

## Design and Technology Skills and Knowledge Progression



| Subject Domain   | FS   | YEAR 1   | YEAR 2   |
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| <b>Designing</b> | <ul style="list-style-type: none"> <li>Experiments with design</li> </ul>                  | <ul style="list-style-type: none"> <li>Work within a range of contexts e.g. story based and playgrounds</li> <li>State what products they are designing and making</li> <li>Say whether their products are for themselves or for others</li> <li>Describe what their products are for Use existing knowledge to create their own designs</li> <li>Start to develop and communicate ideas through discussing and drawing</li> <li><b>Generate ideas by drawing on their own experiences</b></li> <li><b>Model ideas by exploring components and mock ups</b></li> </ul> | <ul style="list-style-type: none"> <li>Work confidently and imaginatively within a range of contexts, e.g. imaginary, local community, industry and wider environment</li> <li>State what products they are designing and making</li> <li>Say whether their products are for themselves or for others</li> <li>Describe what their products are for</li> <li>Say how their products will work and how they are suitable for intended users</li> <li>Use simple design criteria to help develop their ideas</li> <li>Generate ideas by drawing on their own experiences</li> <li>Use knowledge of existing products to help come up with ideas</li> <li>Develop and communicate ideas by talking and drawing</li> <li>Model ideas by exploring machinery, materials, construction kits and by making templates and mock-ups</li> <li>Use ICT, where appropriate, to develop and communicate their ideas</li> <li><b>Share ideas through discussion</b></li> <li><b>Generate realistic ideas, focusing on the needs of the user</b></li> </ul> |
| <b>Making</b>    | <ul style="list-style-type: none"> <li>Uses and explores a variety of materials</li> </ul> | <ul style="list-style-type: none"> <li>Suggest what to do next through planning</li> <li>Select what they need from a selection of tools, materials and machines</li> </ul>  | <ul style="list-style-type: none"> <li>Plan by suggesting what to do next</li> <li>Select from a range of tools, machines and materials according to their characteristics</li> </ul>  |

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|                            |  | <ul style="list-style-type: none"> <li>• Follow safety and hygiene procedures<br/>Use a range of machines, materials, construction kits, textiles, food ingredients and mechanical products</li> <li>• Measure, mark out, shape and cut materials</li> <li>• <b>Assemble, join and combine materials and components</b></li> </ul>   | <ul style="list-style-type: none"> <li>• Explain their choices</li> <li>• Follow safety and hygiene procedures</li> <li>• Use a range of machines, materials, construction kits, textiles, food ingredients and mechanical products</li> <li>• Measure, mark out, shape and cut materials</li> <li>• Assemble, join, combine materials and components</li> <li>• Begin to use finishing techniques, including those from Art lessons</li> </ul>   |
| <b>Evaluating</b>          | <ul style="list-style-type: none"> <li>• Develops own ideas through selecting/using materials</li> <li>• Works on processes that interest them</li> <li>• Talks about ideas and processes which lead to design</li> <li>• Talks about features of their work recognizing differences/strengths between them</li> </ul> | <ul style="list-style-type: none"> <li>• Talk about their design ideas and what they are making</li> <li>• Talk about how to improve their products</li> <li>• Explore what products are, what they are made from, who they are for, how they are used and where they are from</li> <li>• Talk about what they like and dislike about existing products</li> </ul>   | <ul style="list-style-type: none"> <li>• Talk about their design ideas and what they are making</li> <li>• Make simple judgements about their products and ideas against design criteria</li> <li>• Talk and write about how to improve their products</li> <li>• Explore what products are, what they are made from, who they are for, how they are used and where they might be used</li> <li>• Talk about what and why they like and dislike about existing products</li> <li>• <b>Give reasons</b></li> </ul> |
| <b>Technical Knowledge</b> | <ul style="list-style-type: none"> <li>• Safely uses a variety of materials, tools and techniques</li> <li>• Uses what they have learnt about media and materials thinking about use and purpose</li> <li>• Represents own ideas, thoughts and feelings through Design and Technology</li> </ul>                       | <ul style="list-style-type: none"> <li>• Recognise a range of technology is used in places, e.g. homes and schools</li> <li>• Select and use technology for particular purposes</li> <li>• Know how to operate simple equipment</li> <li>• Show an interest in toys, buttons, flaps and simple mechanisms and operate them successfully</li> <li>• Understand the simple working characteristics of materials and machinery</li> </ul> | <ul style="list-style-type: none"> <li>• Understand the working characteristics of materials and machinery</li> <li>• Know how to make simple mechanisms move, e.g. leavers, sliders, wheels and axels</li> <li>• Recognise that food ingredients should be combined according to their sensory characteristics</li> <li>• Understand that freestanding structures can be made stronger, stiffer and more stable</li> </ul>   |

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|                              | <ul style="list-style-type: none"> <li>Recognises a range of technology is used in places such as homes and schools</li> <li>Selects and uses technology for a purpose</li> <li>Finds out about uses of a range of everyday technology</li> </ul> | <ul style="list-style-type: none"> <li>Know how to make simple mechanisms move, e.g. leavers, sliders, wheels and axels</li> <li>Recognise that food ingredients should be combined according to their sensory characteristics</li> <li>Begin to use the correct technical vocabulary for projects</li> </ul>   | <ul style="list-style-type: none"> <li>Recognise that 3D textile products can be assembled from two identical fabric shapes</li> <li>Use the correct technical vocabulary for projects</li> <li><b>Understand and use a wide range of materials and components, e.g. electrical circuits and programming computer systems</b></li> </ul>  |
| <b>Cooking and Nutrition</b> | <ul style="list-style-type: none"> <li>Knows importance of healthy diet and talks about ways to keep healthy</li> <li>Making healthy choices (exc)</li> </ul>   | <ul style="list-style-type: none"> <li>Recognise that food comes from plants or animals</li> <li>Know that food is farmed, grown elsewhere or caught</li> <li>Name and sort foods into the five groups in 'The Eatwell Plate'</li> <li>Begin to recognise that everyone should eat at least five portions of fruit and vegetables every day</li> <li>Prepare some simple dishes</li> <li>Use different techniques, e.g. cutting, peeling and grating</li> </ul> | <ul style="list-style-type: none"> <li>Know that food comes from plants or animals</li> <li>Know that food is farmed, grown elsewhere (e.g. home) or caught</li> <li>Name and sort foods into the five groups in 'The Eatwell Plate'</li> <li>Begin to recognise that everyone should eat at least five portions of fruit and vegetables every day</li> <li>Know how to prepare simple dishes safely and hygienically, without using a heat source</li> <li>Prepare a range of simple dishes</li> <li>Use different techniques, e.g. cutting, peeling and grating</li> <li><b>Know that a healthy diet is made up from a variety and balance of different foods and drinks</b></li> <li><b>Know that food is needed to provide energy for the body</b></li> </ul> |

## Design and Technology Skills and Knowledge Progression



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| Subject Domain | YEAR 3 | YEAR 4 |
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| <b>Designing</b>  | <ul style="list-style-type: none"> <li>• Work confidently in a range of contexts, e.g. at home, school, leisure and industry</li> <li>• Describe the purpose of their products</li> <li>• Indicate design features of their products</li> <li>• Gather information about the needs and wants of individuals or groups</li> <li>• Develop their own design criteria</li> <li>• Share and clarify ideas through discussion</li> <li>• Model ideas using prototypes</li> <li>• Use annotated diagrams and some computer-aided design packages to develop and communicate ideas</li> <li>• Generate realistic ideas, focusing on the needs of the user</li> <li>• Begin to take account of the availability of resources</li> </ul> | <ul style="list-style-type: none"> <li>• Work confidently in a range of contexts, e.g. home, leisure, culture, industry and wider environment</li> <li>• Describe the purpose of their products</li> <li>• Indicate design features of their products that will appeal to intended users</li> <li>• Gather information about the needs and wants of individuals and groups</li> <li>• Develop their own design criteria and use this to inform ideas</li> <li>• Share and clarify ideas confidently, through discussion</li> <li>• Model ideas using prototypes and pattern pieces</li> <li>• Use annotated sketches, some cross-sectional drawings and computer-aided design packages, to develop and communicate ideas</li> <li>• Generate realistic ideas, focusing on the needs of the user</li> <li>• Make design decisions that take account of the availability of resources</li> </ul> |
| <b>Making</b>     | <ul style="list-style-type: none"> <li>• Select tools and equipment suitable for the task and explain their choices</li> <li>• Select some materials and machinery suitable for the task</li> <li>• Order the main stages of making</li> <li>• Follow procedures for safety and hygiene</li> <li>• Use a wide range of materials and machinery, e.g. textiles, mechanical, construction kits, electrical and food ingredients</li> <li>• Measure, mark out, cut, shape materials and components with some accuracy</li> <li>• Assemble, join and combine many materials with some accuracy</li> <li>• Apply some finishing techniques</li> </ul>  | <ul style="list-style-type: none"> <li>• Confidently select tools and equipment suitable to the task</li> <li>• Explain their choices, giving evidence</li> <li>• Select materials and machinery suitable to the task</li> <li>• Order the main stages of making in logical steps</li> <li>• Follow procedures for safety and hygiene</li> <li>• Use an extensive range of materials and machinery, e.g. textiles, mechanical, construction kits, electrical and food ingredients</li> <li>• Measure, mark out, cut and shape materials and components with accuracy</li> <li>• Assemble, join, and combine most materials accurately</li> <li>• Apply several finishing techniques accurately</li> </ul>  |
| <b>Evaluating</b> | <ul style="list-style-type: none"> <li>• Identify the strengths and weaknesses in their ideas and products</li> </ul>   | <ul style="list-style-type: none"> <li>• Identify the strengths and weaknesses in their ideas and products</li> </ul>  |

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|                                   | <ul style="list-style-type: none"> <li>• Consider the views of others</li> <li>• Refer to their design criteria as they design and make</li> <li>• Use their design criteria to evaluate their completed products</li> <li>• Investigate and analyse how well products have been designed and made</li> <li>• Investigate and analyse which materials and methods were used and which were successful</li> <li>• Investigate and analyse how well the products worked</li> <li>• Investigate and analyse whether they achieved their purpose and the needs/wants of the users</li> <li>• Recognise successful inventors, designers chefs and engineers who have been influential in the design and technology industries</li> </ul> | <ul style="list-style-type: none"> <li>• Consider the views of others, including intended users, to improve their work</li> <li>• Refer to their design criteria as they design and make</li> <li>• Use their design criteria to evaluate and improve their completed products</li> <li>• Investigate and analyse how well products have been designed and made</li> <li>• Investigate and analyse why materials have been chosen</li> <li>• Investigate and analyse what methods of construction were used</li> <li>• Investigate and analyse how well the products worked</li> <li>• Investigate and analyse whether they achieved their purpose</li> <li>• Investigate and analyse the needs/wants of the users</li> <li>• Investigate and analyse who designed the products</li> <li>• Investigate and analyse where products were designed and made</li> <li>• Investigate and analyse when products were designed and made</li> <li>• Investigate and analyse whether products can be recycled or re-used</li> <li>• Recognise several inventors, designers, chefs, manufacturers and engineers, who have been influential in the design and technology industries</li> <li>• <b>Consider the impact and innovative qualities of their products</b></li> </ul> |
| <p><b>Technical Knowledge</b></p> | <ul style="list-style-type: none"> <li>• Know how to use learning from Science and Maths to help design and make products that work</li> <li>• Understand that materials have functional and artistic qualities</li> <li>• Recognise that materials can be combined and mixed to create more useful characteristics</li> </ul>  | <ul style="list-style-type: none"> <li>• Use learning from Science, Maths and other subjects to help design and make products that work</li> <li>• Understand that materials have functional and artistic qualities</li> </ul>   |

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|                              | <ul style="list-style-type: none"> <li>• Know how mechanical systems such as levers and linkages create movement</li> <li>• Know that simple electrical circuits and machines can be used to make functional products</li> <li>• Make strong, stiff shell structures</li> <li>• Know that a simple fabric shape can be used to make a 3D textile product</li> <li>• Recognise several fresh, pre-cooked and processed foods</li> </ul>  | <ul style="list-style-type: none"> <li>• Apply this thinking successfully to their own products</li> <li>• Recognise that materials can be combined and mixed to create more useful characteristics</li> <li>• Know that mechanical and electrical systems have an input, process and output</li> <li>• Know how mechanical systems such as levers and linkages create movement</li> <li>• Know that simple electrical circuits and components can be used to create functional products</li> <li>• Program a computer to control their products</li> <li>• Make strong, stiff, shell structures for a purpose</li> <li>• Know that a single fabric shape can be used to make a 3D textile product</li> <li>• Recognise a range of fresh, pre-cooked and processed food</li> </ul>  |
| <b>Cooking and Nutrition</b> | <ul style="list-style-type: none"> <li>• Know that food is farmed, reared, grown elsewhere (e.g. home), imported or caught locally, regionally and internationally</li> <li>• Know how to prepare and cook a variety of predominately savory dishes safely and hygienically, including the use of a heat source</li> <li>• Know how to use a range of techniques, e.g. peeling, chopping, slicing, grating, mixing, spreading, kneading and baking</li> <li>• Recognise that a healthy diet is made up of a variety and balance of different foods and drinks, as depicted on 'The Eatwell Plate'</li> <li>• Know that to be active and healthy, food is needed to provide energy for the body</li> </ul> | <ul style="list-style-type: none"> <li>• Know that food is farmed, reared, grown elsewhere (e.g. home, allotments), exported, imported or caught, this can be a local, regional and international scale</li> <li>• Know how to prepare and cook a variety of savory and some sweet dishes safely and hygienically, including the use of a heat source</li> <li>• Know how to use a wide range of techniques, e.g. peeling, chopping, slicing, grating, mixing, spreading, kneading and baking</li> <li>• Know that a healthy diet is made up of a variety and balance of different foods and drinks, as depicted on 'The Eatwell Plate'</li> <li>• Know that to be active and healthy, food is needed to provide energy for the body</li> <li>• <b>Adapt recipes and know about substances that are needed for health, e.g. water, fibre and nutrients</b></li> </ul> |

**Design and Technology Skills and Knowledge Progression**



| Subject Domain   | YEAR 5   | YEAR 6   |
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| <b>Designing</b> | <ul style="list-style-type: none"><li>• Work confidently in a wide range of contexts, e.g. home, school, leisure, culture, industry, enterprise and wider environment</li><li>• Describe in detail the purpose of their products</li><li>• Indicate design features of their products that will appeal to intended users</li><li>• Gather information about the needs and wants of individuals or groups</li><li>• Develop their own design criteria and use this to inform their ideas</li><li>• Carry out research, e.g. surveys and interviews to identify users' needs, wants and preferences</li><li>• Develop a simple design specification to guide their thinking</li><li>• Share and clarify ideas confidently, through discussion</li><li>• Model ideas using prototypes and pattern pieces</li><li>• Use annotated sketches, cross-sectional drawings, exploded diagrams and computer-aided design packages to develop and communicate ideas</li><li>• Generate realistic ideas, focusing on the needs of the user</li><li>• Make design decisions based on time, cost and resource constraints</li></ul> | <ul style="list-style-type: none"><li>• Work confidently in a wide range of contexts, e.g. home, school, leisure, culture, industry, enterprise and wider environment</li><li>• Describe in detail the purpose of their products</li><li>• Indicate design features of their products that will appeal to intended users</li><li>• Gather information about the needs and wants of individuals or groups</li><li>• Develop their own design criteria and use this to inform their ideas</li><li>• Carry out research, e.g. surveys and interviews, questionnaires and web-based resources to identify users' needs, wants and preferences</li><li>• Develop a detailed design specification to guide their thinking and planning</li><li>• Share and clarify ideas confidently, through discussion</li><li>• Model ideas using prototypes and pattern pieces</li><li>• Use annotated sketches, cross-sectional drawings, exploded diagrams and computer-aided design packages to develop and communicate ideas</li><li>• Generate realistic ideas, focusing on the needs of the user</li><li>• Make design decisions that take account of the availability of resources</li><li>• Generate innovative ideas drawing on research</li><li>• Make informed design decisions based on time, cost and resource constraints</li><li>• <b>Combine ideas from a variety of sources</b></li><li>• <b>Use a variety of approaches to generate creative ideas</b></li></ul> |

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| <b>Making</b>     | <ul style="list-style-type: none"> <li>• Select tools and equipment suitable to the task confidently</li> <li>• Explain their choices, giving evidence</li> <li>• Select materials and components suitable to the task</li> <li>• Produce appropriate lists of tools, equipment and materials that they will need</li> <li>• Order the stages of the making process, in logical steps</li> <li>• Formulate step-by-step plans as guide to making</li> <li>• Follow procedures for safety and hygiene</li> <li>• Use an extensive range of materials and components, e.g. textiles, mechanical, construction kits, electrical and food ingredients</li> <li>• Measure, mark out, cut, and shape materials and components with accuracy</li> <li>• Assemble, join and combine most materials accurately</li> <li>• Apply a range of finishing techniques accurately, including those from Art lessons</li> <li>• Use techniques that involve a number of steps</li> <li>• Use resourcefulness when tackling practical problems</li> </ul> | <ul style="list-style-type: none"> <li>• Select tools and equipment suitable to the task confidently</li> <li>• Explain their choices, giving evidence</li> <li>• Select materials and components suitable to the task</li> <li>• Produce appropriate lists of tools, equipment and materials that they will need</li> <li>• Order the stages of the making process, in logical steps</li> <li>• Formulate step-by-step plans as guide to making</li> <li>• Follow procedures for safety and hygiene</li> <li>• Use an extensive range of materials and components, e.g. textiles, mechanical, construction kits, electrical and food ingredients</li> <li>• Measure, mark out, cut, and shape materials and components with accuracy</li> <li>• Assemble, join and combine most materials accurately</li> <li>• Apply a range of finishing techniques accurately, including those from Art lessons</li> <li>• Use techniques that involve a number of steps</li> <li>• Use resourcefulness, resilience and innovation, when tackling practical problems</li> <li>• Explain next steps in learning, drawing from prior experience</li> </ul> |
| <b>Evaluating</b> | <ul style="list-style-type: none"> <li>• Identify the strengths and weaknesses in their ideas and products confidently</li> <li>• Consider the views of others, including intended users, to improve their work</li> <li>• Refer to their design criteria as they design and make</li> <li>• Use their design criteria to evaluate and improve their completed products</li> <li>• Evaluate critically the quality of the design, manufacture and fitness for purpose of their products</li> </ul>  | <ul style="list-style-type: none"> <li>• Identify the strengths and weaknesses in their ideas and products confidently</li> <li>• Consider the views of others, including intended users, to improve their work</li> <li>• Refer to their design criteria as they design and make</li> <li>• Use their design criteria to evaluate and improve their completed products</li> <li>• Evaluate critically the quality of the design, manufacture and fitness for purpose of their products</li> </ul>   |



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|                            | <ul style="list-style-type: none"> <li>• Evaluate their ideas and products against their original design specification</li> <li>• Investigate and analyse how well products have been designed and made</li> <li>• Investigate and analyse why materials have been chosen</li> <li>• Investigate and analyse what methods of construction were used</li> <li>• Investigate and analyse how well the products worked</li> <li>• Investigate and analyse whether they achieved their purpose and the needs/wants of the users</li> <li>• Investigate and analyse who designed the products</li> <li>• Investigate and analyse where products were designed and made</li> <li>• Investigate and analyse when products were designed and made</li> <li>• Investigate and analyse whether products can be recycled or re-used</li> <li>• Consider cost and sustainability</li> <li>• Consider the impact and innovative qualities of their products</li> <li>• Recognise several inventors, designers, chefs, manufacturers and engineers, who have been influential in the design and technology industries</li> </ul> | <ul style="list-style-type: none"> <li>• Evaluate their ideas and products against their original design specification</li> <li>• Investigate and analyse how well products have been designed and made</li> <li>• Investigate and analyse why materials have been chosen</li> <li>• Investigate and analyse what methods of construction were used</li> <li>• Investigate and analyse how well the products worked</li> <li>• Investigate and analyse whether they achieved their purpose and the needs/wants of the users</li> <li>• Investigate and analyse who designed the products</li> <li>• Investigate and analyse where products were designed and made</li> <li>• Investigate and analyse when products were designed and made</li> <li>• Investigate and analyse whether products can be recycled or re-used</li> <li>• Investigate and analyse how much products cost to make</li> <li>• Investigate and analyse how innovative products are</li> <li>• Investigate and analyse how sustainable the materials in products are</li> <li>• Investigate and analyse what impact products have beyond their intended purpose</li> <li>• Recognise several inventors, designers, chefs, manufacturers and engineers, who have been influential in the design and technology industries</li> </ul> |
| <b>Technical Knowledge</b> | <ul style="list-style-type: none"> <li>• Use learning from Science, Maths, other subjects and sources to help design and make products that work</li> <li>• Understand that materials have functional and artistic qualities</li> </ul>  | <ul style="list-style-type: none"> <li>• Use learning from Science, Maths, other subjects and sources to help design and make products that work</li> <li>• Understand that materials have functional and artistic qualities</li> </ul>   |

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|                              | <ul style="list-style-type: none"> <li>• Apply this thinking successfully to their own products</li> <li>• Recognise that materials can be combined and mixed to create more useful characteristics</li> <li>• Know that mechanical and electrical systems have an input, process and output</li> <li>• Know how mechanical systems, e.g. levers and linkages create movement</li> <li>• Know that simple electrical circuits and components can be used to create functional products</li> <li>• Program a computer to control their products</li> <li>• Make strong, stiff shell structures for a purpose</li> <li>• Know that a single fabric shape can be used to make a 3D textile product</li> <li>• Recognise a range of fresh, pre-cooked and processed foods</li> <li>• Know that mechanical systems, e.g. cams, pulleys or gears create movement</li> <li>• Explore more complex electrical circuits and components</li> <li>• Program a computer to monitor changes in the environment and control their products</li> <li>• Reinforce and strengthen a 3D framework</li> <li>• Know that 3D textile products can be made from a combination of fabric shapes</li> <li>• Adapt recipes by adding or substituting one or more ingredients</li> </ul> | <ul style="list-style-type: none"> <li>• Apply this thinking successfully to their own products</li> <li>• Recognise that materials can be combined and mixed to create more useful characteristics</li> <li>• Know that mechanical and electrical systems have an input, process and output</li> <li>• Know how mechanical systems, e.g. levers and linkages create movement</li> <li>• Know that simple electrical circuits and components can be used to create functional products</li> <li>• Program computer systems and devices to control their products</li> <li>• Make strong, stiff shell structures for a purpose</li> <li>• Know that a single fabric shape can be used to make a 3D textile product</li> <li>• Recognise a wide range of fresh, pre-cooked and processed foods</li> <li>• Know that mechanical systems, e.g. cams, pulleys or gears create movement</li> <li>• Explore more complex electrical circuits and components</li> <li>• Program computers and devices to monitor changes in the environment and control their products</li> <li>• Reinforce and strengthen a 3D framework</li> <li>• Know that 3D textile products can be made from a combination of fabric shapes</li> <li>• Recreate and adapt existing and new recipes by adding or substituting a range of ingredients</li> <li>• <b>Know the physical properties and how to classify materials by structure</b></li> <li>• <b>Understand simple electronic components</b></li> <li>• <b>Know textile fibre sources</b></li> </ul> |
| <b>Cooking and Nutrition</b> | <ul style="list-style-type: none"> <li>• Know that food is farmed, reared, grown elsewhere (e.g. home, allotments), exported, imported or caught locally, regionally and on an internationally</li> </ul>  | <ul style="list-style-type: none"> <li>• Know that food is farmed, reared, grown elsewhere (e.g. home, allotments), exported, imported or caught locally, regionally and on an internationally</li> </ul>  |

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|  | <ul style="list-style-type: none"> <li>• Know the seasons and weather affect food availability</li> <li>• Know how food is processed into ingredients that can be eaten or used in cooking</li> <li>• Know how to prepare and cook a variety of savory and some sweet dishes safely and hygienically, including the use of a heat source</li> <li>• Know how to use a wide range of techniques, e.g. peeling, chopping, slicing, grating, mixing, spreading, kneading and baking</li> <li>• Know that a healthy diet is made up of a variety and balance of different foods and drink, as depicted in 'The Eatwell Plate'</li> <li>• Know that to be active and healthy, food is needed to provide energy for the body</li> <li>• Know that recipes can be adapted to change the taste, texture, aroma, and appearance</li> <li>• Know that different foods contain substances that are needed for health, e.g. water, fibre, vitamins and nutrients</li> </ul> | <ul style="list-style-type: none"> <li>• Know the seasons and weather affect food availability</li> <li>• Know how food is processed into ingredients that can be eaten or used in cooking</li> <li>• Know how to prepare and cook a variety of savory and some sweet dishes safely and hygienically, including the use of a heat source</li> <li>• Know how to use a wide range of techniques, e.g. peeling, chopping, slicing, grating, mixing, spreading, kneading and baking</li> <li>• Know that a healthy diet is made up of a variety and balance of different foods and drink, as depicted in 'The Eatwell Plate'</li> <li>• Know that to be active and healthy, food is needed to provide energy for the body</li> <li>• Know that recipes can be adapted to change the taste, texture, aroma, and appearance</li> <li>• Know that different foods contain substances that are needed for health, e.g. water, fibre, vitamins and nutrients</li> <li>• Understand that healthy diets must incorporate the correct amounts of food types and substances</li> <li>• Understand that exercise is also important for our wellbeing and fitness</li> <li>• <b>Know the importance of balanced diets and how to store, prepare and cook food safely and hygienically</b></li> <li>• <b>Know how to minimise food waste and litter</b></li> </ul> |
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