



CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

YEAR 8: 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 kitchen hygiene and personal hygiene.		
2. Identify personal hygiene rules to observe when preparing food.		
3. Explain the term 'cross-contamination'		
4. Suggest ways to avoid home accidents.		
5. Explain how to treat minor accidents (cuts and burns).		
6. State kitchen safety rules.		
7. State the functions of food.		
8. Describe the 5 different food groups of the eatwell guide.		
9. State sources of fat in the diet.		
10. Explain why some fat is needed in our diet.		
11. Suggest ways of reducing fat intake.		
12. State ways of reducing sugar intake.		
13. List sources of dietary fibre.		
14. Suggest ways of increasing dietary fibre intake.		
15. Describe why we need to eat more fibre.		
16. Identify health related conditions associated with eating too much sugar, fat and salt and from eating too little dietary fibre.		
17. Adapt recipes to make them more healthy.		
18. Identify information that must be included within food labels.		
19. Explain the difference between 'use by' and 'best before' date marks.		
20. Describe the functions and sources of protein, fat and carbohydrates.		
21. Describe the functions and sources of vitamins C and D, calcium and iron.		