coursework is completed and posted to the SEC.

= 20%
100%

- ✓ Exam 80%
- ✓ Coursework = 20% of LCert HL & OL



Is Home Economics for me?



You enjoyed Home Ec for your Junior Cert

You're prepared to work hard on homework and in exams

Enjoy learning about society and the role of the family

Have an interest in Food studies

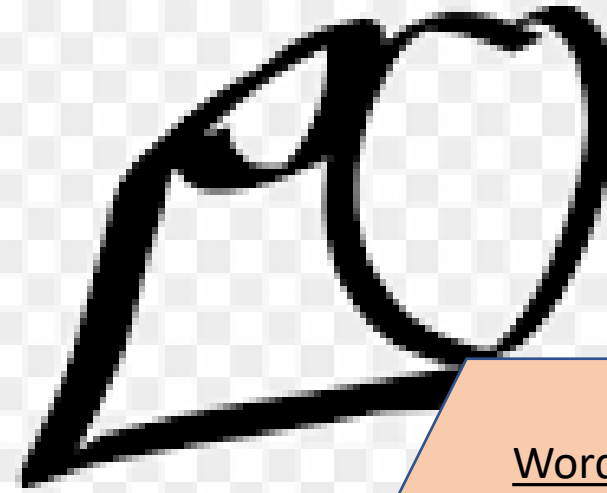
Would like to know more about the Irish food industry

You are interested in learning about how food is processed and packaged

Learn about Family Resource Management



Why should I consider Home Economics as a Leaving Cert option?



Words from a 6th yr student:

I've learnt a lot of stuff that will help guide me in the future for example in home cooking and nutrition. I'm happy I learnt about nutrition as I want to be a personal trainer and for that job you must know nutrition inside and out.

Thoughts of a 6th yr:

You get to learn about your health and nutrition as well as appliances such as the microwave which may help you at home or in the future. You also learn about your rights as an employee which may also help you in the future.





A few Possible Career options...

- Nutritionist
- Dietitian
- Nursing
- Micro-biologist
- Home Economics Teaching
- Health care assistant
- Culinary Arts
- Personal Trainer
- Fitness instructor
- Food product Development
- Food Business
- Food blogger
- Social Care Worker
- Social sciences
- Hotel and Catering
- Hospitality Industry
- Food Science

Doing HEc is a good choice. If you do, make sure to keep on top of your work and study as it helps pay off in exams.

There is a bit of everything in the course but about half the course is food studies, so bear that in mind.

I would definitely consider picking it if you are interested in the science of food

Don't pick it if you just want to cook or bake things as it's not about that in senior cycle

Student voice: Advice from 6th years

20% of your final grade will be based on a coursework journal. This can be a bit of a pain but it does allow you to go into the written exam with 20% already done.

Home Ec is a great subject to pick, as you do not only learn information for your leaving cert, but learn things that will help you outside of school

Definitely consider as it is unique from other subjects as the content you are learning will benefit you outside of school and in life. It is also very interesting.



Over to YOU...

If you would like more information please ask one of the Home Ec teachers in school, you will find us in Rm 38 or Rm39 or you can send us an email at any time.

We would be happy to answer any questions about the subject.

Thank you for taking time to consider this subject as an option for your Leaving Certificate.

