

Year 10 Revision work for Christmas exams

Complete any missing information in your booklet

1. Health conditions and causes
2. Obesity
3. Body mass index recommended, formula, calculations and units (must bring a calculator)
4. Waist measurement and units
5. Problems with being overweight
6. Reasons why people become obese
7. Chopping board colours

red= raw meat

White=cooked or bakery goods

Green=salad and vegetables

8. Eatwell guide colours and nutrients
(must bring yellow, blue, purple, pink and green colouring pencils)

Eatwell guide can be found on this link below

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

Eatwell Guide and Nutrients

Green section fruit and veg= vitamins, minerals, fibre and water

Yellow section potatoes bread rice and other starchy carbohydrates=
Carbohydrates and fibre

Blue Section Dairy and alternatives= Protein and calcium

Pink section Beans, pulses, fish, eggs, meat and other proteins = protein, fat and iron

Purple section oils and spreads= Fat

9. The cooker

If you are using the oven see that it is turned on before you begin. All electric and gas cookers have a numbered dial on the outside of the oven. This is called the gas mark on gas cookers. A low number will give you a cool oven. A high number will give you a hot oven. Electric cookers are numbered as degrees in Celsius or Fahrenheit scale.

The shelves inside the oven may need to be moved if they are not in the correct position. Do this whilst the oven is cold. Your recipe will tell you the temperature you require. Set the dial in the correct position, and allow about ten minutes for the oven to heat up.