

Year 10 Home Economics Revision Checklist Summer 2025

Topic	Specific detail ✓
Vegetarianism	<ul style="list-style-type: none"> • Types • Reasons for increase • Advantages and disadvantages • Modifying a recipe to suit a vegan
Food Poisoning & Food Storage	<ul style="list-style-type: none"> • Describe the conditions for bacterial growth and outline the 4 C's in relation to food poisoning. • Understand the use of 'Use-By' and 'Best Before' date marking • Recognise food safety issues when cooking meat
Priority health issues	<ul style="list-style-type: none"> • Definition of the term diabetes and the term iron deficiency anaemia • Recognise the 2 types of diabetes • Identify risk factors and suggest advice to manage type 2 diabetes • Recognise the symptoms of iron deficiency anaemia • Outline factors affecting iron absorption
Recipe analysis	<ul style="list-style-type: none"> • Suitable adaptations/alternatives • Equipment required • Methods of heat transfer • Colour coding for chopping boards • Skills in food preparation and cooking • Suitable accompaniments/garnishes
Food allergy and food intolerance	<ul style="list-style-type: none"> • Food allergy – definition, common foods people may be allergic to, symptoms and treatment • Food intolerance – types, foods associated with intolerances, symptoms and management
Eating for Health	<ul style="list-style-type: none"> • Outline three reasons why our bodies need food • Definition of nutrition • Concept of a balanced diet • Food groups in the Eatwell guide • Strategies on how to get the balance right when using the Eatwell guide • Identifying the balancing act in different examples of meals • Define macronutrients, micronutrients and vitamins • Recognise functions of and sources of macro nutrients • Recognise the functions, sources and deficiency of vitamin A, C, D, calcium and iron • Explain the benefit of Omega 3 fatty acids.
Fibre and Water	<ul style="list-style-type: none"> • Identify the function and main sources of fibre • Identify the functions and main sources of water • Recall the importance of hydration • Recommendations for fibre in the lifecycle • Recommendations for water/fluid for males and females (also within the Eatwell Guide).

