

Year 8 Home Economics Revision Checklist

I Can:	☺	☹
Identify food practical skills		
Outline the procedure for washing dishes		
List good personal hygiene practices		
Describe bacteria and the conditions for their growth		
Describe the need for safety in the kitchen and identify common types of accidents		
Describe basic first aid procedures		
Identify pieces of kitchen equipment and state their use (including time saving equipment)		
Describe measurements for different spoons		
Recognise colour coding system for chopping boards		
Identify the main parts of the cooker		
Describe the 3 main methods of heat transfer		
Identify the functions and sources of macronutrients		
Identify the functions and sources of micronutrients		
Recognise the role of fibre and water as essential substances in the diet		
Outline areas in the kitchen where specific food can be stored		
Explain the terms perishable, non-perishable, semi-perishable, Best before, Use-by and Star markings		
Outline rules for good food storage		
Recognise appropriate temperatures for the fridge, freezer and danger zone		
Describe factors for good meal planning		
Outline the success criteria for a time plan and construct a time plan		
List the information found on a food label- mandatory and voluntary		
Recognise and describe symbols found on food labels		
Name the groups within the Eat well guide and recognise foods included in each group		

