



Cooking and Nutrition

Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active.

I can understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active.

Understand seasonality and the advantages of eating seasonal and locally produced food.

I can understand seasonality and the advantages of eating seasonal and locally produced food.

Read and follow recipes which involve several processes, skills and techniques.

I can read and follow recipes which involve several processes, skills and techniques.



Processes

Use knowledge of existing products to design a functional and appealing product for a particular purpose and audience.

I can use my knowledge of existing products to design a functional and appealing product for a particular purpose and audience.

Create designs using exploded diagrams.

I can create designs using exploded diagrams.

Use techniques which require more accuracy to cut, shape, join and finish his/her work e.g. Cutting internal shapes, slots in frameworks.

I can use techniques which require more accuracy to cut, shape, join and finish my work e.g. Cutting internal shapes, slots.

Use his/her knowledge of techniques and the functional and aesthetic qualities of a wide range of materials to plan how to use them.

I can use my knowledge of techniques and the functional and aesthetic qualities of a wide range of materials to plan how to use them.

Consider how existing products and his/her own finished products might be improved and how well they meet the needs of the intended user.

I can consider how existing products and my own finished products might be improved and how well they meet the needs of the intended user.

Apply techniques he/she has learnt to strengthen structures and explore his/her own ideas.

I can apply techniques I have learnt to strengthen structures and explore my own ideas.

Understand and use electrical systems in products.

I can understand and use electrical systems in my products.