



### Cooking and Nutrition

Talk about the different food groups and name food from each group.

*I can talk about the different food groups and name food from each group.*

Understand that food has to be grown, farmed or caught in Europe and the wider world.

*I can understand that food has to be grown, farmed or caught in Europe and the wider world.*

**Use a wider variety of ingredients and techniques to prepare and combine ingredients safely.**

*I can use a wider variety of ingredients and techniques to prepare and combine ingredients safely.*

### Processes

Use knowledge of existing products to design his/her own functional product.

*I can use my knowledge of existing products to design my own functional product.*

**Create designs using annotated sketches, cross-sectional diagrams and simple computer programmes.**

*I can create designs using annotated sketches, cross-sectional diagrams and simple computer programmes.*

**Safely measure, mark out, cut, assemble and join with some accuracy.**

*I can safely measure, mark out, cut, assemble and join with some accuracy.*

**Make suitable choices from a wider range of tools and unfamiliar materials and plan out the main stages of using them.**

*I can make suitable choices from a wider range of tools and unfamiliar materials and plan out the main stages of using them.*

**Investigate and analyse existing products and those he/she has made, considering a wide range of factors.**

*I can investigate and analyse existing products and those I have made, considering a wide range of factors.*

Strengthen frames using diagonal struts.

*I can strengthen frames with diagonal struts.*

Understand how mechanical systems such as levers and linkages or pneumatic systems create movement.

*I can understand how mechanical systems such as levers and linkages or pneumatic systems create movement.*

