Year 9 Home Economics Revision Checklist Christmas Examinations

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| I Can: | ☺ | ☹ |
| Identify the functions and sources of the macronutrients and micronutrients. |  |  |
| State the functions and sources of fibre and water. |  |  |
| Name the food groups which make up the Eatwell Guide and provide examples of foods from each group. |  |  |
| Understand what proportions of each food group should make up our diet. |  |  |
| Identify areas in the kitchen where food can be stored. |  |  |
| Understand the classifications of food in relation to food storage ( non-perishable, semi-perishable and perishable). |  |  |
| Explain the rules for storing food in the fridge and freezer. |  |  |
| State the date marks recorded on foods (use-by date, best-before date and the star rating system) |  |  |
| Recognise the mandatory and voluntary information on food labels |  |  |
| Recognise that the Food Standards Agency developed Traffic Light Labelling to assist consumers in their food choices |  |  |
| Explain why eating breakfast is important |  |  |
| Recognise the need for good personal hygiene practices when handling food |  |  |
| Analyse a recipe in terms of skills, equipment needed and the nutritional value of ingredients. |  |  |

Home Economics Department

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