



Cooking and Nutrition

Understand the need for a variety of food in a diet.

I can understand the need for a variety of food in a diet.

Understand that all food has to be farmed, grown or caught.

I can understand that all food has to be farmed, grown or caught.

Use a wider range of cookery techniques to prepare food safely.

I can use a wider range of cookery techniques to prepare food safely.



Processes

Design purposeful, functional, appealing products for himself/herself and other users based on design criteria.

I can design useful, pleasing products for myself and other users based on a design brief.

Generate, develop, model and communicate his/her ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology.

I can generate, develop, model and communicate my ideas through talking, drawing, templates, mock-ups and IT.

Choose appropriate tools, equipment, techniques and materials from a wide range.

I can choose tools I would like to use and select materials based on my knowledge of their properties.

Safely measure, mark out, cut and shape materials and components using a range of tools.

I can safely measure, mark out, cut and shape materials and components using a range of tools.

Evaluate and assess existing products and those that he/she has made using a design criteria.

I can evaluate and assess existing products and those that I have made using a design criteria.

Investigate different techniques for stiffening a variety of materials and explore different methods of enabling structures to remain stable.

I can investigate different techniques for stiffening a variety of materials and explore different methods of enabling structures to remain stable.

Explore and use mechanisms e.g. levers, sliders, wheels and axles, in his/her products.

I can explore and use mechanisms such as levers, sliders, wheels and axles in products.