

Year 8 REVISION CHECKLIST. Summer Examinations

As you begin your revision, complete this honestly to help you see where your priorities should lie for your revision. The target is eventually to get all your ticks in the left hand column.

I CAN:	☺	☹
Tell the difference between kitchen hygiene and personal hygiene.		
Identify personal hygiene rules to observe when preparing food.		
Explain the term 'cross-contamination'		
Suggest ways to avoid home accidents.		
Explain how to treat minor accidents (cuts and burns).		
State kitchen safety rules.		
List factors influencing the choice of either a gas or electric cooker.		
State safety rules to observe when using a cooker.		
State the functions of food.		
Describe the 5 different food groups of the 'eatwell guide'		
Use knowledge of the 'eatwell guide' to help decide if meals are well balanced and healthy.		
State sources of fat in the diet.		
Explain why some fat is needed in our diet.		
Suggest ways of reducing fat intake.		
State ways of reducing sugar intake.		
List sources of dietary fibre.		
Suggest ways of increasing dietary fibre intake.		
List foods high in salt.		
Suggest ways of reducing salt intake.		
Identify health related conditions associated with eating too much sugar, fat and salt and from eating too little dietary fibre.		
Adapt recipes to make them healthy.		
List information included within food labels.		
Explain the difference between 'use by' and 'best before' date marks		
State where to store various foods		
Explain how to successfully store foods in the fridge.		