

## Year 8 Home Economics Revision Checklist



Winter Examinations 2023

I Can:		
Define a range of skills used in practical cookery		
Describe how to weigh and measure ingredients to ensure accuracy		
Outline the procedure for washing dishes		
List good personal hygiene practices and good kitchen hygiene practices		
Identify the conditions needed for bacterial growth		
Identify common types of food poisoning		
Describe the need for safety in the kitchen and identify common types of accidents		
Outline safety rules for Home Economics		
Explain simple procedures for first aid		
Identify pieces of kitchen equipment and state their use		
Describe a range of electrical appliances used in Home Economics		
Name the 3 methods of heat transfer and give examples of associated cooking methods		
Identify the main parts of the cooker in relation to use and safety points		
Be able to answer questions relating to the hob, grill and oven		
Analyse a recipe in terms of skills demonstrated and equipment needed		

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