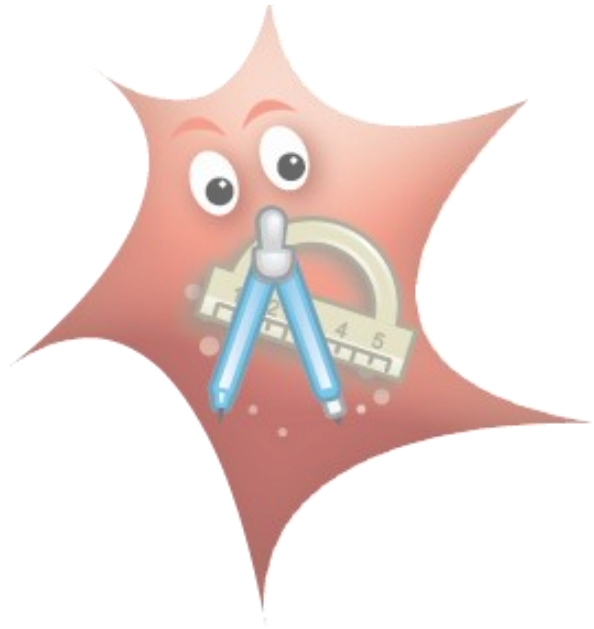
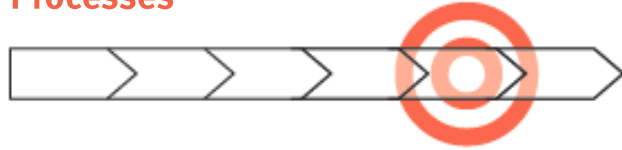


Cooking and Nutrition



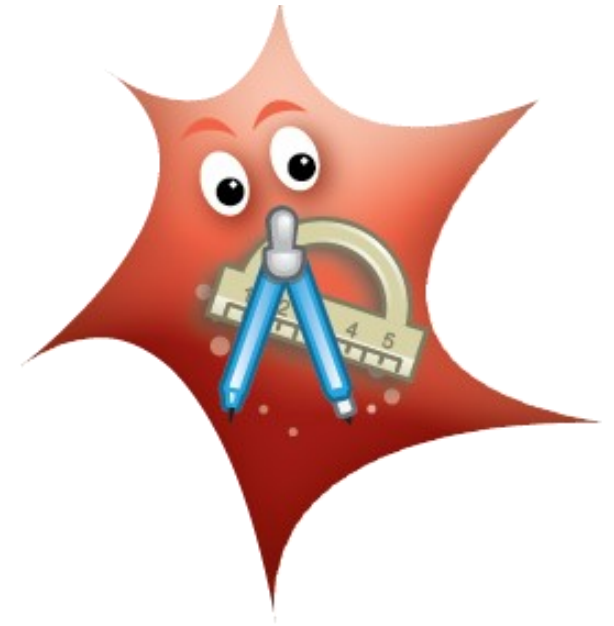
Processes



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Band 6 - Design & Technology

Cooking and Nutrition & Processes



Name \_\_\_\_\_

Class \_\_\_\_\_

## Cooking and Nutrition

I can confidently plan a series of healthy meals based on the principles of a healthy and varied diet



I can use information on food labels to inform choice



I can research, plan and prepare and cook a savoury dish, applying my knowledge of ingredients and my technical skills



## Processes

I can use research I have done into famous designers and inventors to inform my designs



I can generate, develop, model and communicate my ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design



I can apply my knowledge of materials and techniques to refine and rework my product to improve its functional properties and aesthetic qualities



I can use my technical knowledge and accurate skills to problem solve during the making process



I can use my knowledge of famous designs to further explain the effectiveness of existing products and products I have made



I can use a wide range of methods to strengthen, stiffen and reinforce complex structures and can use them accurately and appropriately



I can apply my understanding of computing to program, monitor and control my products

