



YEAR 9 Home Economics REVISION CHECKLIST Winter

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:		
Name examples of foods in the fruit and vegetables food group.		
Identify the benefits of eating five portions of fruit and vegetables a day.		
Describe what makes a portion of fruit/vegetables.		
Discuss the nutritional value of fruit and vegetables.		
Write down the chemical name for vitamin C.		
Explain the functions, sources and deficiency of vitamin C.		
Describe how vitamin C can be retained when storing, preparing and cooking food.		
Understand what is meant by food provenance.		
Identify foods in the potatoes, bread, rice and pasta food group.		
Identify the nutrients found in the potatoes etc food group		
Write down the function of nutrients found in the potatoes etc. food group.		
Explain what should be in a healthy lunch box.		
Know examples of shapes of pasta and how pasta is cooked.		
Know facts about bread, rice and potatoes.		
Describe the benefits of eating breakfast.		
Write down safety and hygiene rules to observe in the kitchen.		