# Ballymena Academy
# Year 8 Home Economics
# Winter Examination 2026
## Revision checklist

**Name:** _____ **Class:** _____

Tick the box which best matches how confident you feel about each statement.

| Revision statement | Need more revision | Almost there | Very confident |
|---|---|---|---|
| **1. Recipes and practical skills** | | | |
| I can identify the important information included in a recipe. | ☐ | ☐ | ☐ |
| I can explain the purpose of an ingredients list and a method. | ☐ | ☐ | ☐ |
| I can recognise and explain common cooking terms, including dicing, peeling, sifting and glazing. | ☐ | ☐ | ☐ |
| I can explain why it is important to follow a recipe carefully. | ☐ | ☐ | ☐ |
| **2. Measuring ingredients and kitchen routines** | | | |
| I can identify the correct units used to measure the mass and volume of ingredients. | ☐ | ☐ | ☐ |
| I can explain how to use digital weighing scales and measuring jugs accurately. | ☐ | ☐ | ☐ |
| I know common kitchen measurements, including teaspoon measurements. | ☐ | ☐ | ☐ |
| I can describe how to prepare a workstation before cooking. | ☐ | ☐ | ☐ |
| I can place the washing-up procedure in the correct order. | ☐ | ☐ | ☐ |
| I can explain why certain equipment may need to be soaked before washing. | ☐ | ☐ | ☐ |
| **3. Food hygiene and food poisoning** | | | |
| I can explain what is meant by food poisoning. | ☐ | ☐ | ☐ |
| I can identify common symptoms of food poisoning. | ☐ | ☐ | ☐ |
| I know the four conditions bacteria need to multiply. | ☐ | ☐ | ☐ |
| I can identify foods that are at greater risk of supporting bacterial growth. | ☐ | ☐ | ☐ |
| I can explain why good personal hygiene is important when preparing food. | ☐ | ☐ | ☐ |
| I can identify ways of preventing cross-contamination. | ☐ | ☐ | ☐ |

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| **4. Kitchen safety** | | | |
| I can identify common hazards in a kitchen. | ☐ | ☐ | ☐ |
| I can explain how kitchen hazards may lead to accidents. | ☐ | ☐ | ☐ |
| I know how to prevent burns, cuts, falls and electric shocks. | ☐ | ☐ | ☐ |
| I can explain how to handle electrical equipment safely. | ☐ | ☐ | ☐ |
| I know what action to take if equipment is damaged or an accident occurs. | ☐ | ☐ | ☐ |
| **5. Kitchen equipment** | | | |
| I can identify common pieces of kitchen equipment from pictures. | ☐ | ☐ | ☐ |
| I can select suitable equipment for different cooking tasks. | ☐ | ☐ | ☐ |
| I know the correct colour-coded chopping boards for different foods. | ☐ | ☐ | ☐ |
| I can explain how kitchen equipment should be used safely. | ☐ | ☐ | ☐ |

### My overall confidence

**Topic I feel most confident about:** _____

**Topic I need to revise most:** _____

**One thing I will revise first:** _____

*end of checklist*