Year 10 Home Economics
Revision Checklist

Tick each statement when you are confident that you understand it and could answer a question about it without using your notes.

1. Introduction to Special Diets and Food Choice

	My confidence		
	Not yet	Getting there	Confident
I can explain what is meant by a special diet.	☐	☐	☐
I can identify reasons why individuals may follow special diets.	☐	☐	☐
I can identify factors that influence food choices (e.g, cost, culture, religion, health, lifestyle, advertising and availability).	☐	☐	☐
I can explain how religious beliefs influence dietary practices (Islam, Judaism and Hinduism).	☐	☐	☐
I can explain how health needs and personal beliefs affect food choices.	☐	☐	☐

2. Nutritional Needs During Adolescence

	My confidence		
	Not yet	Getting there	Confident
I can explain why nutritional requirements increase during adolescence.	☐	☐	☐
I can identify important nutrients required for growth and development.	☐	☐	☐
I can explain the functions of protein, calcium, iron and vitamin D.	☐	☐	☐
I can identify suitable food sources of these nutrients.	☐	☐	☐
I can explain why calcium and vitamin D are important for bone development.	☐	☐	☐
I can explain why iron is particularly important during adolescence.	☐	☐	☐
I can apply my knowledge to recommend suitable foods for teenagers.	☐	☐	☐

3. Energy Balance and Sports Nutrition

	My confidence		
	Not yet	Getting there	Confident
I can explain what is meant by energy intake and energy expenditure.	☐	☐	☐
I can identify the types of energy balance (positive, negative and balanced).	☐	☐	☐
I can interpret energy balance from given figures.	☐	☐	☐
I know the units used to measure energy (kilocalories (kcal) and kilojoules (kJ)).	☐	☐	☐
I can identify important nutrients needed for sporting performance.	☐	☐	☐
I can explain the role of carbohydrates in providing energy during exercise.	☐	☐	☐
I can explain the role of protein in muscle growth and repair.	☐	☐	☐
I can explain why hydration is important during exercise.	☐	☐	☐
I can identify symptoms of dehydration.	☐	☐	☐
I know approximately what percentage of the human body is made up of water (around 50%).	☐	☐	☐

4. Vegetarian and Vegan Diets

	My confidence		
	Not yet	Getting there	Confident
I can explain what is meant by a vegetarian diet.	☐	☐	☐
I can distinguish between lacto-ovo, lacto, ovo and vegan diets, including which foods are eaten and avoided.	☐	☐	☐
I can identify appropriate vegetarian sources of iron and vitamin B12.	☐	☐	☐
I can explain why people may choose a vegetarian or vegan diet.	☐	☐	☐
I can identify suitable vegan food sources of protein, iron, calcium and vitamin B12.	☐	☐	☐
I can explain why careful meal planning is important when following a vegetarian or vegan diet.	☐	☐	☐

5. Food Allergies and Intolerances

	My confidence		
	Not yet	Getting there	Confident
I can explain the difference between a food allergy and a food intolerance.	☐	☐	☐
I understand how the immune system is involved in food allergies.	☐	☐	☐
I can identify common symptoms of food allergies and intolerances.	☐	☐	☐
I can identify common allergens found in everyday foods.	☐	☐	☐
I can identify cereals that contain gluten (e.g. wheat, barley and rye).	☐	☐	☐
I can explain what is meant by lactose intolerance and identify the enzyme involved (lactase).	☐	☐	☐
I can explain what is meant by anaphylaxis.	☐	☐	☐
I can identify symptoms of anaphylaxis.	☐	☐	☐
I can identify the correct emergency treatment for anaphylaxis (e.g. use of an auto-injector).	☐	☐	☐
I can explain the food labelling requirements of Natasha's Law (a full ingredients list with allergens clearly emphasised).	☐	☐	☐
I know how many recognised food allergens must be declared by food businesses (14).	☐	☐	☐
I can explain ways to prevent allergen cross-contamination when preparing food.	☐	☐	☐