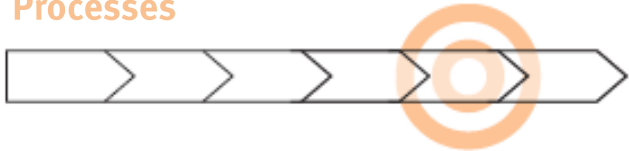


Cooking and Nutrition



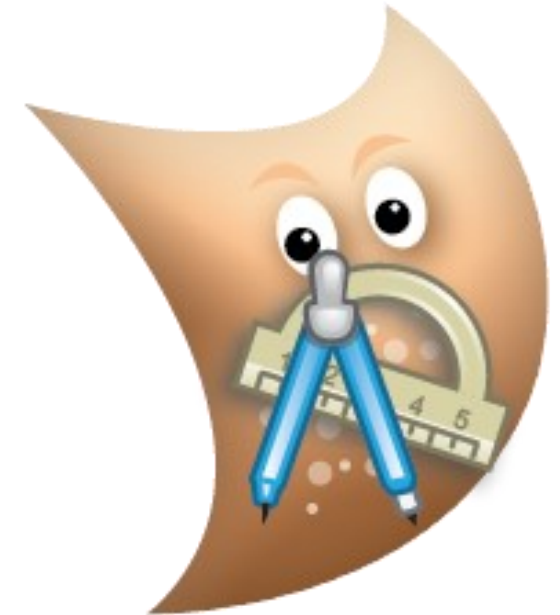
Processes



Back blank
for sticking

Band 3 - Design & Technology

Cooking and Nutrition & Processes



Name _____

Class _____

Cooking and Nutrition

I can talk about the different food groups and name food from each group



I can understand that food has to be grown, farmed or caught in Europe and the wider world



I can use a wider variety of ingredients and techniques to prepare and combine ingredients safely



Processes

I can use my knowledge of existing products to design my own functional product



I can create designs using annotated sketches, cross-sectional diagrams and simple computer programmes



I can safely measure, mark out, cut, assemble and join with some accuracy



I can make suitable choices from a wider range of tools and unfamiliar materials and plan out the main stages of using them



I can investigate and analyse existing products and those I have made, considering a wide range of factors



I can strengthen frames with diagonal struts



I can understand how mechanical systems such as levers and linkages or pneumatic systems create movement

