**Year 8 Home Economics Revision Checklist Summer 2024**



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| I Can: |  ☺ |  ☹ |
| Recognise food preparation practical skills |  |  |
| Outline the procedure for washing dishes |  |  |
| List good personal hygiene practices |  |  |
| Identify common types of accidents |  |  |
| State safety rules during practical work |  |  |
| Identify pieces of kitchen equipment and state their use |  |  |
| Identify the functions and sources of macronutrients |  |  |
| Identify the functions and sources of micronutrients |  |  |
| Identify the functions and sources of fibre and water |  |  |
| Name the food groups in the eat well guide |  |  |
| Identify foods within specific food groups in the eat well guide |  |  |
| Outline areas in the kitchen where food can be stored |  |  |
| Explain the terms perishable, non-perishable and semi-perishable |  |  |
| List the information found on a food label- mandatory and voluntary |  |  |
| Name the 3 main parts of the cooker |  |  |
| Understand the 3 methods of heat transfer |  |  |
| Define the term breakfast |  |  |
| Outline 4 reasons why eating breakfast is important |  |  |
| Examine a recipe in terms of nutritional content, skills and equipment required |  |  |