



Cooking and Nutrition

Understand the main food groups and the different nutrients that are important for health

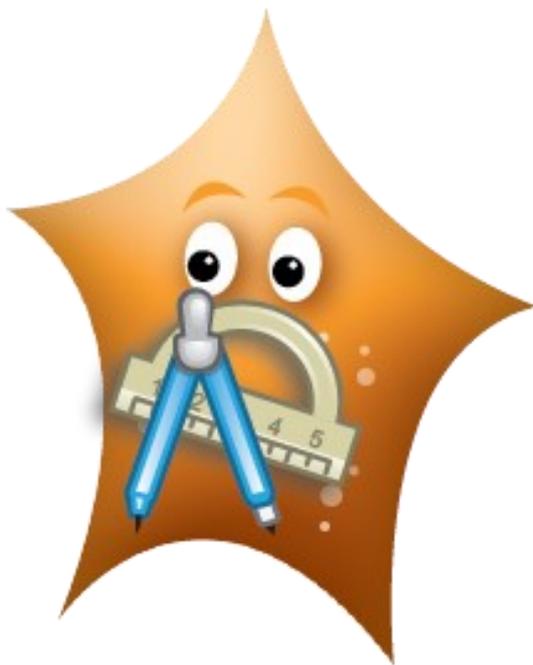
I can understand the main food groups and the different nutrients that are important for health

Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable / tasty to eat

I can understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable / tasty to eat

Select appropriate ingredients and use a wide range of techniques to combine them

I can select appropriate ingredients and use a wide range of techniques to combine them



Processes

Use his/her research into existing products and his/her market research to inform the design of his/her own innovative product

I can use my research into existing products and my market research to inform the design of my own innovative product

Create prototypes to show his/her ideas

I can create prototypes to show my ideas

Make careful and precise measurements so that joins, holes and openings are in exactly the right place

I can make careful and precise measurements so that joins, holes and openings are in exactly the right place

Produce step by step plans to guide his/her making, demonstrating that he/she can apply his/her knowledge of different materials, tools and techniques

I can produce step by step plans to guide my making, demonstrating that I can apply my knowledge of different materials, tools and techniques

Make detailed evaluations about existing products and his/her own considering the views of others to improve his/her work

I can make detailed evaluations about existing products and my own considering the views of others to improve my work

Build more complex 3D structures and apply his/her knowledge of strengthening techniques to make them stronger or more stable

I can build more complex 3D structures and apply my knowledge of strengthening techniques to make them stronger or more stable

Understand how to use more complex mechanical and electrical systems

I can understand how to use more complex mechanical and electrical systems