Year 10 Home Economics Revision Checklist

Christmas Examination

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| I Can: | 😊 | ☹ |
| Name each of the 5 food groups in the Eatwell Guide and explain its main purpose. |  |  |
| Recognise sources within the 5 food groups and identify recommendations. |  |  |
| Explain what constitutes a portion of oily fish, fruit & vegetables and water. |  |  |
| Identify problems with the diet which may contribute to high blood pressure, constipation and diabetes. |  |  |
| Recognise facts about the macronutrients - proteins, carbohydrates and fats in relation to types, functions, sources, deficiency and excess. |  |  |
| Analyse a recipe in terms of skills, methods of heat transfer, equipment required, nutritional value, aesthetic appeal and suitable modifications. |  |  |
| Recognise facts about the micronutrients – Vitamins and Minerals in relation to types, functions, sources, deficiency and connections. |  |  |
| Recognise facts about the Fibre relation to types, functions, sources and recommended intakes. |  |  |
| Recognise facts about the Water relation to functions, sources, deficiency and recommended intakes. |  |  |
| Describe the nutritional needs of a school aged child. |  |  |
| Suggest ways to prevent fussy eating in children. |  |  |
| Recognise the use of colour coded chopping boards in practical cookery and explain the prevention of cross contamination. |  |  |

Home Economics Department

Ballymena Academy