

YEAR 10 Home Economics REVISION CHECKLIST WINTER

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

I CAN:	☺	☹
Tell the difference between physical, intellectual, social and emotional needs.		
Explain the functions and sources of the different nutrients that are important during pregnancy.		
Explain why some foods should be avoided when pregnant.		
Outline the advantages and disadvantages of breast feeding.		
Outline the advantages and disadvantages of bottle feeding.		
Understand the term 'weaning' and know why it should not be introduced too early.		
Suggest suitable foods for a baby who is being weaned.		
Explain why certain foods should be avoided when weaning.		
Discuss the nutritional needs of young children.		
Suggest factors to consider when planning meals for young children.		
Explain how to encourage the development of healthy teeth.		