

Year 9 Home Economics Revision Checklist  
Winter Examinations 2023



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		
Outline the classification of foods/drinks within the Fruit and vegetable group (include examples)		
Understand what constitutes a portion of Fruit and vegetables		
Explain the nutritional significance of the Fruit and vegetable group and identify chronic diseases they can prevent		
Suggest strategies to include Fruit and Vegetables at mealtimes		
Recognise healthier ways to cook Fruit and vegetables		
Understand facts about vitamin C and about fibre		
Explain the nutritional significance of the Potatoes, bread, rice, pasta, and other starchy carbohydrates group		
Recognise the value of potatoes, bread, rice, and pasta in the diet (be familiar with types and uses in practical cookery)		
Recall other starchy carbohydrates in the diet (be familiar with name, characteristics and uses in practical cookery)		
Analyse a recipe in terms of skills, aesthetics, equipment needed and the nutritional value of ingredients		