



## Year 9 Home Economics Revision Checklist Summer 2025

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		
Outline the benefits of including each food group in the diet		
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		
Recall food storage areas in the kitchen		
Recall the key functions and sources of macro and micronutrients		
Understand the use of 'Use-By' and 'Best Before' date marking		
Recognise the different measurements for common spoons		
List examples of edible nuts, seeds, bread, rice and pasta		
Describe vitamin C in relation to its chemical name, solubility, and functions		
Explain the benefit of eating whole-wheat cereal products		
Outline what constitutes a portion in relation to fruit and vegetables, cheese, and red meat		
Identify types of yoghurt, cheese, processed meat, meat alternatives and fish		
Outline the benefits of oily fish in the diet		
Describe the term pulses		
Outline uses of eggs in practical cookery		
Explain the benefit of omega 3 fatty acids in the diet		
Describe the conditions for bacterial growth		
Identify sources and symptoms of salmonella and E coli		
Outline the 4 C's in relation to food poisoning		
Recognise food safety issues when cooking meat		
List examples of saturated and unsaturated fats		
Suggest strategies to keep hydrated		
Explain the health consequences of too much fat in our diet on the brain and heart		
Define the terms obesity, coronary heart disease and dental caries		
Suggest 2 dietary and 2 lifestyle strategies to reduce the risk of childhood obesity		
List 4 factors which increase the risk of heart disease		
Suggest strategies to reduce fat intake and sugar intake in the diet		
Outline three causes of dental caries		
Suggest alternatives in recipe modification		

