CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

YEAR 10: Home Economics

Winter 2026

Your Winter 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:	✓	✗
1. Tell the difference between physical, intellectual, social and emotional needs.		
2. Explain the functions and sources of the different nutrients that are important during pregnancy.		
3. Explain why some foods should be avoided when pregnant.		
4. Outline the advantages and disadvantages of breast feeding.		
5. Outline the advantages and disadvantages of bottle feeding.		
6. Understand the term 'weaning' and know why it should not be introduced too early.		
7. Suggest suitable foods for a baby who is being weaned.		
8. Explain why certain foods should be avoided when weaning.		
9. Discuss the nutritional needs of young children.		
10. Suggest factors to consider when planning meals for young children.		
11. Explain how to encourage the development of healthy teeth.		