



Sandymount Park ETSS



What to Revise for the Home Economics Mock Exam: 2023

Where:

- Chapter PowerPoints on OneNote from Second and Third Year on OneNote
- Class Notes in Home Economics hardbacks

How:

Active and effective revision is more than reading over a chapter. Try making flash cards and quizzes and practise sample paper questions

- A good place to start are the **key words**- often summarised in bold at the end of each chapter and in your hardback
- Definitions and diagrams
- Create a studyclix account and practise the past paper questions on a topic eg Digestion
- Create a quizlet with your friends
- Past paper questions
- Flash cards
- Previous class tests

Suggestion list of topics to revise:

Topic	Study Notes	Tried sample paper questions
Nutrition		
Balanced diet and being healthy		
Protein		
Fats (lipids)		
Carbohydrates		
Minerals		
Vitamins		
Water		
Diet across lifecycle		
Diet related diseases and special diets		
Wholemeal Cereals and Breads, Potato's, Pasta and Rice		
Digestion		
Preparing to Cook		
Food Hygiene and Safety		

Meal planning		
Menu writing		
Methods of cooking		
Soups , sauces and batters		
Home baking		
Food processing, packaging and labelling		
Evaluating and adapting a recipe		
Food choices and sustainability		
Textiles		
Textile choices		
Textile care		

Exam Tips

Read over the question carefully and use a highlighter for key words

Use full sentences and explain/ justify your answer

Give detailed answers rather than 'low fat' suggest an example

Use the food Pyramid

Show off your vocabulary!

Diagrams in pencil

Write using blue or black pen

Allow 5 minutes at the end to read over your work

Attempt a question - zero marks for blanks

Sleep well, eat well and best of luck 😊