CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

YEAR 8: 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. Describe the routine for washing up in Home Economics.		
2. Write down hygiene rules to follow when preparing food in the kitchen.		
3. Explain how accidents in the kitchen may be avoided.		
4. Describe how to treat minor accidents.		
5. Tell the difference between a burn and a scald.		
6. Identify and state the use of small equipment used in the kitchen.		
7. Name the 3 parts of a cooker and state their use.		
8. List factors to consider when choosing a cooker.		
9. Write down safety rules to follow when using the hob of a cooker.		
10. Recognise the types of scales used to weigh food.		
11. Identify units of measurement.		
12. Identify food preparation and cooking skills.		
13. Recognise electrical equipment used to prepare and cook food.		
14. Identify safety hazards in the kitchen.		