CAMBRIDGE HOUSE GRAMMAR SCHOOL REVISION CHECKLIST

YEAR 9: 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. Name examples of foods in the fruit and vegetables food group.		
2. Identify the benefits of eating five portions of fruit and vegetables a day.		
3. Describe what makes a portion of fruit/vegetables.		
4. Discuss the nutritional value of fruit and vegetables.		
5. Write down the chemical name for vitamin C.		
6. Explain the functions, sources and deficiency of vitamin C.		
7. Describe how vitamin C can be retained when storing, preparing and cooking food.		
8. Identify foods in the potatoes, bread, rice and pasta etc food group.		
9. Identify the nutrients found in the potatoes, bread etc food group		
10. Write down the function of nutrients found in the potatoes, bread etc food group.		
11. Explain what should be in a healthy lunch box.		
12. Know examples of shapes of pasta and how pasta is cooked.		
13. Know facts about bread.		
14. Explain what is meant by food provenance.		
15. Explain what is meant by food miles.		
16. Know benefits of shopping locally for food.		
17. Write down safety and hygiene rules to observe in the kitchen.		