Year 8 Home Economics Revision Checklist

May 2021 Examinations

I Can:	☺	☹
Explain what nutrients are		
Define macronutrients		
Define micronutrients		
Identify the 3 macronutrients		
Identify the 2 micronutrients		
Outline the functions of protein, fat and carbohydrate		
Identify food sources of protein, fat and carbohydrate		
Outline the functions of Vitamin C, Vitamin D, Calcium, Iron and Fluoride		
Identify food sources of Vitamin C, Vitamin D, Calcium, Iron and Fluoride		
List 2 other dietary constituents needed by the body to function but which are not nutrients		
Outline the functions of fibre and water		
Identify food sources of fibre and water		
Name the 5 food groups within the Eatwell Guide		
Identify foods within each food group of the Eatwell Guide		
Identify which food groups we should eat more of and which we should eat less of		
Name the main nutrients provided by each food group in the Eatwell Guide		

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