



## Cooking and Nutrition

Confidently plan a series of healthy meals based on the principles of a healthy and varied diet

*I can confidently plan a series of healthy meals based on the principles of a healthy and varied diet*

Use information on food labels to inform choices

*I can use information on food labels to inform choice*

Research, plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills

*I can research, plan and prepare and cook a savoury dish, applying my knowledge of ingredients and my technical skills*

## Processes

Use research he/she has done into famous designers and inventors to inform the design of his/her own innovative products

*I can use research I have done into famous designers and inventors to inform my designs*

**Generate, develop, model and communicate his/her ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design**

***I can generate, develop, model and communicate my ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design***

Apply his/her knowledge of materials and techniques to refine and rework his/her product to improve its functional properties and aesthetic qualities

*I can apply my knowledge of materials and techniques to refine and rework my product to improve its functional properties and aesthetic qualities*

Use technical knowledge accurate skills to problem solve during the making process

*I can use my technical knowledge and accurate skills to problem solve during the making process*

**Use his/her knowledge of famous designs to further explain the effectiveness of existing products and products he/she have made**

***I can use my knowledge of famous designs to further explain the effectiveness of existing products and products I have made***

Use a wide range of methods to strengthen, stiffen and reinforce complex structures and can use them accurately and appropriately

*I can use a wide range of methods to strengthen, stiffen and reinforce complex structures and can use them accurately and appropriately*

**Apply his/her understanding of computing to program, monitor and control his/her product**

***I can apply my understanding of computing to program, monitor and control my products***

