

Home Economics 3rd Year Revision List- Mock exams

| Ch no | Revision list 2014 | Revision completed✓ |
|------------------|---|---------------------|
| Nutrition | | |
| Ch 1 | Food choices | |
| Ch 1 | Energy | |
| Ch 1 | Protein, Fats, Carbohydrates | |
| Ch 8 | Meat and Meat substitutes | |
| Ch 8 | Fish | |
| Ch 8 | Eggs | |
| Ch 8 | Poultry | |
| | Cereals | |
| Ch 1 | Vitamins, Minerals, Water | |
| | Fruit and Vegetables | |
| Ch 3 | A balanced diet | |
| Ch 8 | Cooking food + effects, cooking methods | |
| Ch 17 | Consumer protection, rights, responsibilities, Quality, symbols | |
| Ch 15 | Shopping | |
| Ch 27 | Services to the home | |
| Ch 19 | Family, Roles, and relationships | |
| Ch 21 | The body | |
| Ch 21 | Skin | |
| Ch 21 | Teeth | |
| Ch 21 | Excretion | |
| Ch 22 | Health- guidelines for good health, exercise, managing stress, leisure time | |
| Ch 31 | Textiles in the Home | |
| Ch 32 | Clothing, Fashion and Design | |
| Ch 33 | Fibres and fabric | |
| Ch 34 | Fabric care | |
| Ch 35 | Needlework skills | |
| Ch 26 | Home and room planning | |
| Ch 29 | Home Hygiene | |
| Ch 6 | Good food hygiene and safety (food spoilage) | |
| Ch 12 | Food processing | |

Ms mills
Home Economics Department
St Dominic's Secondary School