



## Year 10 Home Economics REVISION CHECKLIST

*Summer Test- Unit 1 Pregnancy, baby and toddler, Unit 2 Young Children and Unit 3 Adolescents (pages 1-10) only*

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.

<b>I CAN:</b>		
Tell the difference between physical, intellectual, emotional and social needs		
Outline the nutritional needs of a pregnant woman		
Identify foods that a pregnant woman should avoid eating		
Explain the advantages and disadvantages of breast feeding		
Identify what is meant by weaning and suitable foods		
Identify the difference between food allergies and food intolerances		
Describe what is meant by the term 'fussy eaters'		
Identify ways to prevent 'fussy eating'		
Explain reasons for childhood obesity		
Evaluate the suitability of meals for individuals		
Explain the specific nutritional needs of adolescents		
Identify different types of vegetarians		
Explain the reasons for choosing a vegetarian diet		