

# LIFE SKILLS

Leaving Certificate Home Economics | Newsletter | Spring 2020

## FOOD STUDIES ASSIGNMENTS 2021

- **Tips for writing up the new electronic journals:**  
Black or blue pen only, no gel pens, pencil for diagrams only, keep within the margins, no Tippex, no coloured pen or highlighter.
- **Focus on Assignment 3:** Select either a wok or a steamer, and include in the investigation:
  - The different types available
  - Reasons for its popularity
  - The key points necessary for successful use of the equipment
  - Foods/dishes that can be cooked using this item of equipment (include chosen dish)
  - Sources of information × 2

**Useful links:** [www.wokowner.com](http://www.wokowner.com) or <https://www.bbcgoodfood.com/review/best-steamers>



## CLASSROOM ENGAGEMENT

### QR codes

A QR code works in the same way as a barcode at the supermarket. A machine-scannable image can instantly be read using a smartphone camera.

Teachers can use QR codes to give students direct access to a website, a link, a video, a podcast, etc. It reduces the amount of time spent searching the internet for information. Students can access the web page or link at home or in school once they have the QR code.

Making a QR code is easy:

1. Select the link you wish to copy.
2. Search for a free QR code generator such as QR Code Monkey.
3. Follow the instructions.
4. Scan this QR code to see how easy it is!



## EXAM TIP

### Preparation for Section B, Q. 1 part (d)/(e)



Q. 1 in Section B of the exam paper is **compulsory**.

Generally, Q. 1 part (d) or (e) is worth **20 marks** (5 points @ 4 marks each).

Develop each point and use the **SEE** approach (**S**tate, **E**xplain & give **E**xample). State the point with a brief explanation, and give an example if possible.

Past topics:

- 2019: Food packaging
- 2018/2013/2005: Food labelling
- 2017: Strategies to reduce sugar consumption
- 2016: Healthy balanced lifestyle and good dietary practices
- 2015: Role of parents in shaping their children's food choices
- 2014: Low-cost protein foods
- 2012 Contemporary trends in shopping
- 2011 Growing popularity of foods produced by small businesses
- 2010 Factors affecting consumers' decisions to purchase meat & meat products
- 2009 Food manufacturers and consumers with specific dietary requirements

## VIDEO OF THE MONTH

### Diabetes Overview Ireland

This is a video on diabetes describing its prevalence in Ireland, health complications associated with it, its causes, the different types of diabetes, risk factors for developing diabetes, as well as symptoms and treatment.

**Useful link:** [www.diabetes.ie](http://www.diabetes.ie)

**Reference:** *Life Skills*, Chapter 2, pages 69–70



## UPDATED INFORMATION

### Family Law Act 2019

The Family Law Act 2019 amends existing laws in relation to divorce in Ireland:

- It amends Section 5 of the Family Law (Divorce) Act 1996 to reduce the minimum 'living apart' period specified in that Act to two years during the previous three years. It had previously been four years during the previous five years.
- The new Act gives statutory certainty to the interpretation by the Irish courts of the requirement for spouses to have lived apart for specified periods in order to be eligible to apply for judicial separation or divorce.

**Useful links:** <https://www.youtube.com/watch?v=JuRQ-ZfdoFA#action=share>

