

Year 9 Home Economics REVISION CHECKLIST

Summer examination

As you begin your revision, complete this honestly to help you see where your priorities should lie for your revision. The target is eventually to get all your ticks in the left hand column.

I CAN:	☺	☹
Understand the different types/forms of fruit and vegetables.		
Describe the nutrients found in fruit and vegetables.		
List rich sources of vitamin C.		
Describe the functions (job) of vitamin C.		
List the symptoms of scurvy.		
Know the benefits of eating breakfast.		
Know how to store potatoes correctly.		
List ways of serving potatoes.		
Describe how to cook rice.		
Identify other starchy carbohydrate foods.		
Know why we need to eat iron.		
List sources of iron.		
Explain the difference between haem and non-haem iron.		
Describe what iron deficiency anaemia is.		
List signs and symptoms of iron deficiency anaemia.		
List symptoms of food poisoning.		
Know the four conditions required for the growth of bacteria.		
Understand how to prevent food poisoning.		
Understand why some people waste food.		
Describe how to reduce food waste.		
Identify foods in the beans, pulses, fish, eggs, meat and other proteins food group.		
Describe how to make healthier choices when eating fish and meat.		

