



*Holding God's Hand, we nurture hearts, minds and spirits.*

	Year 1
<b>Cooking and Nutrition</b>	<ul style="list-style-type: none"><li>• Talk about what he/she eats at home and begin to discuss what healthy foods are</li><li>• Say where some food comes from and give examples of food that is grown</li><li>• Use simple tools with help to prepare food safely</li><li>• Understand the importance of food hygiene</li></ul>
<b>Processes</b>	<ul style="list-style-type: none"><li>• Create simple designs for a product</li><li>• Use pictures and words to describe what he/she wants to do</li><li>• Select from and use a range of tools and equipment to perform practical tasks e.g. cutting, shaping, joining and finishing</li><li>• Use a range of simple tools to cut, join and combine materials and components safely</li><li>• Ask simple questions about existing products and those that he/she has made</li><li>• Evaluate their own creation and other existing ones.</li><li>• Explore and create simple structures and mechanisms.</li></ul>

	Year 2
<b>Cooking and Nutrition</b>	<ul style="list-style-type: none"> <li>• Understand the need for a variety of food in a diet including some simple food groups</li> <li>• Understand that all food has to be farmed, grown or caught</li> <li>• Use a wider range of cookery techniques to prepare food safely</li> <li>• Understand the importance of food hygiene</li> </ul>
<b>Processes</b>	<ul style="list-style-type: none"> <li>• Design products for users based on design criteria</li> <li>• Create, develop, and communicate ideas in a variety of ways.</li> <li>• Choose appropriate tools, equipment, techniques and materials from a wide range</li> <li>• Safely measure, mark out, cut and shape materials and components using a range of tools</li> <li>• Evaluate and assess existing products and those made using a design criteria</li> <li>• Investigate ways to create, adapt and improve structures including different ways to join materials.</li> <li>• Explore and use mechanisms e.g. levers, sliders, wheels and axles.</li> </ul>

	Year 3
<p><b>Cooking and Nutrition</b></p>	<ul style="list-style-type: none"> <li>• Name and discuss different food groups and name food from each group</li> <li>• Develop vocabulary and knowledge using smell, taste, texture and feel</li> <li>• Understand how food has to be grown, farmed or caught in Europe and the wider world</li> <li>• Use a wider variety of ingredients and techniques to prepare and combine ingredients safely including the use of recipes.</li> </ul>
<p><b>Processes</b></p>	<ul style="list-style-type: none"> <li>• Use knowledge of existing products to design and develop his/her own functional product</li> <li>• Safely measure, mark out, cut, assemble and join with some accuracy</li> <li>• Make suitable choices from a wider range of tools, materials and techniques and plan out the main stages of using them</li> <li>• Investigate and analyse existing products and those he/she has made, considering a wide range of factors</li> <li>• Create and develop a wide range of structures including shell/frame structures and understand how to make these stronger/more stable.</li> <li>• Understand how mechanical systems such as levers and linkages or pneumatic systems create movement</li> <li>• Evaluate design ideas and the finished product including how it could be improved.</li> </ul>

## Year 4

### Cooking and Nutrition

- Understand what makes a healthy and balanced diet, and that different foods and drinks provide different substances the body needs to be healthy and active
- Understand seasonality and the advantages of eating seasonal and locally produced food
- Read and follow recipes which involve several processes, skills and techniques
- Analyse the taste, texture, smell and appearance of different foods.

### Processes

- Use knowledge of existing products to design a functional and appealing product for a particular purpose and audience
- Design using a range of sketches, diagrams and prototypes.
- Begin to create a plan for the design process.
- Use techniques which require more accuracy to cut, shape, join and finish his/her work e.g. Cutting internal shapes, slots in frameworks
- Use his/her knowledge of techniques and the functional and aesthetic qualities of a wide range of materials to plan how to use them
- Consider how existing products and his/her own finished products might be improved and how well they meet the needs of the intended user
- Apply techniques he/she has learnt to strengthen structures and explore his/her own ideas
- Understand and use electrical systems in products

	Year 5
<b>Cooking and Nutrition</b>	<ul style="list-style-type: none"> <li>• Understand the main food groups and the different nutrients that are important for health</li> <li>• Understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable / tasty to eat</li> <li>• Select appropriate ingredients and use a wide range of techniques to combine them for a particular purpose.</li> </ul>
<b>Processes</b>	<ul style="list-style-type: none"> <li>• Use his/her research into existing products and his/her market research to inform the design of his/her own innovative product</li> <li>• Create prototypes and patterns to show his/her ideas</li> <li>• Make careful and precise measurements so that joins, holes and openings are in exactly the right place selecting and using the correct tools.</li> <li>• 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</li> <li>• Make detailed evaluations about existing products and his/her own considering the views of others to improve his/her work</li> <li>• Build more complex 3D structures and apply his/her knowledge of strengthening techniques to make them stronger or more stable</li> <li>• Understand how to use more complex mechanical and electrical systems.</li> </ul>

## Year 6

### Cooking and Nutrition

- 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
- Research, plan and prepare and cook a savoury dish, applying his/her knowledge of ingredients and his/her technical skills
- Consider influences of different chefs.

### Processes

- Use research he/she has done into famous designers and inventors to inform the design of his/her own innovative products
- Generate, develop, model and communicate his/her 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
- Use technical knowledge 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
- 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
- Evaluate their product considering the design criteria and the needs of the user.