3.1 Checklist

Lesson	Know	Apply	Extend
3.1.1 Food and fuels	I can identify energy values for food and fuels. ☐	I can compare the energy values of food and fuels. ☐	I can calculate energy requirements for various situations, considering diet and exercise. ☐
	I can describe energy requirements in different situations. ☐	I can compare the energy in food and fuels with the energy needed for different activities. ☐	I can suggest different foods needed in unusual situations, for example, training for the Olympics. ☐
	I can interpret data on food intake for some activities. ☐	I can explain data on food intake and energy requirements for a range of activities. ☐	I can explain why an athlete needs more energy from food using data provided. ☐
3.1.2 Energy resources	I can name renewable and non-renewable energy resources. ☐	I can describe the difference between a renewable and a non-renewable energy resource. ☐	I can compare renewable and non-renewable resources. ☐
	I can state one advantage and one disadvantage of fossil fuels. ☐	I can describe how electricity is generated using a fossil fuel or a renewable resource. ☐	I can explain how a range of resources generate electricity, drawing on scientific concepts. ☐
	I can use one source of information. ☐	I can choose an appropriate source of secondary information. ☐	I can justify the choice of secondary information. ☐
	I can name a renewable resource used to generate electricity. ☐	I can explain the advantages and disadvantages of different energy resources. ☐	I can suggest actions a government or communities could take in response to rising energy demand. ☐
3.1.3 Energy and power	I can state the definitions of energy and power. ☐	I can explain the difference between energy and power. ☐	I can compare the power consumption of different appliances. ☐

3.1 Checklist

Lesson	Know	Apply	Extend
	I can state that power, fuel used, and cost are linked. ☐	I can describe the link between power, fuel used, and cost of using domestic appliances. ☐	I can calculate and compare energy costs in diffeerent scenarios. ☐
	I can predict which equipment is more powerful when given a selection of appliances. ☐	I can predict the power requirements of different home devices, and compare their energy usage and how much they cost to run. ☐	I can predict the effect on energy bills of changing the power of equipment. ☐