

Year 9 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:	☺	☹
Discuss how healthy meals are by using my knowledge of the eatwell guide.		
Explain the importance of eating a variety of fruits and vegetables.		
Describe the best way to cook vegetables to maintain the maximum amount of vitamin C.		
List rich sources of vitamin C.		
Explain the importance of including vitamin C (ascorbic acid) in my diet		
Suggest appropriate storage options for different fruit and vegetables.		
Write down the different forms of fruit and vegetables.		
Describe how to cook rice or pasta.		
Identify the nutrients found in the bread, rice, potato, and pasta food group and state the function of each nutrient.		
Identify breads from around the world.		
Recognise different varieties of potatoes.		
Explain the importance of eating breakfast.		
Describe how to effectively complain about faulty goods.		
State the health benefits of drinking milk and other dairy foods.		
Recognise different types of milk.		
Identify popular cheeses from other countries.		
Discuss the value of a microwave oven as a time and labour saving piece of equipment.		
State the disadvantages of microwave cooking.		
State the meaning of the different microwave symbols		
State the functions of iron.		
List rich sources of iron.		
Tell the difference between 'haem' and 'non haem' iron.		
State the symptoms of anaemia and explain how to treat the condition.		