**Progress in Design Technology – Food**

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|  | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Food** | **Example project:**  **Making a Smoothie**  **Content: Explore what makes a balanced diet. Taste different food combinations.**  **Design:**  Design and make for themselves or others.  Begin to develop and communicate ideas by talking and drawing.  **Make:**  Chop safely using the bridge grip.  Follow procedures for safety and hygiene.  **Evaluate:**  Evaluate their design.  **Technical knowledge:**  Describe and group fruits and vegetables by texture and taste.  Understand how fruits and vegetables grow. | **Example project:**  **Making a Wrap**  **Content: Explore what makes a balanced diet. Taste different food combinations.**  **Design:**  Use existing knowledge to generate their own designs for themselves or others.  Begin to develop and communicate ideas by talking and drawing.  **Make:**  Chop safely using the bridge grip.  Sequence steps.  Follow procedures for safety and hygiene.  **Evaluate:**  Conduct product research.  Evaluate their design.  **Technical knowledge:**  Know the food groups.  Understand what makes a balanced diet.  Understand how fruits and vegetables grow. | **Example project:**  **Eating Seasonally**  **Content: Seasonality and how climate can alter the way food tastes. Use seasonal ingredients.**  **Design:**  Gather information about the needs/wants of individuals or groups.  Develop their own design criteria.  Share and clarify ideas through discussion.  **Make:**  Prepare food safely and hygienically.  Know how to use a range of techniques such as chopping, peeling, slicing, grating, mixing, spreading, kneading and baking.  Chop safely using the bridge grip.  **Evaluate:**  Conduct product research.  Evaluate their design.  **Technical knowledge:**  Understand how fruit and vegetables grow.  Know the food groups.  Understand what makes a balanced diet.  Recognise successful chefs who have been influential in the industry. | **Example project:**  **Adapting a savoury or sweet recipe**  **Content: Add or alter ingredients.**  **Design:**  Work within a design brief and budget.  Research flavor combinations.  Use the views of others to improve designs.  Make design decisions that take account of the availability of resources.  **Make:**  Follow but adapt an existing recipe to prepare and cook a savoury or sweet dish, including the use of a heat source.  Explain their choices of ingredients, giving evidence.  Follow procedures for safety and hygiene.  Know how to use a wide range of techniques such as chopping, peeling, slicing, grating, mixing, spreading, kneading and baking.  **Evaluate:**  Refer to their design brief as they design, make and evaluate.  Investigate and analyse how well products have been made and whether they achieved their purpose.  **Technical knowledge:**  Know about the Eatwell Plate. | **Example project:**  **Adapting a savoury recipe**  **Content: Add or alter ingredients.**  **Design:**  Work within a design brief and budget.  Research flavor combinations.  Use the views of others to improve designs.  Make design decisions that take account of the availability of resources including seasonality.  **Make:**  Follow but adapt an existing recipe to prepare and cook a savoury or sweet dish, including the use of a heat source.  Know how to use a wide range of techniques such as chopping, peeling, slicing, grating, mixing, spreading, kneading and baking.  **Evaluate:**  Taste and adapt the dish during cooking.  Refer to their design brief as they design, make and evaluate.  Investigate and analyse how well products have been made and whether they achieved their purpose.  **Technical knowledge:**  Know where meat comes from and understand ethical issues around meat production.  Know nutritional values of packaged foods.  Know that different foods contain substances that are needed for health e.g. fibre, vitamins, nutrients | **Example project:**  **Three course meal.**  **Content: Building on previously learned skills and knowledge.**  **Design:**  Use recipe books and websites for research.  Work within a design brief, timescale and budget.  Consider flavor combinations.  Use the views of others to improve designs.  Make design decisions that take account of the availability of resources including seasonality.  **Make:**  Prepare and cook a variety of savoury and some sweet dishes safely and hygienically, including the use of a heat source.  Know how to use a wide range of techniques such as chopping, peeling, slicing, grating, mixing, spreading, kneading and baking.  **Evaluate:**  Taste and adapt the dish during cooking.  Refer to their design brief as they design, make and evaluate.  Investigate and analyse how well products have been made and whether they achieved their purpose.  **Technical knowledge:**  Recognise that a healthy diet is made up of a variety and balance of different foods and drinks as depicted on the Eatwell Plate.  Understand that healthy diets must incorporate the correct amounts of food types and substances. |