

Year 10 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:	☺	☹
Explain how particular choices during pregnancy may affect both the mother's and baby's health.		
Discuss the advantages and disadvantages of breast feeding.		
Define the term 'weaning'		
Suggest suitable foods to introduce when weaning.		
Explain why some foods are unsuitable to introduce at the weaning stage.		
Explain the importance of children making healthy food choices.		
Recognise health problems associated with being overweight or obese.		
Suggest appropriate food choices to reduce the likelihood of weight gain.		
Identify two types of eating disorders.		
Identify types of additives.		
Explain the advantages of food manufacturers using additives.		
Suggest the possible disadvantages of some additives.		
State reasons for following a vegetarian diet.		
Distinguish between lacto, lacto-ovo and vegan diets.		
State risk factors associated with coronary heart disease.		
Explain how diet + lifestyle choices can reduce the incidence of CHD.		
Explain ways of saving money when shopping for food.		
Identify important sources of the various nutrients.		
Write down the functions of the nutrients.		
Apply knowledge of the nutrients to the various stages of the life cycle.		
Use knowledge of the eatwell plate when evaluating meals.		

