



GRINDS360°

**HOME
ECONOMICS
FINAL 6 WEEK
STUDY PLAN**

SANDRA CLEARY



FINAL 6 WEEK STUDY PLAN/ HOME ECONOMICS L.C 2026		
WEEK 1	WEEK 2	WEEK 3
<ul style="list-style-type: none"> • Protein (2020) • Fibre (2020) • Vitamins A D C B12 • Milk (2021) • Cereals (2020) 	<ul style="list-style-type: none"> • Domestic Preservation (Jam freezing) 2022 • Fruit (2012) • Vegetables (2022) • Controlling Enzymatic Spoilage (2009) • Inversion (2012) • Moulds (2022) 	<ul style="list-style-type: none"> • Food Additives (2022) • EU Legislation on safe use of Food Additives (2022) • Coeliac disease (2022) • Obesity (2013) • Heart Disease (2007) • Menu planning (2009)
WEEK 4	WEEK 5	WEEK 6
<ul style="list-style-type: none"> • Finance (especially Budgeting 2015, Saving Schemes 2015, H.P, Consumer Credit Act • Textiles (2024) • Resource Management (2023) 	<ul style="list-style-type: none"> • Consumer Studies (especially consumer research, small claims court, consumer protection agencies, factors affecting consumer decision making) • Household Technology (especially Microwave Oven 2023 Heating Element 2022. 	<ul style="list-style-type: none"> • Fish, • Food Laws / Food Safety agencies • HACCP / Food Safety guidelines • Food Processing / Packaging / Labelling. • Commercial Preservation. • Marriage / Laws / Wills

WARNING:

- These topics listed on the revision plan are key topics of importance for L.C 2026
- Also revise Masterclasses on
 - How to answer short questions
 - Analysis of Tables and Charts
 - "today 20", (d) or (e) Q1.B.
 - Exam Day Advice
 - How to read Home Economics questions and work out Marking Schemes.

All topics on the Syllabus **MUST** be covered to guarantee the top grade!