

## Year 9 Home Economics Revision Checklist



May 2021 Examinations

I Can:	☺	☹
Name the 5 foods groups which make up the Eatwell Guide		
Identify foods which belong in the oils and spreads food group		
Name 2 types of fat: saturated and unsaturated		
Explain that saturated fats are solid at room temperature and come mainly from animal sources		
Explain that unsaturated fats are liquid at room temperature and come mainly from plant sources		
Identify food sources of saturated and unsaturated fat		
Explain the consequences to health of consuming too many foods high in fat to the following parts of the body - Brain Heart Pancreas Bowel Body		
Define the term obesity		
List 5 health risks associated with obesity		
Highlight diet and lifestyle factors contributing to a rise in childhood obesity		
Suggest ways parents can help reduce the risk of childhood obesity in terms of diet and lifestyle		
Identify what the letters CHD are short for		
Identify what atherosclerosis is		
Identify that cholesterol is made in the liver from saturated fat we eat		
Explain that cholesterol can lead to fatty deposits developing in the arteries which can restrict the flow of blood to the heart		

and brain, increasing the risk of CHD and stroke		
Name other factors which increase the risk of heart disease e.g. <ul style="list-style-type: none"> <li>- Hereditary</li> <li>- Overweight</li> <li>- Smoking</li> <li>- Stress</li> <li>- Lack of exercise</li> <li>- Abuse of alcohol</li> </ul>		
Outline ways to reduce fat intake		
Identify foods which contain sugar naturally and foods which contain added sugar		
Define Dental Caries		
Identify causes of tooth decay		
Explain that tooth decay is caused when plaque in the mouth is exposed to sugar, creating an acid which damages tooth enamel.		
Outline 2 lifestyle choices that can help prevent dental caries		
Outline 2 dietary choices that can help prevent dental caries		
Identify how many glasses of fluid we are recommended to drink each day		
Identify foods high in fat and /or sugar which should be eaten less often and in smaller amounts		

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