

Year 9 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. Healthy Eating and the Eatwell Guide



	My confidence		
	Not yet	Getting there	Confident
I can identify the five food groups shown in the Eatwell Guide.	☐	☐	☐
I know the recommended proportions of the main food groups.	☐	☐	☐
I can recall the healthy eating recommendations shown around the outside of the Eatwell Guide.	☐	☐	☐
I can suggest healthier changes to everyday meals and explain their nutritional benefits.	☐	☐	☐
I can identify factors that influence an individual's daily energy requirements.	☐	☐	☐

2. Nutrients, fruit and vegetables



	My confidence		
	Not yet	Getting there	Confident
I can identify the three macronutrients.	☐	☐	☐
I understand the difference between macronutrients and micronutrients.	☐	☐	☐
I can explain why fruit and vegetables are important in the diet.	☐	☐	☐
I know the recommended daily intake of fruit and vegetables.	☐	☐	☐
I can identify the recommended portion sizes for fruit, vegetables and fruit juice.	☐	☐	☐
I can explain why potatoes do not count towards the 5 A Day recommendation.	☐	☐	☐
I can state the functions of vitamin C, including helping the body absorb iron.	☐	☐	☐
I can identify symptoms of vitamin C deficiency.	☐	☐	☐
I can explain how preparation and cooking methods can affect vitamin C content.	☐	☐	☐

3. Starchy carbohydrates and fibre



	My confidence		
	Not yet	Getting there	Confident
I can explain what is meant by dietary fibre.	☐	☐	☐
I can distinguish between soluble and insoluble fibre.	☐	☐	☐
I can identify the functions of soluble and insoluble fibre.	☐	☐	☐
I can identify suitable food sources of both types of fibre.	☐	☐	☐
I can state the recommended daily intake of fibre for adults.	☐	☐	☐
I can identify bowel disorders that fibre can help to prevent.	☐	☐	☐
I can suggest practical ways of increasing fibre intake.	☐	☐	☐

4. Beans, pulses, fish, eggs, meat and other proteins



	My confidence		
	Not yet	Getting there	Confident
I can explain the functions of protein, iron and zinc.	☐	☐	☐
I can identify a range of animal and plant-based protein sources.	☐	☐	☐
I can identify healthier choices when purchasing and preparing meat.	☐	☐	☐
I know how to store raw meat and poultry safely.	☐	☐	☐
I can identify unsafe food preparation practices and suggest improvements.	☐	☐	☐
I can explain why burgers and some meats must be cooked thoroughly.	☐	☐	☐
I know the recommended weekly intake of fish.	☐	☐	☐

5. Dairy and alternatives



	My confidence		
	Not yet	Getting there	Confident
I can identify nutrients provided by milk and dairy products.	☐	☐	☐
I can explain the functions of these nutrients in the body.	☐	☐	☐
I can identify suitable milk and dairy alternatives for different dietary needs.	☐	☐	☐
I know which dairy food is used to make cheese.	☐	☐	☐
I know the recommended portion size of cheese in grams.	☐	☐	☐
I know how to store yoghurt safely.	☐	☐	☐