

Revision Checklist for Year 10 Home Economics

 <p style="text-align: center;">What I need to know</p>	<p>I know this now ✓ </p>
<p>Nutrients - <u>function</u> and <u>sources</u> of :</p> <p>Protein</p> <p>Function = For growth and repair</p> <p>Sources = chicken, meat, eggs, </p> <p>Fat - 2 types Saturated (butter, cakes, fat on meat) &  Unsaturated (oily fish, nuts, seeds, avocado, oils)</p> <p>Function = Warmth and energy </p> <p>Carbohydrates</p> <p>Function = Energy </p> <p>Sources = Bread, rice, pasta, potatoes</p> <p>Fibre</p> <p>Function = for the digestive system, helps us go to the loo</p> <p>Sources = oats, wholegrain bread, brown rice, fruit and vegetables</p> <p>Vitamin A</p> <p>Function = helps night vision</p> <p>Sources = carrots, oranges + other fruits and vegetables</p> <p>Vitamin C</p> <p>Function = helps skin, heals wounds, fights infection</p> <p>Sources = oranges, apples, pineapple, lemons + other fruit/veg</p>	

<p>Vitamin D</p> <p>Function = helps the body to absorb calcium, for strong bones + teeth</p> <p>Sources = margarine, eggs, cereals, sunshine</p>  <p>Minerals</p> <p>Iron</p> <p>Function= to transport oxygen around the body (for your red blood cells)</p>  <p>Sources = red meat and green leafy vegetables - cabbage, spinach, broccoli, sprouts</p> <p>Calcium</p> <p>Function= for strong bones and teeth - we need 800-1000mg per day, need vitamin D to help our body absorb it</p>  <p>Sources = milk, cheese, yogurt</p>	
<p>Eatwell guide</p> <p>The eatwell guide is made up of 5 sections:</p>  <p>The biggest 3 sections are: fruit + vegetables, potatoes, bread, rice, pasta and other starchy carbohydrates, & beans, pulses, fish, eggs, meat and other proteins</p> <p>The two small sections are: dairy and alternatives + oils and spreads.</p>	
<p>Ways to reduce fat in the diet and obesity</p> <ul style="list-style-type: none"> ✓ Cut off all visible fat from meat ✓ Grill food ✓ Use low fat alternatives 	
<p>Importance of water in diet</p> <ul style="list-style-type: none"> ⓐ Your body weight is about 60% water. ⓐ Your brain is 75% water, so if you have poor hydration this affects how your brain functions - this will reduce your levels of concentration. ⓐ Removes waste from your body 	

 Cushions joints

Health benefits of eating fruit and vegetables



Prevents cancer
A source of fibre
Provides us with essential vitamins and minerals

What are the **two** main diet related conditions that could be prevented from eating a wide range of different coloured fruit and vegetables?

- 1. C_ancer_____
- 2.Heart__ D__isease_____

Keywords - Learn definitions:

- **Ethical shopping**

This consumer is concerned about the environment and when they buy or use products they take this into account e.g is it tested on animals

- **Organic food**

Organic food is food which has been produced without pesticides and additives

- **Food miles**

Food miles are the measure of the distance a food travels from field to plate.



- **Carbon Footprint**

A carbon footprint is a measure of the impact our activities have on the environment.

- **Fairtrade & examples of Fairtrade products**

It ensures people in developing countries get a better deal and have been paid a fair price for eg. Coffee, cocoa, bananas

Recycling - why recycle? Items which can be recycled

The importance of recycling - 3 R's - Reduce, Reuse & Recycle

Items that can be recycled:

- Paper
- Glass
- Cardboard
- Food waste
- Plastic milk cartons
- Grass cuttings



<p>Drinks cartons Old tools</p> <p>Cans Clothes</p>	
<p>Factors influencing food choice</p> <ul style="list-style-type: none"> • Religion: <p>Many religions have laws which ban the consumption of certain meats or foods e.g. Muslims - no pork, has to be halal. Jewish - Kosher, Hinduism - no beef</p> <ul style="list-style-type: none"> • Weather: <p>Climate dictates crops grown. Sunshine ripens tropical fruits e.g. pineapple and oranges. Colder climates - potatoes.</p> <ul style="list-style-type: none"> • Soil type: <p>Different crops grow on different soils. Rice can be grown in China as the soil and climate type suit the crop, but it cannot be grown in Northern Ireland as the soil is full of clay.</p>	 
<p>Give examples of traditional foods of different countries</p> <p>USA: fast food, Oreos, Peanut butter.</p> <p>South America: tortillas, salsa, tacos.</p> <p>France: Croissants & brioche and snails.</p> <p>Turkey/Greece: kebabs, Greek yoghurt and humus.</p> <p>China/India: Curry, stir fry, sweet and sour.</p>	