

## Year 10 Home Economics Revision Checklist Winter 2023



I Can:		
Analyse a recipe in terms of skills, methods of heat transfer, equipment needed, nutritional value, aesthetic appeal and suitable modifications		
List the groups in the Eatwell guide		
Recognise advice on the Eatwell guide regarding fluid intake and oily fish		
Differentiate between a macro and micronutrients and give examples of both		
Explain the function and sources of macro and micronutrients		
Identify other constituents needed in the body		
Define vegetarianism and recall the main types of vegetarians		
List the advantages and disadvantages of vegetarianism		
Outline reasons for an increase in vegetarianism		
Suggest adaptations to a recipe to make it suitable for someone who is a vegan		
Define Lactose intolerant, Coeliac disease and anaphylaxis		
Recognise facts about food allergies and food intolerances		
Suggest adaptations to a recipe to make it suitable for someone with lactose intolerance and coeliac disease		
Define the term diabetes and recall the main types		
Recognise the risk factors associated with type 2 diabetes		
Suggest ways to manage diabetes		
Define the term iron deficiency anaemia and recognise the symptoms		
Understand the factors affecting iron absorption		