

Year 9 Home Economics Revision Checklist Summer 2022

I Can:	☺	☹
Name the food groups in the Eat well guide and identify foods included within each group		
Suggest strategies for including the food groups in meal-planning		
Recognise different methods of heat transfer		
Examine a recipe and identify equipment used, skills demonstrated and suitable accompaniments and garnishes		
Recognise the colour coding system for chopping boards		
Describe vitamin C in relation to its chemical name and functions		
Explain the benefit of eating whole-wheat cereal products		
Outline what constitutes a portion in relation to fruit and vegetables and cheese		
Identify types of yoghurt and cheese		
Identify types of processed meat		
Identify types of fish		
Outline the benefits of oily fish in the diet		
Describe the term pulses		
Outline uses of eggs in practical cookery		
Identify examples of meat alternatives		
Explain the meaning of saturated fat and omega 3 fatty acids		
Outline areas where food is stored		
Explain the terms perishable, semi-perishable and non-perishable		
List the mandatory and voluntary information on a food label		
Recognise symbols found on food labels		
Suggest why eating breakfast is important		
Describe osteoporosis, dental caries, diabetes, obesity and CHD and explain specific symptoms, causes and prevention		
Examine a recipe in terms of nutritional content, skills and equipment required		



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