Design and Technology Progression of Knowledge and Skills

Through a variety of creative and practical activities, pupils will be taught the knowledge, understanding and skills needed to engage in an iterative process of designing and making. They will work in a range of relevant contexts [for example, the home, school, leisure, culture, enterprise, industry and the wider environment]. When designing and making, pupils will be taught to:

Design	• use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose,
	aimed at particular individuals or groups
	• generate, develop, model and communicate their ideas through discussion, annotated sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and computer-aided design
Make	• select from and use a wider range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing], accurately
	• select from and use a wider range of materials and components, including construction materials, textiles and ingredients, according to their functional properties and aesthetic qualities computer-aided design
Evaluate	investigate and analyse a range of existing products
	evaluate their ideas and products against their own design criteria and consider the views of others to improve their work
	understand how key events and individuals in design and technology have helped shape the world
Technical Knowledge	apply their understanding of how to strengthen, stiffen and reinforce more complex structures
	understand and use mechanical systems in their products [for example, gears, pulleys, cams, levers and linkages]
	• understand and use electrical systems in their products [for example, series circuits incorporating switches, bulbs, buzzers and motors]
	apply their understanding of computing to program, monitor and control their products.

Cooking and nutrition

As part of their work with food, pupils will be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. Pupils will be taught to:

- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Design and Technology Curriculum Coverage 2023-24

	Cooking and nutrition	Mechanical systems	Electrical systems	Structures	Textiles
Year 3	Dips and dippers			Stone-Age shelters	
Year 4		Moving toys	Electric vehicles		
Year 5				Furniture	Islamic prayer mats
Year 6	WW2 baking		Fairground rides		Christmas stockings

Autumn 1			
Cooking and Nutrition: Dips and Dippers			
In Year 3 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):			
Design	gather information about user needs;		
Understanding contexts,	•	wn design criteria;	
users and purposes	describe the user, purpose and design features of their products and explain how		
Constitution de als	they will work;		
Generating, developing,	generate realistic ideas based on user needs;		
modelling and	use a range of drawing skills, discussion and prototypes.		
communicating ideas			
Planning			
Make	order the main	stages of making;	
Planning		equipment and ingredients and explain their choices;	
		res for safety and hygiene.	
Practical skills and	·	, , , , ,	
techniques			
Evaluate		deas and products against their design criteria	
Own ideas and products		ng dips based on their taste, smell, appearance, texture and order	
	of preference;		
Existing products		edients have been chosen and how the dips have been made;	
Technical Knowledge	 use the correct 	technical vocabulary.	
Making products work	1		
Cooking and nutrition Where food comes from		I is prepared in the UK, Europe and the wider world;	
where rood comes from	•	repare a variety of dishes safely and hygienically;	
Food preparation,	know that a healthy diet is made from a variety and balance of different food;		
cooking and nutrition	 know that food 	I is needed to provide energy for the body.	
Practical Foods Skills	mix/stir	fold ingredients together carefully	
Food	spoon	 be able to gauge the quantities spooned to ensure an equal 	
	opco	amount of ingredients in each container	
	measure	using a measuring jug independently and accurately	
		using digital and analogue scales accurately and	
		independently	
	cut	higher resistance food with a vegetable knife, using the claw	
		grip	
		higher resistant foods from using the bridge hold	
Vocabulary	user	a person who uses something	
	purpose	the reason why something is done or created	
	design brief	a document or set of instructions that outline what the purpose	
		of a project is and what is required	
	design criteria	the goals that a project must achieve to be successful	
	design features	characteristics that meet an intended user and purpose	
	evaluate	to judge something against a set of criteria	
	taste	how something tastes	
	smell	how something looks	
	appearance	how something looks	
	texture	how something feels a greater liking for something over other things	
	preference recipe	a set of instructions for preparing a particular dish, including a list	
	recipe	of ingredients that are needed	
	spooning	to put food into/on something using a spoon	
	mixing	to combine/put together to form a substance/mass	
		to combine, par to bether to form a substance, mass	

measuring	to calculate the size, amount or degree of something
cutting	to divide something into pieces using a sharp implement
bridge hold	a method used for cutting safely with a knife
claw grip	a method used for slicing safely with a knife
nutrition	the process of eating food necessary for health and growth

In Design and Technology, pupils should know:

- who the user of their product is
- what the purpose of their product is
- what a design brief is
- how to develop their own design criteria
- how to evaluate their products against their design criteria

- how to follow a recipe
- how to use the bridge hold to cut vegetables with a knife
- how to use the claw grip to slice vegetables with a knife
- understand the basis of a healthy diet as dictated by the Eatwell Guide
 - drink plenty of fluids the government recommends 6 to 8 cups or glasses a day
 - eat foods high in fat, salt and sugar less often and in small amounts
 - choose unsaturated oils and spreads, and eat in small amounts
 - have some dairy or dairy alternatives (such as soya drinks and yoghurts)
 - eat some beans, pulses, fish, eggs, meat and other protein foods
 - base meals on potatoes, bread, rice, pasta or other starchy carbohydrates
 - eat at least 5 portions of a variety of fruit and vegetables a day

Spring 1 Structures: Stone Age Shelters			
In Year 3 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):			
Design	gather information about user needs;		
Understanding contexts,	 develop their ow 	n design criteria;	
users and purposes	i i	, purpose and design features of their products and explain	
	how they will wo		
Generating, developing,	i i	ideas based on user needs;	
modelling and	_	awing skills, discussion and prototypes	
communicating ideas		, , , , , , , , , , , , , , , , , , ,	
Planning			
Make	 order the main st 	ages of making;	
Planning	 select suitable to 	ols, equipment and materials and explain their choices.	
Book Cook of the cook	 follow procedure 	s for safety and hygiene;	
Practical skills and	• shape, assemble	and finish with some accuracy.	
techniques Evaluate	evaluate their ide	eas and products against their design criteria.	
Own ideas and products		well products have been designed and made, whether they are	
producti		nd meet user needs;	
Existing products	know why materials have been chosen, the methods of construction used and		
	how well they wo	•	
Technical Knowledge	 know that materi 	als have functional and aesthetic qualities;	
Making products work	 know how to mal 	ke strong, stiff shell structures;	
	use the correct to	echnical vocabulary.	
Vocabulary	user	a person who uses something	
	purpose	the reason why something is done or created	
	design brief	a document or set of instructions that outline what the	
		purpose of a project is and what is required	
	design criteria	the goals that a project must achieve to be successful	
	design features	characteristics that meet an intended user and purpose	
	evaluate	to judge something against a set of criteria	
	functional qualities	how something looks	
	aesthetic qualities shape	how something looks to give something a particular shape or form	
	assemble	to make something by fitting together different components	
	finish	to complete the decoration of something by giving it an	
		attractive appearance	
	structure	a building or other object constructed from several parts	

'Sticky Knowledge'		
In Design and Technology, pupils should know:	By the end of this unit, pupils should know:	
who the user of their product is	 how to assemble a product 	
what the purpose of their product is	 how to shape a product 	
what a design brief is	 how to finish a product to suit their user and 	
how to develop their own design criteria	purpose	
 how to evaluate their products against their design criteria 	how to make a strong, stiff shell structure	

Autumn 2			
Mechanical Systems: Moving toys			
In Year 4 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):			
Design	gather information about user needs;		
Understanding contexts,	 develop their own design criteria; 		
users and purposes	 describe the user, purpose and design features of their products and explain 		
	how they will wor	k;	
Generating, developing,	 generate realistic 	ideas based on user needs;	
modelling and	 use a range of dra 	wing skills, discussion and prototypes	
communicating ideas			
Diamina			
Planning		and of malitimes	
Make	order the main sta		
Planning		ols, equipment and materials and explain their choices.	
Practical skills and	· ·	for safety and hygiene;	
techniques	,	it, cut, shape, assemble, join, combine and finish with some	
Evaluate	accuracy. evaluate their idea	as and products against their design criteria.	
Own ideas and products		rell products have been designed and made, whether they are	
own acas and products	•	d meet user needs;	
Existing products		als have been chosen, the methods of construction used and	
	how well they wo		
Technical Knowledge	,	als have functional and aesthetic qualities;	
Making products work		s have an input, process and output;	
<u> </u>	 use the correct technical vocabulary. 		
Vocabulary	user	a person who uses something	
	purpose	the reason why something is done or created	
	design brief	a document or set of instructions that outline what the	
		purpose of a project is and what is required	
	design criteria	the goals that a project must achieve to be successful	
	design features	characteristics that meet an intended user and purpose	
	evaluate	to judge something against a set of criteria	
	functional qualities	how something works	
	aesthetic qualities	how something looks	
	assemble	to make something by fitting together different components	
	finish	to complete the decoration of something by giving it an	
		attractive appearance	
	components	a part that when put together makes a product	
	input	the trigger that makes a system do what it is supposed to do	
	process	the part of a system that receives a signal from the input components and then tells the output components what to	
		do	
	output	the part of the system that does the work	
	inflate	to fill something with air or gas to swell up	
	deflate	when air or gas is removed and an object shrinks	
		a system that uses pressurised air for mechanical motion	
	pneumatic system	·	
	mechanical system	a set of components that convert an input motion and force	
		into a desired output motion and force	

In Design and Technology, pupils should know:

- who the user of their product is
- what the purpose of their product is
- what a design brief is
- how to develop their own design criteria
- how to evaluate their products against their design criteria

- what an input is
- what a process is
- what an output is
- what a pneumatic system is and how it works
- how pneumatic systems are used in everyday life

Summer 2			
Electrical Systems: Electric vehicles			
In Year 4 pupi	ls at Waverley Abbey v	vill be able to (red = knowledge, green = skills):	
Design	gather information	on about user needs;	
Understanding contexts,	develop their own design criteria;		
users and purposes	 describe the user, purpose and design features of their products and explain 		
	how they will work;		
Generating, developing,	generate realistic	c ideas based on user needs;	
modelling and	_	rawing skills, discussion and prototypes	
communicating ideas			
Planning			
Make	order the main s	tages of making:	
Planning		pols, equipment and materials and explain their choices.	
3		es for safety and hygiene;	
Practical skills and	·	out, cut, shape, assemble, join, combine and finish with some	
techniques	accuracy.	ac, eac, shape, assemble, join, combine and mish with some	
Evaluate	·	eas and products against their design criteria.	
Own ideas and products		well products have been designed and made, whether they	
, , , , , , , , , , , , , , , , , , ,		se and meet user needs;	
Existing products		rials have been chosen, the methods of construction used and	
	how well they w		
Technical Knowledge	,	rials have functional and aesthetic qualities;	
Making products work		ns have an input, process and output;	
3 p	· ·	echnical vocabulary.	
Vocabulary	user	a person who uses something	
o o o o o o o o o o o o o o o o o o o	purpose	the reason why something is done or created	
	design brief	document or set of instructions that outline what the	
		purpose of a project is and what is required	
	design criteria	the goals that a project must achieve to be successful	
	design features	characteristics that meet an intended user and purpose	
	prototype	an original model of a product from which improvements,	
	' ''	upgrades or fundamental changes can be made	
	evaluate	to judge something against a set of criteria	
	functional qualities	how something works	
	aesthetic qualities	how something looks	
	measure	to calculate the size, amount or degree of something	
	mark out	to outline a particular section or area	
	cut	to divide something into pieces using a sharp implement	
	assemble	to make something by fitting together different components	
	join	to hold two components together physically	
	finish	to complete the decoration of something by giving it an	
		attractive appearance	
	components	a part that when put together makes a product	
	input	the trigger that makes a system do what it is supposed to do	
	process	the part of a system that receives a signal from the input	
		components and then tells the output components what to	
		do	
	output	the part of the system that does the work	
	framework	an essential supporting structure of a building, vehicle or	
		object	
	electrical system	an electric system consists of all the elements needed to	
		distribute electrical power	

In Design and Technology, pupils should know:

- who the user of their product is
- what the purpose of their product is
- what a design brief is
- how to develop their own design criteria
- how to evaluate their products against their design criteria

- how to measure, mark out, cut, shape, assemble, join and finish with accuracy
- how to use an electrical system (motor) to power a product
- what an input is
- what a process is
- what an output is

Spring 1			
Textiles: Islamic prayer mats			
In Year 5 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):			
Design	 carry out research 		
Understanding contexts,	i i i	design specification;	
users and purposes		purpose and design features of their products and explain	
Generating, developing,	how they will work		
modelling and	_	ve ideas drawing on research;	
communicating ideas	use a range of dra	wing skills, discussion and prototypes.	
, , , , , , , , , , , , , , , , , , ,			
Planning			
Make		resources and step-by-step plans;	
Planning	 select suitable too choices. 	ls, equipment, materials and components and explain their	
Practical skills and		for safety and hygiene;	
techniques	 use a wider range 		
·		t, cut, shape, assemble, join, combine and finish with	
	accuracy.	, , , ,	
Evaluate	 identify strengths 	and areas to develop in their ideas and products against their	
Own ideas and products	design specificatio	•	
		s of others to make improvements.	
Existing products	_	ell products have been designed and made, whether they are	
		I meet user needs;	
	 know why material and sustainable th 	als have been chosen, how well they work, and how innovative	
Technical Knowledge		Ils have functional and aesthetic qualities;	
Making products work	use the correct technical vocabulary.		
Vocabulary	user	a person who uses something	
	purpose	the reason why something is done or created	
	design brief	a document or set of instructions that outline what the	
		purpose of a project is and what is required	
	design specification	a list of characteristics a product must have	
	research	investigating something to gain more information about it	
	design features	characteristics that meet an intended user and purpose	
	prototype	an original model of a product from which improvements, upgrades or fundamental changes can be made	
	evaluate	to judge something against a set of criteria	
	functional qualities	how something works	
	aesthetic qualities	how something looks	
	measure	to calculate the size, amount or degree of something	
	mark out	to outline a particular section or area	
	cut	to divide something into pieces using a sharp implement	
	assemble	to make something by fitting together different components	
	join	to hold two components together physically	
	finish	to complete the decoration of something by giving it an attractive appearance	
	running stitch	can be used for tacking seams and hems before sewing,	
		joining two pieces of fabric together and also for decoration	
		using coloured thread	
	blanket stitch	used as a decorative stitch	

In Design and Technology, pupils should know:

- who the user of their product is
- what the purpose of their product is
- what a design brief is
- how to develop their own design specification
- how to undertake research to gather user needs
- how to evaluate their products against their design criteria

- how to sew a running stitch
- how to sew a blanket stitch
- how to measure, mark out, cut, shape, assemble, join and finish with accuracy

Summer 2			
Structures: Furniture			
In Year 5 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):			
Design	carry out research;		
Understanding contexts,	 develop a simple of 	design specification;	
users and purposes	describe the user, purpose and design features of their products and explain		
	how they will work.		
Generating, developing,	generate innovativ	ve ideas drawing on research;	
modelling and	 use a range of dra 	wing skills, discussion and prototypes.	
communicating ideas			
Planning			
Make	formulate lists of it	resources and step-by-step plans;	
Planning	 select suitable too 	ols, equipment, materials and components and explain their	
	choices.		
Practical skills and	 follow procedures 	for safety and hygiene;	
techniques	 use a wider range 	of materials;	
	 measure, mark ou 	t, cut, shape, assemble, join, combine and finish with	
	accuracy.		
Evaluate		and areas to develop in their ideas and products against	
Own ideas and products	their design specif	·	
Evicting products		s of others to make improvements.	
Existing products	_	rell products have been designed and made, whether they	
		and meet user needs;	
	· ·	als have been chosen, how well they work, and how	
Technical Knowledge	 innovative and sustainable they are. know that materials have functional and aesthetic qualities; 		
Making products work	 use the correct technical vocabulary. 		
Vocabulary	user	a person who uses something	
Todasaiai y	purpose	the reason why something is done or created	
	design brief	a document or set of instructions that outline what the	
	accigii arrei	purpose of a project is and what is required	
	design specification	a list of characteristics a product must have	
	research	investigating something to gain more information about it	
	design features	characteristics that meet an intended user and purpose	
	prototype	an original model of a product from which improvements,	
		upgrades or fundamental changes can be made	
	evaluate	to judge something against a set of criteria	
	functional qualities	how something works	
	aesthetic qualities	how something looks	
	measure mark out	to calculate the size, amount or degree of something to outline a particular section or area	
	cut	to divide something into pieces using a sharp implement	
	assemble	to make something by fitting together different	
		components	
	join	to hold two components together physically	
	finish	to complete the decoration of something by giving it an	
		attractive appearance	
	components	a part that when put together makes a product	
	structure	a building or other object constructed from several parts	

In Design and Technology, pupils should know:

- who the user of their product is
- what the purpose of their product is
- what a design brief is
- how to develop their own design specification
- how to undertake research to gather user needs
- how to evaluate their products against their design criteria

- how to measure components accurately
- how to mark out wood
- how to cut wood using a Tennon saw safely and with accuracy
- how to shape a product with accuracy
- how to assemble a product with accuracy
- how to join two or more components together with accuracy
- how to finish a product to suit their user and purpose

Autumn 1					
Electrical Systems: Fairground rides					
	In Year 6 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):				
Design Understanding contexts, users and purposes Generating, developing, modelling and communicating ideas	 carry out research; develop a simple design specification; describe the user, purpose and design features of their products and explain how they will work. generate innovative ideas drawing on research; use a range of drawing skills, discussion and prototypes. 				
Diamaina					
Planning Make Planning Practical skills	select suitafollow proc	sts of resources and step-by-step plans; ble tools, equipment, materials and components and explain their choices. edures for safety and hygiene;			
and techniques		range of materials and components;			
Evaluate Own ideas and products	 measure, mark out, cut, shape, assemble, join, combine and finish with accuracy. identify strengths and areas to develop in their ideas and products against their design specification; consider the views of others to make improvements. investigate how well products have been designed and made, whether they are fit for 				
Existing products	 purpose and meet user needs; know why materials have been chosen, the methods of construction used, how well they work, and how innovative and sustainable they are. 				
Technical Knowledge Making products work	 know that materials have functional and aesthetic qualities; that systems have an input, process and output; how to reinforce and strengthen a framework; use the correct technical vocabulary. 				
Vocabulary	user	a person who uses something			
	purpose design brief design	the reason why something is done or created a document or set of instructions that outline what the purpose of a project is and what is required a list of characteristics a product must have			
	specification				
	research	investigating something to gain more information about it			
	design features	characteristics that meet an intended user and purpose			
evaluate functional qualities		an original model of a product from which improvements, upgrades or fundamental changes can be made			
		to judge something against a set of criteria			
		how something works			
	aesthetic qualities	how something looks			
	measure	to calculate the size, amount or degree of something			
	mark out	to outline a particular section or area			
	cut	to divide something into pieces using a sharp implement			
	assemble	to make something by fitting together different components			
	join	to hold two components together physically			

finish	to complete the decoration of something by giving it an attractive
	appearance
components	a part that when put together makes a product
input	the trigger that makes a system do what it is supposed to do
process	the part of a system that receives a signal from the input components
	and then tells the output components what to do
output	the part of the system that does the work
electrical	an electric system consists of all the elements needed to distribute
system	electrical power
reciprocating	moves in a straight line one way and then the other way
motion	
oscillating	moves in a circular path, first one way and then the other way
motion	
rotary motion	moves in a circular path in one direction only
linear motion	moves in one direction only

In Design and Technology, pupils should know:

- who the user of their product is
- what the purpose of their product is
- what a design brief is
- how to develop their own design specification
- how to undertake research to gather user needs
- how to evaluate their products against their design criteria

- how to measure, mark out, cut, shape, assemble, join and finish with accuracy
- how to use an electrical system (motor) to power a product
- what the different types of motion are (reciprocating, oscillating, rotary and linear) and their definitions

		Autumn 2			
Textiles: Christmas stockings					
In Year 6 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):					
Design Understanding contexts, users and purposes Generating, developing, modelling and communicating ideas	describe the they will we generate in	simple design specification; ne user, purpose and design features of their products and explain how			
Planning					
Make Planning Practical skills and techniques Evaluate Own ideas and	select suitafollow prouse a widemeasure, r	lists of resources and step-by-step plans; able tools, equipment, materials and components and explain their choices. cedures for safety and hygiene; r range of materials; mark out, cut, shape, assemble, join, combine and finish with accuracy. rengths and areas to develop in their ideas and products against their cification;			
products Existing products	 consider the investigate purpose and know why they work, 	 consider the views of others to make improvements. investigate how well products have been designed and made, whether they are fit for purpose and meet user needs; know why materials have been chosen, the methods of construction used, how well they work, and how innovative and sustainable they are. 			
Technical Knowledge Making products work		materials have functional and aesthetic qualities; rrect technical vocabulary.			
Vocabulary	user	a person who uses something			
	design brief design	the reason why something is done or created a document or set of instructions that outline what the purpose of a project is and what is required a list of characteristics a product must have			
	specification research				
	design features	investigating something to gain more information about it characteristics that meet an intended user and purpose			
	prototype	an original model of a product from which improvements, upgrades or fundamental changes can be made			
	evaluate	to judge something against a set of criteria			
	functional qualities aesthetic	how something works how something looks			
	qualities				
	measure	to calculate the size, amount or degree of something			
	mark out	to outline a particular section or area			
	cut	to divide something into pieces using a sharp implement			
	assemble	to make something by fitting together different components			
	join	to hold two components together physically			

finish	to complete the decoration of something by giving it an attractive
	appearance
chain stitch	can be used to hold two edges together, to neaten edges or just produce
	a decorative effect
running	can be used for tacking seams and hems before sewing, joining two
stitch	pieces of fabric together and also for decoration using coloured thread
blanket	used as a decorative stitch
stitch	

'Sticky Knowledge'				
In Design and Technology, pupils should know:	By the end of this unit, pupils should know:			
who the user of their product is	how to sew a chain stitch			
what the purpose of their product is	 how to sew a running stitch 			
what a design brief is	 how to sew a blanket stitch 			
 how to develop their own design specification 	 how to measure, mark out, cut, shape, assemble, 			
how to undertake research to gather user needs	join and finish with accuracy			
 how to evaluate their products against their 				
design criteria				

Spring 1					
Cooking and Nutrition: World War 2 baking In Year 6 pupils at Waverley Abbey will be able to (red = knowledge, green = skills):					
Design	• carry out				
Understanding contexts, users and purposes Generating, developing, modelling and communicating ideas	develop adescribe tthey will vgenerate	simple design specification; the user, purpose and design features of their products and explain how			
Planning					
Make Planning Practical skills and techniques	select suit	e lists of resources and step-by-step plans; table equipment and ingredients and explain their choices. ocedures for safety and hygiene			
Evaluate Own ideas and products Existing products	 identify strengths and areas to develop in their ideas and products against their design specification; consider the views of others to make improvements. investigate how well products have been designed and made, whether they are fit for purpose and meet user needs; evaluate ingredients and foods used/eaten during World War 2 based on their taste, smell, appearance, texture, and order of preference know why ingredients have been chosen within the context of World War 2 				
Technical Knowledge Making products work		prrect technical vocabulary.			
Cooking and Nutrition Where food comes from Food preparation, cooking and nutrition	 know that food is grown, reared and caught in the UK, Europe and the wider world; that seasons may affect the food available; how food is processed into ingredients. know how to prepare and cook a variety of dishes safely and hygienically using, where appropriate, a heat source; that different food and drink contain nutrients, water and fibre that are needed for health. 				
Practical Foods	peel	with a swivel peel to create food ribbons to be used in a dish			
Skills Foods	shape and mould mix/stir	 to create visually appealing products fold ingredients together carefully 			
	spoon	 be able to gauge the quantities spooned to ensure an equal amount of ingredients in each container using a measuring jug independently and accurately 			
		 using digital and analogue scales accurately and independently 			
	cut out	 place the cutter in positions to make good of the material available and avoid waste 			
	cut	higher resistance food with a vegetable knife, using the claw griphigher resistant foods from using the bridge hold			

Vocabulary	evaluate	to judge something against a set of criteria
	taste	how something tastes
	smell	how something smells
	appearance	how something looks
	texture	how something feels
	preference	a greater liking for something over other things
	recipe	a set of instructions for preparing a particular dish, including a list of
		ingredients that are needed
	nutrition	the process of eating food necessary for health and growth
	rations	a fixed portion of food or other goods allowed to each person in times of
		shortages

In Design and Technology, pupils should know:

- who the user of their product is
- what the purpose of their product is
- what a design brief is
- how to develop their own design specification
- how to undertake research to gather user needs
- how to evaluate their products against their design criteria

- how to follow a recipe
- how to use the bridge hold to cut with a knife
- how to use the claw grip to slice with a knife
- understand the basis of a healthy diet as dictated by the Eatwell Guide
 - drink plenty of fluids the government recommends 6 to 8 cups or glasses a day
 - eat foods high in fat, salt and sugar less often and in small amounts
 - ° choose unsaturated oils and spreads, and eat in small amounts
 - have some dairy or dairy alternatives (such as soya drinks and yoghurts)
 - eat some beans, pulses, fish, eggs, meat and other protein foods
 - base meals on potatoes, bread, rice, pasta or other starchy carbohydrates
 - eat at least 5 portions of a variety of fruit and vegetables a day