

## Year 9 Home Economics Revision Checklist

I Can:	☺	☹
Name the food groups in the Eat well guide and identify foods included within each group		
Suggest strategies for including the food groups in meal-planning		
Outline the benefits of including each food group in the diet		
Recognise different methods of heat transfer		
Examine a recipe and identify equipment used, skills demonstrated and suitable accompaniments and garnishes		
Recognise the colour coding system for chopping boards		
List examples of edible nuts and seeds		
Describe vitamin C in relation to its chemical name, solubility and functions		
Explain the benefit of eating whole-wheat cereal products		
Outline what constitutes a portion in relation to fruit and vegetables and cheese		
Identify types of yoghurt and cheese		
Identify types of processed meat		
Identify types of fish		
Outline the benefits of oily fish in the diet		
Describe the term pulses		
Outline uses of eggs in practical cookery		
Identify examples of meat alternatives		
Explain the meaning of saturated fat and omega 3 fatty acids		
Describe the conditions for bacterial growth		
Identify sources and symptoms of salmonella and E coli		
Outline the 4 C's in relation to food poisoning		
Recognise food safety issues when cooking meat		
Describe osteoporosis, dental caries, diabetes, obesity and CHD and explain specific symptoms, causes and prevention		

