


Success.



## Revision Checklist for Year 8 Home Economics

What I need to know	I know this now ✓ 
<b>Safety</b> rules eg put bags at the back of the room	
<b>Hygiene</b> rules- <b>kitchen</b> hygiene and <b>personal</b> hygiene	
<b>Washing up routine</b> – know correct order	
<b>Eatwell Guide</b> -know names of 5 groups and relevant examples in each	
<b>Parts of the cooker</b> – be able to label cooker and know safety rules for grill, oven and hob	
<b>Equipment</b> used in the kitchen – names and uses	
What are your <b>Physical, Intellectual, Emotional and Social Needs?</b> – be able to give examples	
<b>How to achieve 5-a-day</b>	
<b>Nutritional Needs of Children</b>	
<b>Types of family</b> eg nuclear, extended, single parent, etc	
Keywords – <b>role reversal, role, responsibility, shared roles</b>	
<b>Importance of breakfast and family mealtimes</b>	