

Торіс	Cooking and Nutrition	Mechanisms - A moving monster	Structures – rebuilding the cathedral			
Linked Books	HOW DID THAT GET IN MY LESTORY OF FOO THE STORY OF FOO TH	Simple Machines Wheels, Levers, up due del and fulley wheels, the full	<complex-block></complex-block>			
Designer/Archi tect/Engineer	Jamie Oliver	Karl Benz	Sir Edward Maufe(Bradford Cathedral)			
Substantive knowledge						
Technical	 To know that 'diet' means the food and drink that a person or animal usually eats. To understand what makes a balanced diet. To know where to find the nutritional information on packaging. To know that the five main food groups are: Carbohydrates, fruits and vegetables, protein, dairy and foods high in fat and sugar. To understand that I should eat a range of different foods from each food group, and roughly how much of each food group. 	 To know that mechanisms are a collection of moving parts that work together as a machine to produce movement. To know that there is always an input and output in a mechanism. To know that an input is the energy that is used to start something working. To know that an output is the movement that happens as a result of the input. To know that a lever is something that turns on a pivot. 	 To know that shapes and structures with wide, flat bases or legs are the most stable. To understand that the shape of a structure affects its strength. To know that materials can be manipulated to improve strength and stiffness. To know that a structure is something which has been formed or made from parts. 			

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	 To know that nutrients are substances in food that all living things need to make energy, grow and develop. To know that 'ingredients' means the items in a mixture or recipe. To know that I should only have a maximum of five teaspoons of sugar a day to stay healthy. To know that many food and drinks we do not 	• To know that a linkage mechanism is made up of a series of levers.	 To know that a 'stable' structure is one which is firmly fixed and unlikely to change or move. To know that a 'strong' structure is one which does not break easily. To know that a 'stiff' structure or material is one which does not bend easily.
Additional	expect to contain sugar do; we call these 'hidden sugars'	• To know some real-life objects that contain mechanisms.	 To know that natural structures are those found in nature. To know that man-made structures are those made by people
		Skills	
Design	• Designing a healthy wrap based on a food combination which work well together.	 Creating a class design criteria for a moving monster. Designing a moving monster for a specific audience in accordance with a design criteria. 	 Generating and communicating ideas using sketching and modelling. Learning about different types of structures, found in the natural world and in everyday objects.
Make	 Slicing food safely using the bridge or claw grip. Constructing a wrap that meets a design brief. 	 Making linkages using card for levers and split pins for pivots. Experimenting with linkages adjusting the widths, lengths and thicknesses of card used. Cutting and assembling components neatly. 	 Making a structure according to design criteria. Creating joints and structures from paper/card and tape. Building a strong and stiff structure by folding paper.
Evaluate	 Describing the taste, texture and smell of fruit and vegetables. Taste testing food combinations and final products. Describing the information that should be included on a label. Evaluating which grip was most effective. 	 Evaluating own designs against design criteria. Using peer feedback to modify a final design. 	 Exploring the features of structures. Comparing the stability of different shapes. Testing the strength of own structures. Identifying the weakest part of a structure. Evaluating the strength, stiffness and stability of own structure.

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New	Balanced diet, carbohydrate, fruit, oil, protein,	Axle, input, mechanical, pivot, design	Design criteria, structure, natural, shape,
Vocabulary	dairy, ingredients, sugar, vegetables, design	criteria, linkage, output, wheel.	man-made, properties, stable, model,
	criteria.		test.