



CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

YEAR 10: HOME ECONOMICS

Summer 2026

Your Summer Examination will assess your knowledge and understanding of the topics listed (below).

Use this checklist to help you with your revision and identify any gaps in your knowledge.

I can:	✓	x
1. Tell the difference between physical, intellectual, emotional and social needs		
2. Outline the nutritional needs of a pregnant woman		
3. Identify foods that a pregnant woman should avoid eating		
4. Explain the advantages and disadvantages of breast feeding		
5. Identify what is meant by weaning and suitable foods for weaning		
6. Identify the difference between food allergies and food intolerances		
7. Identify ways to prevent 'fussy eating'		
8. Explain reasons for childhood obesity		
9. Evaluate the suitability of meals for individuals		
10. Explain the specific nutritional needs of adolescents		
11. Identify different types of vegetarians		
12. Explain the reasons for choosing a vegetarian diet		