## Coit Design and Technology Long Term Plan 2023-2024

| Coit Design and Technology Long Term Plan 2023-2024 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | Autumn |  |  | Spring | Summer |
|  | $\begin{aligned} & \text { SIX I } \\ & \text { User } \end{aligned}$ | TER- | ATED PRINCIP | OF DT THREAD THROUGH EA <br> Design Decisions Innovation | UNIT <br> Authenticity |
| FS | Creating with materials Early Learning Goal: <br> - Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function <br> - Share their creations, explaining the process they have used <br> - Make use of props and materials when role playing characters in narratives and stories. <br> Being Imaginative and Expressive Early Learning Goal: <br> - Invent, adapt and recount narratives and stories with peers and their teacher <br> - Sing a range of well-known nursery rhymes and songs; Perform songs, rhymes, poems and stories with others, and - when appropriate - try to move in time with music. <br> All skills will be explicitly taught, modelled and embedded through both adult led and child initiated activities in provision. |  |  |  |  |
|  | SPRING 1: <br> Food- changes of state <br> Developing skills (investigate and explore): <br> - Researching and investigating a range of healthy smoothies <br> - Making choices about equipment <br> - Handling tools and equipment safely and with control <br> - Cutting fruits <br> - Observing and discussing changes <br> Applying skills (designing and making): <br> - cutting fruit - smoothies <br> - melting chocolate - rice crispie cakes |  | ique - combining lore ways of join create 3D mode lore strengtheni <br> ping skills (inves <br> Designing toy materials <br> Observing ho <br> Experimentin different way Considering a when choosin <br> ng skills (designi junk model to moving pupp | PRING 2: <br> dia and materials materials in the most effective <br> nd stiffening materials <br> te and explore): <br> d puppets, making choices about <br> aterials are joined together ning materials together in <br> ject's surface, size and shape method of joining <br> nd making): | SUMMER 2: <br> Combining media and materials for a planned effect Explore hinges and fastening Developing skills (investigate and explore): <br> - Designing models to achieve a desired effect <br> - Combining media and materials <br> - Joining materials together effectively <br> - Adapting models to improve <br> - Weaving to create dream catchers <br> Applying skills (designing and making): <br> - junk modelling <br> - weaving dream catchers |


|  | Evaluation: Ongoing throughout the year linked to communication and language and characteristics of effective learning when exploring in provision and adult led <br> activities. Staff use open ended questioning to extend children's work and support them in their evaluation of their process and final products. |
| :--- | ---: |

## Y1 Textiles

To design and make a puppet to retell a traditional tale to parents -links to English texts

Skill retrieval from previous years: Weaving, joining fabric NC: select from and use a range of tools and equipment to perform practical tasks [for example, cutting, shaping, joining and finishing]

## Investigate, disassembly, evaluate

- Provide opportunities for children to examine a selection of hand puppets and finger puppets made from a variety of materials
- Take the puppets apart and investigate the materials used
Research puppets from around the world
Focus Practical tasks:
- Practice basic sewing techniques (running stitch and back stitch)
- Practice using a template to mark out identical pieces of fabric
- Compare joining techniques

Design
Design a puppet to retell a traditional tale

- Identify simple design criteria

Model their ideas by making a paper mock-up

- Draw a simple diagram and label
- Develop their design ideas applying findings from their earlier research


## Make

## Make a puppet

- To mark out, cut and join fabric pieces to make the main part of their puppet
- .Use appropriate finishing techniques and make decisions around these
- Make appropriate de4sign decisions throughout to support the purpose


## Evaluate

- Evaluate their products as they are developed, identifying strengths and possible changes they might make
Evaluate their product by asking questions about what they have made and how they have gone about it.


## Mechanism

To design and make a vehicle to transport children around the local high street-link to high street topic (history) and English text-The Highstreet-Alice Melvin

NC: explore and use mechanisms [for example, levers, sliders, wheels and axles], in their products.

Skill retrieval from previous years: Joining skills,
strengthening, hinges
Investigate, disassembly, evaluate:

- Look at variety of different vehicles and their purposes See how axles and wheels work by disassembling a vehicle
- Investigate whether thin or thick wheels work best on a muddy surface
- Explore objects and designs to identify likes and dislikes.
Explore how products have been created.


## Focus Practical tasks

- Name and label parts of a car.

Inverting boxes to create a base for our vehicles

- Investigate variety of ways of holding wheels and axles together and compare their functionality and possible purpose
- Investigate number of wheels on vehicles and compare their functionality


## Design

- Design a car for someone travelling on the local high street - what does it need? e.g. to go through a high street/cobbled street
- Draw on their own experience to help generate ideas Suggest ideas and explain what they are going to do
- Identify a target group for what they intend to design and make
- Model their ideas in card and paper
- Draw a simple diagram and label
- Develop their design ideas applying findings from their earlier research


## Make

Make the car

- Make their design using appropriate techniques
- Make appropriate design decisions to support creation of a vehicle which is fit for purpose
- With help measure, mark out, cut and shape a range of materials


## Food

To plan and make soda bread-link to Little Red Hen English text and Geography food topic
NC: use the basic principles of a healthy and varied diet to prepare dishes understand where food comes from

Skill retrieval from previous years: prepare and tear food, basic food hygiene

Investigate, disassembly, evaluate:

- Understand where food comes from. Group familiar food products e.g. fruit and vegetables.
- Investigate different breads and their ingredients Consider packaging and what makes it appealing
- Investigatebakers chefs from UK


## Focus Practical tasks:

- Sample a range of different breads and evaluate them
- Discuss hygiene and devise hygiene poster
- Cut/prepare ingredients safely
- Mix/spoon ingredients
- Investigate measuring and weighing of ingredients
- Practice following instructions
- Practice reading recipes


## Design:

Plan to make soda bread for the Little Red Hen

- Draw on their own experience to help generate ideas
- Suggest ideas and explain what they are going to do
- Identify a target group for what they intend to design and make
- Develop their design ideas applying findings from their earlier research
- Draw on their own experience to help generate ideas


## Make

Make a snack for The Little Red Hen to eat

- Cut ingredients safely. Prepare simple dishes-safely and hygienically-without using a heat source.
- Select and use appropriate ingredients, processes and tools
- Use basic food handling, hygienic practices and personal hygiene

|  |  | - Use tools e.g. scissors and a hole punch safely <br> - Assemble, join and combine materials and components together using a variety of temporary methods e.g. glues or masking tape <br> - Use simple finishing techniques to improve the appearance of their product <br> Evaluate <br> - Test the car down a bumpy track and evaluate its effectiveness <br> - Evaluate their product by discussing how well it works in relation to the purpose <br> - Evaluate their products as they are developed, identifying strengths and possible changes they might make <br> - Evaluate their product by asking questions about what they have made and how they have gone about it. | - Use simple finishing techniques to improve the appearance of their product <br> Evaluate <br> - Evaluate their product by discussing how well it works in relation to the purpose <br> - Evaluate their products as they are developed, identifying strengths and possible changes they might make <br> Evaluate their product by asking questions about what they have made and how they have gone about it. |
| :---: | :---: | :---: | :---: |
| Y2 | Mechanisms: | Structures | Food |
|  | To design and make a moving picture for a Y 2 child to retell a story. <br> Skill retrieval from previous years: Hinges and catches, strengthening and stiffening, joining fabrics <br> NC: Explore and use mechanisms [for example, levers, sliders, wheels and axles], in their products. | To design and make a strong chair for baby bear. Skill retrieval from previous years: Hinges, strengthening and stiffening <br> NC: Build structures, exploring how they can be made stronger, stiffer and more stable | To design and make a healthy, nutritious meal for a soldier. <br> Skill retrieval from previous years: segment, peel, crush, mix/stir, cut <br> NC: Use the basic principles of a healthy and varied diet to prepare dishes. |
|  | Investigate, disassembly, evaluate: <br> - Look at moving picture books with sliders and levers <br> - Research/investigate how they move and the movements they make. <br> - Investigate how different sliders move and how they create a mechanism. | Investigate, disassembly, evaluate: <br> - Explore the features of a stable structure. <br> - Explore and compare existing structures and their shapes. <br> - Investigate the strength of materials, features and think about their purpose | Investigate, disassembly, evaluate: <br> - Research/investigate what nutritious food are and how they help to provide a healthy and varied diet. <br> - Look at a selection of foods, fruits and vegetables. <br> - Find out where they originate from and how they are used within cooking <br> - Research chefs from UK and across the world |
|  | - Practise making different sliders using different material and compare their functionality <br> - Investigate what happens when split pins/mechanisms are moved into different positions Use materials to review gluing to strengthen products <br> - Cut materials safely using tools provided. | - Explore how products have been created. <br> - Research furniture designers and the approach they took <br> Focus Practical tasks: <br> - Explore the properties of different materials and think about which ones are suitable for each section of their stable structure. | Focus Practical tasks: <br> - Children to look closely at a variety of different fruits and vegetables. <br> - Use their senses to describe the different features of the fruits and vegetables as well as their sense of taste. <br> - Discuss safety and hygiene in relation to food. |

## - Demonstrate a range of cutting and shaping techniques

 such as tearing, cutting, folding and curling.
## Design

## Design their own moving picture

- Generate ideas by drawing on their own and other people's experiences
Develop their design ideas through discussion, observation, drawing and modelling
- Identify a purpose for what they intend to design and make
- Identify simple design criteria Make simple drawings and label parts

Make
Children to follow their designs to create their moving picture.

- Begin to select tools and materials; use vocab' to name and describe them Measure, cut and score with some accuracy
- Use hand tools safely and appropriately
- Choose appropriate mechanisms to support their design

Assemble, join and combine materials in order to make a product

Cut, shape and join fabric to make a simple garment Choose and use appropriate finishing technique

## Evaluate

Children evaluate their own moving pictures and say what they think and feel about them
children identify what they have done well and suggest how they could make improvements
-
Children give their opinion about the work of other children and give positive feedback

## Think about strength, stability, malleability and othe features.

- Investigate the properties and characteristics of materials Explore how materials can be made stronger and stiffer


## Design:

Children to design their own Tudor building, thinking about which materials to use based on the investigations carried out.

- Generate ideas by drawing on their own and other people's experiences
- Develop their design ideas through discussion, observation , drawing and modelling
- Identify a purpose for what they intend to design and make
- Identify simple design criteria
- Make simple drawings and label parts


## Make

Children will follow their own design plans and use the resources provided to build their own stable structures. They will develop their fine motor skills, concentration and perseverance as they draw, cut and stick with precision

- Begin to select tools and materials; use vocab' to name and describe them
- Measure, cut and score with some accuracy
- Use hand tools safely and appropriately
- Assemble, join and combine materials in order to make a product
- Cut, shape and join fabric to make a simple garment
- Use basic sewing techniques
- Choose and use appropriate finishing techniques


## Evaluate

Children will look at different criteria and assess whether their structures are successful. They will think about features including the stability and firmness of their structure as well as features specific to their own design criteria.

- Evaluate against their design criteria
- Practice using different tools for cutting and chopping safely, using the appropriate language associated with food preparation.
- Group foods into the five groups in The Eatwell Plate.
- Cut, grate or peel ingredients safely.
- Measure or weigh using cups or electronic scales


## Design

Children will be challenged to design a new recipe using healthy and nutritious ingredients making sure they are colourful, tasty and healthy.

- Generate ideas by drawing on their own and other people's experiences
- Develop their design ideas through discussion, observation , drawing and modelling
- Identify a purpose for what they intend to design and make
- Identify simple design criteria


## Make

Children will make their recipe designs making sure they are being safe and hygienic.

Prepare simple dishes-safely and hygienically-without using a heat source
Measure, cut with some accurac
Use hand tools safely and appropriately

Cut using the bridge position, tear, pee
Follow safe procedures for food safety and hygiene

## Evaluate

Children to evaluate their finished products and say what they think and feel about them?

- Evaluate against their design criteria
- Evaluate their products as they are developed identifying strengths and possible changes they might make

- Identify a purpose and establish criteria for a successfu product.
- Plan the order of their work before starting
- Explore, develop and communicate design proposals by modelling ideas
- Make drawings with labels when designing

Make
Children will create an animal with at least one moving part.

- Utilise mechanisms to ensure at least one part is moving
- Make appropriate design decisions to ensure their product is fit for purpose
- Measure, mark out, cut, score and assemble components with more accuracy
- Think about their ideas as they make progress and be willing change things if this helps them improve their work
- Use finishing techniques strengthen and improve the appearance of their product using a range of equipment including ICT

Evaluate
Children will demonstrate their finished moving models, then evaluate both their process and their finished product.

- Children will identify successful areas of their finished products. Children will identify areas that could be improved upon
- Children will describe what they would do differently if they were to make their moving crocodile again?
- Evaluate their product against original design criteria e.g. how well it meets its intended purpose


## grating, slicing etc

Children will measure, mark out and assemble components with more accuracy.

- Practise kneading, ready for bread making using playdough.
- Food preparation and cooking techniques practised by making a food product using an existing recipe.
- Discuss basic food hygiene practices when handling food including the importance of following instructions to control risk e.g. What should we do before we work with food? Why is following instructions important?


## Design

Children will design their own pizza, considering the order of working

- Generate ideas for an item, considering its purpose and the user/s
- Identify a purpose and establish criteria for a successful product.
- Plan the order of their work before starting
- Make drawings with labels when designing
- Design purposeful, functional, appealing products for themselves and parents based on design criteria in the context of designing a traditional Greek dip.

Make
Children to prepare a dish in the context of following recipe

- Cut materials accurately and safely by selecting appropriate tools.
- know that a healthy diet is made up from a variety of different food and drink, as depicted in The Eatwell Plate.
- Identify a purpose and establish criteria for a successful product.
- Plan the order of their work before starting
- Explore, develop and communicate design proposals by modelling ideas

Children will follow their designs to create their structure, using the skills they have previously learnt. They will need to also consider building safely and solving problems that may occur.

- Measure, mark out, cut, score and assemble components with more accuracy
- Think about their ideas as they make progress and be willing change things if this helps them improve their work
- Measure, tape or pin, cut and join fabric with some accuracy
- Use finishing techniques strengthen and improve the appearance of their product using a range of equipment including ICT


## Evaluate

- Children will evaluate their own design process as well as their finished product.
- Children will suggest ways in which they would change their design if they were to make their product again.
- Children will assess how well their finished product meets the original design criteria?



## Mechanisms

To design and make an interactive Christmas card for children to give to their parents/carers

## NC- understand and use mechanical systems in their products [for

 example, gears, pulleys, cams, levers and linkages]Skill retrieval from previous years: Levers, sliders, strengthening and stiffening, hinges

Investigate, disassembly, evaluate:

- Children investigate, analyse and evaluate books, cards and other products which have a range of lever and linkage mechanisms
- Use questions to develop children's understanding e.g. Who might it be for? What is its purpose? What do you think will move? How will you make it move? What part moved and how did it move? How do you think the mechanism works? What materials have been used? How effective do you think it is and why? What else could move?

Focus Practical tasks

- Experiment with a range of lever and linkage mechanisms to the children
- Compare different levers functionality and purpose Experiment with strengthening and stiffening techniques
- Demonstrate the correct and accurate use of measuring, marking out, cutting, joining and finishing skills and techniques.


## Electrical

To design a torch for a child to use to help them see in the dark.

NC: understand and use electrical systems in their products [for example, series circuits incorporating switches, bulbs, buzzers and motors

## Investigate, disassembly, evaluate:

Skill retrieval from previous years: Free standing structures, strengthening and stiffening

Investigate, disassembly, evaluate:

- Look at a variety of light up equipment. How does it work?
- Investigate torches. Disassemble different examples to look at it's component parts Discuss purposes of lights and investigate different types/styles of lights/torches
- Research Thomas Edison and the invention of the lightbulb
- Discuss collaborative approach to invention (Alessandro Volta, Humphrey Davy and Joseph Swan played a critical role in the development of this technology. )

Focus Practical tasks:

- Label parts of a torch and name them
- Recreate a simple, series and parallel circuit following a given plan
- Look at and identify scientific representation of circuit components
- Make a simple switch using metal components


## Textile

To Design a PE bag to contain a PE kit for a Y4 child

NC: apply their understanding of how to strengthen, stiffen and reinforce more complex structures

Skill retrieval from previous years: Patterns and templates, running stitch, back stitch, whip stitch joining fabrics

## Investigate, disassembly, evaluate:

- Investigate a variety of textile bags for all purposes.
- Disassemble bags and create patterns from them
- Investigate panels/nets used to create different shapes.
- Improve on existing designs, giving reasons for choices. Identify some of the great designers in different areas of study to generate ideas from their designs
- Investigate different fastenings and their uses.


## Focus Practical task

- Create patterns using nets of shapes, compare the strength and structure of patters
- Try out a variety of different stitching techniques (review and addition of back stitch, over sew stitch, blanket stitch, cross stitch
- Compare different fabrics for different purposes before selecting fabric for their project


## Design

## Design a Christmas card with at least one interactive element

- Generate ideas, considering the purposes for which they are designing
- Make labelled drawings from different views showing specific features

Make

- Make appropriate design decisions throughout the making
- Utilise the range of mechanisms learnt and make appropriate adjustments
- Select appropriate tools, materials, components and techniques
- Make modifications as they go along

Evaluate

- Evaluate their products, identifying strengths and areas for development, and carrying out appropriate tests
- Record their evaluations using drawings with labels
- Evaluate against their original criteria and suggest ways that their product could be improved

Design:

Children to design the electronic components and outside structure of their torch, using their IDEAs to support

- Communicate their ideas through detailed labelled drawings
- Develop a design specification

Make
Select appropriate tools, materials, components and techniques

- Make modifications as they go along
- Utilise component parts to make a circuit fit for purpose


## Evaluate

- How effective is our torch in the dark?
- Evaluate their products, identifying strengths and areas for development, and carrying out appropriate tests
- Record their evaluations using drawings with labels
- Evaluate against their original criteria and suggest ways that their product could be improved
- investigate and select an appropriate fastening device/technique for their project
- Measure and mark out to the nearest mm.

Design:
Children to create a labelled design of their PE bags.

- Generate ideas, considering the purposes for which they are designing
- Make labelled drawings from different views showing specific features
Develop a clear idea of what has to be done, planning how to use materials, equipment and processes, and suggesting alternative methods of making, if the first attempts fai


## Make

Utilise different stitching techniques, making design decisions as they proceed

Select appropriate tools, materials, components and techniques
Make modifications as they go along
Select appropriate tools and techniques for making their product Measure, mark out, cut and shape a range of materials, using appropriate tools, equipment and techniques

Join and combine materials and components accurately in
temporary and permanent ways
Sew using a range of different stitches, weave and
Evaluate

- Evaluate their products, identifying strengths and areas for development, and carrying out appropriate tests
- Record their evaluations using drawings with labels
- Evaluate against their original criteria and suggest ways that their product could be improved


## Computer Control

To design and make a celebration card with a lightup element which can be controlled via a computer.

NC: 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.

Skill retrieval from previous years: Simple, parallel and series circuit, levers and sliders, strengthening and stiffening

Investigate, disassembly, evaluate:

- Look at the range and styles of cards available which light up and are moveable
- Investigate design elements such as embossing/cutting etc


## Focus Practical tasks:

- Investigate programming a crumble controller to light up the LED Sparkle https://www.youtube.com/watch?v=T8U_5Fxqtis\&featu re=youtu.be
- Create circuits that employ a number of components (such as LEDs, resistors and transistors).


## Design:

- Generate ideas through brainstorming and identify a purpose for their product
- Draw up a specification for their design
- Develop a clear idea of what has to be done, planning how to use materials, equipment and processes, and suggesting alternative methods of making if the first attempts fail


## Structure

Design and make a bird hide for our school garden

## NC: apply their understanding of how to strengthen, stiffen

 and reinforce more complex structuresSkill retrieval from previous years: Free standing structures, shell structures, Levers and sliders

Investigate, disassembly, evaluate:

- Investigate and research purpose of bird boxes
- Children research key events and individuals related to their study of frame structures e.g. Stephen Sauvestre - a designer of the Eiffel Tower; Thomas Farnolls Pritchard - designer of the Iron Bridge. They also learn about locally important design and technology activity related to their project.
- Children investigate and make annotated drawings of a range of portable and permanent frame structures,

Focus Practical tasks:

- Use a construction kit consisting of plastic strips and paper fasteners to build 2-D and 3D frameworks. Compare the strength of square frameworks with triangular frameworks.
- Demonstrate how paper tubes can be made from rolling sheets of newspaper diagonally around pieces of e.g. dowel. Ask children to use these tubes and masking tape or paper straws with pipe cleaners to build 3-D frameworks such as cubes, cuboids and pyramids. How

Mechanisms - levers/cams and followers, gears
To design and make a moving toy for a child.
NC: understand and use mechanical systems in their products [for example, gears, pulleys, cams, levers and linkages]

Skill retrieval from previous years: Wheels and axles, pulleys, pneumatics, shell structures, frame structures

Investigate, disassembly, evaluate:
-
Look at a variety of different toys/ structures which use Cams, gears, wheels and other mechanisms

- Research investors and designers Linked to toy making


## Focus Practical tasks:

- Investigate the shape of cams and the difference this has on the movement.
Make a simple Cam to control movement within an object.
- Investigate how gears support movements
- Compare different mechanisms and their functionality
- Investigate how to join materials using appropriate methods. Use a hand drill to drill tight and loose fit holes.

Design
Use what they have learnt to design a moving toy

- Communicate their ideas through detailed labelled drawings


|  |  | - Use finishing and decorative techniques suitable for the product they are designing and making <br> Evaluate <br> - Critically evaluate their products against their design specification, intended user and purpose, identifying strengths and areas for development, and carrying out appropriate tests. |  |
| :---: | :---: | :---: | :---: |
| Y6 | Electrical | Computer Control | Food/Nutrition |
|  | Design and produce an alarm system which alerts when a charity collection box is removed. NC Technical Knowledge: understand and use electrical systems in their products [for example, series circuits incorporating switches, bulbs, buzzers and motors] <br> Skill retrieval from previous years: Series, parallel, simple circuits, switches, <br> Structures (free standing, shell), strengthening and stiffening, levers and sliders <br> Investigate, disassembly, evaluate: <br> Explore and investigate everyday appliances that use electricity <br> - Investigate alarms for different uses <br> - Investigate use of different circuits | Design and make an automated night light for a younger child. <br> NC Technical Knowledge: apply their understanding of computing to program, monitor and control their products. <br> Skill retrieval from previous years: Series, parallel, simple circuits, switches, structures, strengthening and stiffening, levers and sliders, computer control <br> Investigate, disassembly, evaluate: <br> - Explore and investigate everyday appliances that use electricity <br> - Investigate programmable toys and gadgets <br> Focus Practical tasks: <br> - Make simple series circuits | To design and make a healthy meal which is under 500 calories for a member of staff. <br> NC: 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. <br> Skill retrieval from previous years: <br> Investigate, disassembly, evaluate: <br> - Classify and group foodstuff <br> - Analyse appearance, smell, taste, texture, how grown, how produced, how eaten, cost, weight of food <br> Focus Practical tasks: <br> - Weigh and measure accurately |

。

Make simple series circuits

- Explore and develop electrical circuits including those using switches
- Investigate switches for different purposes

Design:

- Use a comprehensive labelled diagram to design their own alarm system which works through an electronic circuit
- Communicate their ideas through detailed labelled drawings
- Develop a design specification

Make

- Using at least one electronic circuit, children to make a working alarm.
- Make modifications as they go alons


## Evaluate

- 

Evaluate their products, identifying strengths and areas for development, and carrying out appropriate tests

- Record their evaluations using drawings with labels
- Evaluate against their original criteria and suggest ways that their product could be improved
- Explore and develop electrical circuits including those using switches
- Investigate switches for different purposes
- Investigate computer control programs using crumble kits


## Design:

- Design a program using Scratch which supports designed nightlight using Crumble kits
- Communicate their ideas through detailed labelled drawings
- xplore, develop and communicate aspects of their design proposals by modelling their ideas in a variety of ways using algorithms


## Make

- Create the circuit and other aesthetic parts to case a night light which can be controlled remotely, Select appropriate tools, materials, components and techniques
Make modifications as they go along

Evaluate

- Evaluate their products, identifying strengths and areas for development, and carrying out appropriate tests
- Record their evaluations using drawings with labels
- Evaluate against their original criteria and suggest ways that their product could be improved
- Prepare food - peel, cut, slice, grate
- Combine food from different food groups to create healthy products

Design:

- Design a menu for an adult which is under 500 calories, planning the order of working.
- Plan the order of work choosing appropriate materials, tools and techniques


## Make

Make a healthy meal for an adult which consists of less than 500 calories using good food hygiene techniques.

- Weigh and measure accurately
- Peal, spread, cut food ingredients
- Apply the rules of basic food hygiene and other safe practices

Evaluate
-
Evaluate the product against the original criteria and suggest ways it can be improved.

- Gather other people's views


