



### 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.*