

## Year 8 Home Economics Revision Checklist Summer 2025



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		
Recall specific measurements for different spoons		
Recognise the use of colour coded chopping boards.		
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		
Recognise the meaning of symbols found on food labels		
Name the 3 main parts of the cooker		
Examine a recipe in terms of nutritional content, skills and equipment required		
Identify the origin of a selection of foods in relation to food provenance		