

Home Economics Revision List

Year 8

- Hygiene and Safety in HE
- Equipment
- Weighing and Measuring
- The Cooker
- What's on the plate
 - Eatwell guide
 - Eat less sugar

Year 9

- Fruit & Vegetables
- Eat more fish & Protein
- Food safety & Food storage
- Money matters
- What influences shopping?

Year 10

- Eat less salt
- Don't get thirsty
- Get active and be a healthy weight
- Special diets
 - Vegetarians
 - Allergies & Intolerances
- Ages & Stages
 - Planning a meal
 - Babies – breastfeeding and weaning
 - Child/Adolescent – nutrients, iron deficiency anaemia & diet related disorders