



## 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,*

**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*