

YEAR 10 tracking 3
EXAM REVISION LIST

Coronary Heart Disease

What it is
How you are at increased risk
How to lower your risk

Body mass index
High Blood Pressure

Salt
How many deaths could be prevented each year by taking recommended salt
Recommended intake of salt
How to reduce salt in your diet

Osteoporosis
What it is and looks like

Parts of the tooth
Meaning of words relating to the tooth

Read a recipe
Identify fiber rich ingredients
Identify what might contribute to your 5 a day
Identify spices used in a recipe
Know types of fat