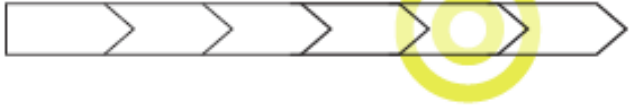
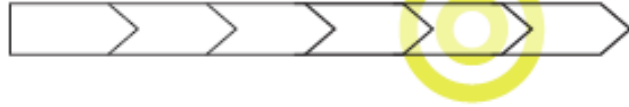


Cooking and Nutrition



Processes



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for sticking

Band 4 - Design & Technology

Cooking and Nutrition & Processes



Name _____

Class _____

Cooking and Nutrition

I can 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



I can understand seasonality and the advantages of eating seasonal and locally produced food



I can read and follow recipes which involve several processes, skills and techniques



Processes

I can use my knowledge of existing products to design a functional and appealing product for a particular purpose and audience



I can create designs using exploded diagrams



I can use techniques which require more accuracy to cut, shape, join and finish my work e.g. Cutting internal shapes, slots



I can use my knowledge of techniques and the functional and aesthetic qualities of a wide range of materials to plan how to use them



I can consider how existing products and my own finished products might be improved and how well they meet the needs of the intended user



I can apply techniques I have learnt to strengthen structures and explore my own ideas



I can understand and use electrical systems in my products

