

Subject	Year	Track	Unique Reference (Sequential)	Learning Outcome	Category/Subject Focus (Where Applicable)
Home Economics	8	3	1	I can describe factors affecting food choice.	Food, Nutrition & Health
Home Economics	8	3	2	I can explain the role of carbohydrates in the diet and their link to health.	Food, Nutrition & Health
Home Economics	8	3	3	I can explain the role of fats in the diet and their link to health.	Food, Nutrition & Health
Home Economics	8	3	4	I can demonstrate different types of cooking skills and food preparation techniques.	Practical Interventions
Home Economics	8	3	5	I can determine spending priorities to make smart consumer choices.	Financial Literacy & Consumer Awareness
Home Economics	8	3	6	I can indicate basic first aid procedures for simple injuries.	Safety and Risk Assessment
Home Economics	8	3	7	I can apply sustainable lifestyle practices.	Sustainable Resource Management