Year 8 Home Economics Revision Checklist

Christmas Examination

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| I Can: | 😊  | ☹  |
| Explain food skills.  |  |  |
| Describe how to weigh and measure.  |  |  |
| Outline the procedure for washing dishes.  |  |  |
| List good personal hygiene practices.  |  |  |
| Describe the need for safety in the kitchen and identify common types of accidents.  |  |  |
| Outline safety rules for Home Economics. |  |  |
| Explain simple procedures for first aid.  |  |  |
| Identify pieces of kitchen equipment and state their use. |  |  |
| Describe a range of electrical appliances used in Home Economics. |  |  |
| Explain the 3 method of heat transfer. |  |  |
| Outline the main parts of the cooker in relation to use and safety points. |  |  |
| Describe basic procedures for preparing and cooking food. |  |  |
| Describe what bacteria is and what is needed for it to grow. |  |  |
| Outline common types of food poisoning.  |  |  |

Home Economics Department

Ballymena Academy