Year 9 Home Economics Revision Checklist

Christmas Examination

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| I Can: | 😊 | ☹ |
| Recognise what constitutes the Fruit and Vegetable group in the Eatwell Guide and explain the nutritional benefits of this group. |  |  |
| Suggest strategies for including the Fruit and Vegetable group in meal-planning. |  |  |
| Explain what constitutes a portion of fruit and vegetables. |  |  |
| Recognise the chemical name, functions, sources, and deficiency of Vitamin C. |  |  |
| Recognise what constitutes the Potato, Bread, Rice, Pasta and other starchy carbohydrates group and explain the nutritional benefits of this group. |  |  |
| Suggest strategies for including the Potato, bread, rice, pasta and other starchy carbohydrates group in meal-planning. |  |  |
| Describe the types, functions, and deficiency of Fibre. |  |  |
| Name the types and uses of bread, rice and pasta. |  |  |
| Describe how to cook rice. |  |  |
| Recognise facts about potatoes. |  |  |
| Describe the significance of other starchy carbohydrates e.g. sweet potatoes, couscous, noodles, quinoa, and bulger wheat. |  |  |
| Analyse a recipe in terms of skills, methods of heat transfer, equipment needed, nutritional value and suitable modifications. |  |  |

Home Economics Department

Ballymena Academy