

## Cooking and Nutrition



## Processes



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for sticking

## Band 6 - Design & Technology

Cooking and Nutrition & Processes



Name \_\_\_\_\_

Class \_\_\_\_\_

## Cooking and Nutrition

I can understand the main food groups and the different nutrients that are important for health



I can understand how a variety of ingredients are grown, reared, caught and processed to make them safe and palatable / tasty to eat



I can select appropriate ingredients and use a wide range of techniques to combine them



## Processes

I can use my research into existing products and my market research to inform the design of my own innovative product



I can create prototypes to show my ideas



I can make careful and precise measurements so that joins, holes and openings are in exactly the right place



I can produce step by step plans to guide my making, demonstrating that I can apply my knowledge of different materials, tools and techniques



I can make detailed evaluations about existing products and my own considering the views of others to improve my work



I can build more complex 3D structures and apply my knowledge of strengthening techniques to make them stronger or more stable



I can understand how to use more complex mechanical and electrical systems

