

## Year 10 Home Economics Revision Checklist



May 2021 Examinations

I Can:	☺	☹
Define nutrition as the study of food and how our bodies use it		
Explain that healthy eating is about eating foods which provide the body with all the nutrients required in the right proportions		
Explain that a balanced diet consists of a range of foods from the 5 food groups		
Name the 5 food groups which make up the Eatwell Guide		
Identify foods which belong in each of the 5 food groups		
Identify which foods groups we should eat most of		
Name conditions which may result from an unbalanced diet		
Identify the effects on health linked to: <ul style="list-style-type: none"> <li>- Too many foods high in fat</li> <li>- Too many foods high in sugar</li> <li>- Too many foods high in salt</li> <li>- Too many foods low in fibre</li> <li>- Too many foods low in vitamins</li> </ul>		
Highlight 5 tips to eat more fruit and vegetables		
Highlight 4 tips to cut down on intake of oils and spreads		
Highlight 3 tips when choosing meat, fish and other sources of protein		
Highlight 2 tips when choosing dairy products		
Highlight 1 tip when choosing starchy foods		
List 7 nutrients needed by the body		
Identify the 2 groups nutrients can be divided into		
Define macronutrients		
Define micronutrients		
List the 3 macronutrients		

List the 2 micronutrients		
Identify 3 functions of fat in the body		
Highlight 2 animal sources of fat		
Highlight 2 plant sources of fat		
Name the type of fat provided by animal sources		
Name the type of fat provided by plant sources		
Identify sources of visible and invisible fat		
Outline 4 ways to eat less fat		
Identify the function of protein in the body		
Highlight plant and animal sources of protein in the diet		
Identify the function of carbohydrate in the body		
Name the 2 forms of carbohydrate and list food sources of each		
Identify 3 functions of Vitamin C		
Name the deficiency disease caused by a lack of Vitamin C		
List food sources of Vitamin C		
Identify the function of Vitamin D		
Name a source of Vitamin D which is not a food		
List food sources of Vitamin D		
Name the deficiency disease caused by a lack of Vitamin D in adults and children		
Identify 3 functions of calcium		
List food sources of calcium		
Identify individuals who need more calcium		
Name the deficiency disease caused by a lack of calcium		
Identify the function of iron		
Name the 2 types of iron		
List food sources of iron		
Name the deficiency disease caused by a lack of iron		
List 4 symptoms of anaemia		
Name individuals at risk of not getting enough iron		

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