

Design Technology

DT Progression

Knowledge/ Skills

Substantive - Practical Knowledge, Substantive - Theoretical Knowledge and Disciplinary Knowledge: How experts have expressed quality and value throughout history

	Nursery	Reception	Year 1	Year 2
Structures				
Design	Explore different materials, using all their senses to investigate them. Manipulate and play with different materials. Use their imagination as they consider what they can do with different materials. Explore different materials freely, in order to develop their ideas about how to use them and what to make. Join different materials and explore different textures. Develop their own ideas and then decide which materials to use to express them.	Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. Use a range of small tools, including scissors, paintbrushes and cutlery.	Recognise the importance of a clear design criteria. Select and include individual preferences and requirements in a design.	Design and describe ideas using sketching and modelling. Compare different types of structures, found in the natural world and in everyday objects.
Make	 Explore different materials, using all their senses to investigate them. Manipulate and play with different materials. Make simple models which express their ideas. 	 Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. 	Make stable structures from card, tape and glue. Sequence and follow instructions to cut and assemble the supporting structure of a windmill. Make functioning turbines and axles which are	Make a structure to match a design criteria. Make joints and structures from paper/card and tape.

	Explore different materials freely, in order to develop their ideas about how to use them and what to make. Join different materials and explore different textures. Make imaginative and complex 'small worlds' with blocks and construction kits, such as a city with different buildings and a park. Build with a range of resources. Select and use activities and resources, with help	Select, rotate and manipulate shapes in order to develop spatial reasoning skills. Use a range of small tools, including scissors, paintbrushes and cutlery.	assembled into a main supporting structure.	
	when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. • <u>Develop</u> manipulation and control. • <u>Explore</u> different materials and tools.			
Evaluate	Use their imagination as they consider what they can do with different materials. Develop their own ideas and then decide which materials to use to express them. Use a wider range of vocabulary Notice and correct an error in a repeating pattern.	Return to and build on their previous learning, refining ideas and developing their ability to represent them. Share their creations, explaining the process they have used. Select, rotate and manipulate shapes in order to develop spatial reasoning skills.	Evaluate a windmill according to the design criteria, testing whether the structure is strong and stable and altering it if it isn't. Identify points for improvements.	Observe the features of structures. Compare the stability of different shapes. Identify the strength of my own structure. Identify the weakest part of a structure. Evaluate the strength, stiffness and stability of my own structure.

Technical Knowledge	• Respond to what they have heard, expressing their thoughts and feelings. • Repeat actions that have an effect. • Use a wider range of vocabulary • Explore materials with different properties. • Explore natural materials, indoors and outside.	Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.	Describe the purpose of structures, including windmills. Identify and turn 2D nets into 3D structures. Recognise that the shape of materials can be changed to improve the strength and stiffness of structures. Demonstrate understanding that cylinders are a strong type of structure that are often used for windmills and lighthouses. Describe how windmill turbines use wind to turn and make the machines inside work. Recall that axles are used in structures and mechanisms to make parts turn in a circle. Describe the different purposes of different structures.	•Identify natural and manmade structures. • Compare the stability of different structures. • Recall that shapes and structures with wide, flat bases or legs are the most stable. • Demonstrate understanding that the shape of a structure affects its strength. • Select and use the correct vocabulary: strength, stiffness and stability. • Describe how different materials can be changed to improved strength and stiffness. • Make a strong and stiff structure by folding paper.
Mechanisms				

Design	Explore different materials, using all their senses to investigate them. Manipulate and play with different materials. Use their imagination as they consider what they can do with different materials. Explore different materials freely, in order to develop their ideas about how to use them and what to make. Join different materials and explore different textures. Develop their own ideas and then decide which materials to use to express them.	Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. Use a range of small tools, including scissors, paintbrushes and cutlery.	Give <u>reasons</u> about how to adapt mechanisms, using bridges or guides to control the movement. Design a moving story book for a given audience. Design a vehicle that includes wheels, axles and axle holders, which will allow the wheels to move. Make clearly labelled drawings which show movement.	 <u>Select</u> design criteria (as a class) for a moving character. <u>Design</u> a moving character for a specific audience, matching the design criteria. <u>Select</u> a linkage system to create the correct motion. <u>Design</u> a wheel. <u>Speculate</u> about the best materials based on their properties.
Make	Explore different materials, using all their senses to investigate them. Manipulate and play with different materials. Make simple models which express their ideas. Explore different materials freely, in order to develop their ideas about how to use them and what to make. Join different materials and explore different textures. Make imaginative and complex 'small worlds' with blocks and construction kits, such as a city with different buildings and a park.	Create collaboratively sharing ideas, resources and skills. Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. Select, rotate and manipulate shapes in order to develop spatial reasoning skills. Use a range of small tools, including scissors, paintbrushes and cutlery.	Sequence and follow a design to create moving models that use levers and sliders. Adapt mechanisms.	Make linkages using card for levers and split pins for pivots. Adapt the widths, lengths, and thickness of card used for linkages. Demonstrate understanding of cutting and assembling components neatly. Select materials according to their properties. Observe and follow a design brief.

	Build with a range of resources. Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Develop manipulation and control. Explore different materials and tools.			
Evaluate	Use their imagination as they consider what they can do with different materials. Develop their own ideas and then decide which materials to use to express them. Use a wider range of vocabulary Notice and correct an error in a repeating pattern.	Return to and build on their previous learning, refining ideas and developing their ability to represent them. Share their creations, explaining the process they have used. Select, rotate and manipulate shapes in order to develop spatial reasoning skills.	 Test a finished product, seeing whether it moves as planned and if not, give reasons why and how it can be fixed. Evaluate the success of a product by testing it with its intended audience. Test mechanisms, identifying what stops wheels from turning. Recall that a wheel needs an axle in order to move. 	Evaluate my own designs against design criteria. Use peer feedback to adapt my final design. Evaluate different designs.
Technical Knowledge	Respond to what they have heard, expressing their thoughts and feelings. Repeat actions that have an effect. Use a wider range of vocabulary	Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.	Recall that levers and sliders are mechanisms and can make things move. Identify whether a mechanism is a lever or slider and determine what movement the mechanism will make.	Recall what a mechanism is. Identify the input and output in a mechanism. Identify mechanisms in everyday objects. Recognise that a lever is something that turns on a

	Explore materials with different properties. Explore natural materials, indoors and outside.		Select and use the correct vocabulary: up, down, left, right, vertical and horizontal to describe movement. Identify what mechanism makes a toy or vehicle roll forwards. Recall that for a wheel to move it must be attached to an axle.	pivot. • Recall what a linkage is. • Observe wheel mechanisms. • Summarise how axels help wheels to move a vehicle.
Textiles				
Design	Explore different materials, using all their senses to investigate them. Manipulate and play with different materials. Use their imagination as they consider what they can do with different materials. Explore different materials freely, in order to develop their ideas about how to use them and what to make. Join different materials and explore different textures. Develop their own ideas and then decide which materials to use to express them.	Create collaboratively sharing ideas, resources and skills. Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. Use a range of small tools, including scissors, paintbrushes and cutlery.	Observe and use a template to create a design for a puppet.	• <u>Design</u> a pouch.
Make	Explore different materials, using all their senses to investigate them.	<u>Create</u> collaboratively sharing ideas, resources and skills.	Select and cut fabric neatly with scissors. Select and use joining	Select and cut fabrics for sewing. Select and use fabric

	Manipulate and play with different materials. Make simple models which express their ideas. Explore different materials freely, in order to develop their ideas about how to use them and what to make. Join different materials and explore different textures. Make imaginative and complex 'small worlds' with blocks and construction kits, such as a city with different buildings and a park. Build with a range of resources. Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen, or one which is suggested to them. Develop manipulation and control. Explore different materials and tools.	Safely use and explore a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. Select, rotate and manipulate shapes in order to develop spatial reasoning skills. Use a range of small tools, including scissors, paintbrushes and cutlery.	methods to decorate a puppet. • Sequence steps for construction.	glue or a running stitch.
Evaluate	Use their imagination as they consider what they can do with different materials. Develop their own ideas and then decide which materials to use to express them. Use a wider range of vocabulary	Return to and build on their previous learning, refining ideas and developing their ability to represent them. Share their creations, explaining the process they have used. Select, rotate and manipulate shapes in order to	•Reflect on a finished product, giving <u>reasons</u> about my likes and dislikes.	Speculate to solve problems suggested by the teacher. Evaluate the quality of stitching on others' work. Identify the success of my stitching against a success criteria.

Technical Knowledge	Notice and correct an error in a repeating pattern. pattern. Respond to what they have	develop spatial reasoning skills. • Create collaboratively	• Describe different ways in	Identify what I like in my peers' work, and give reasons why. Select fabric glue or
recrifical Knowledge	heard, expressing their thoughts and feelings. Repeat actions that have an effect. Luse a wider range of vocabulary Explore materials with different properties. Explore natural materials, indoors and outside.	sharing ideas, resources and skills. • Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.	which to join fabrics together: pinning, stapling, gluing.	stitching to join fabrics and identify the benefits of each technique. • Select and thread a needle. • Recognise and sew a running stitch with evenly spaced, neat, even stitches to join fabrics. • Select, pin and cut fabric neatly using a template.
Cooking and Nutrition				
Design	Explore different materials, using all their senses to investigate them. Manipulate and play with different materials. Use their imagination as they consider what they can do with different materials. Explore different materials freely, in order to develop	 Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. <u>Use</u> a range of small tools, including scissors, paintbrushes and cutlery. 		Design a healthy snack based on food combinations which work well together.

	their ideas about how to use them and what to make. • <u>Join</u> different materials and explore different textures. • <u>Develop</u> their own ideas and then decide which materials to use to express them. • <u>Try</u> a wider range of foods with different tastes and textures.			
Make	Explore different materials, using all their senses to investigate them. Manipulate and play with different materials. Make simple models which express their ideas. Explore different materials freely, in order to develop their ideas about how to use them and what to make. Join different materials and explore different textures. Make imaginative and complex 'small worlds' with blocks and construction kits, such as a city with different buildings and a park. Build with a range of resources. Select and use activities and resources, with help when needed. This helps them to achieve a goal they	Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function. Select, rotate and manipulate shapes in order to develop spatial reasoning skills. Use a range of small tools, including scissors, paintbrushes and cutlery.	Select the correct tools and grip to chop fruit and vegetables safely. Identify if a food is a fruit or a vegetable. Recall where and how fruits and vegetables grow.	Select the correct tools and grip to slice food safely. Make a snack that meets a design brief.

	have chosen, or one which is suggested to them. • Develop manipulation and control. • Explore different materials and tools.			
Evaluate	Use their imagination as they consider what they can do with different materials. Develop their own ideas and then decide which materials to use to express them. Use a wider range of vocabulary Notice and correct an error in a repeating pattern. Try a wider range of foods with different tastes and textures.	Return to and build on their previous learning, refining ideas and developing their ability to represent them. Share their creations, explaining the process they have used. Select, rotate and manipulate shapes in order to develop spatial reasoning skills. Use a range of small tools, including scissors, paintbrushes and cutlery.	Taste and evaluate different food combinations. Describe appearance, smell and taste. Select information to be included on packaging.	Describe the taste, texture and smell of fruit and vegetables. Evaluate food combinations and final products by taste testing. Describe the information that should be included on a label. Evaluate which grip was the most effective.
Technical Knowledge	Respond to what they have heard, expressing their thoughts and feelings. Repeat actions that have an effect. Use a wider range of vocabulary Explore materials with different properties. Explore natural materials, indoors and outside.	Create collaboratively sharing ideas, resources and skills. Safely <u>use</u> and <u>explore</u> a variety of materials, tools and techniques, experimenting with colour, design, texture, form and function.	Compare and contrast the difference between fruits and vegetables. • Describe and classify fruits by texture and taste.	Describe what makes a balanced diet. Identify where to find the nutritional information on packaging. Recall the five food groups.

	Year 3	Year 4	Year 5	Year 6
Structures				
Design	Design a castle with key features to appeal to specific person and purpose. Describe my drawing using 2D shapes, labelling: 3D shapes that will create the features, materials needed, colours.	 <u>Design</u> a stable pavilion structure that is aesthetically pleasing. <u>Select</u> materials to create a desired effect. <u>Design</u> a frame structure to support weight. 	Design a stable structure that can support weight. Design a frame structure with a focus on triangulation.	Design a playground with a variety of structures. Come to informed conclusions about effective and ineffective designs.
Make	Make a range of 3D geometric shapes using nets. Select special features for individual designs. Make facades from a range of recycled materials.	Make a variety of frame structures, including free standing, and different shapes and sizes. Select appropriate materials to build a strong structure and for the cladding. Make reinforced corners. Make different textural effects with materials.	Make a range of beam bridges. Apply knowledge of triangles to create truss bridges that meet specific requirements. Make a wooden bridge structure. Apply my skills to measure and mark wood accurately. Select appropriate tools and equipment. Apply and use the correct techniques to saws. Identify where a structure needs reinforcement and use card corners for support.	Make a range of play apparatus structures by using new and prior knowledge. Make a range of structures by measuring, marking and cutting wood. Apply knowledge of materials to reinforce and add decorations to structures.

Evaluate	Evaluate my own and others' work based on aesthetics. Compare the finished product to the original design. Recognise and suggest points to modify individual designs.	Evaluate structures made by my class. Describe which characteristics of a design and construction make it the most effective. Use reasoned judgements to consider effective and ineffective deigns.	Adapt and improve my own bridge structure by reinforcing points of weakness. Critique and suggest improvements.	Modify and improve a design plan based on peer evaluations. Modify a design by continuously testing it. Articulate what makes a successful structure.
Technical Knowledge	Identify features of a castle. Identify and select suitable materials, considering weight, compression and tension. Explain that wide and flat based objects are more stable. Select and use the vocabulary: strut, tie, span, beam. Compare and explain the difference between frame and shell structures.	Recall what pavilions are and their purpose. Develop my understanding of net and frame structures. Recognise that architects consider light, shadow and patterns when designing. Demonstrate understanding of frame and shell structures.	Develop my understanding of strong beams. Identify arch and beam bridges. Select and use the vocabulary compression and tension. Compare the strength of structures. Demonstrate understanding of ways to reinforce structures. Explain how triangles can be used to reinforce bridges. Articulate the difference between beam, arch, truss and suspension bridges.	Recall how structures can be strengthened. Identify the shell structure in everyday life. Classify man-made and natural structures.
Mechanisms				

Design	 <u>Design</u> a toy which uses a pneumatic system. <u>Develop</u> a design criteria from a design brief. Use thumbnail sketches and exploded diagrams to <u>explain</u> my ideas clearly. 	 <u>Design</u> a shape that reduces air resistance. <u>Design</u> a net to create a structure from. <u>Select</u> shape that increase or decrease speed. <u>Modify</u> and personalise a design . 	 Design a range of popup structures and mechanisms. Identify the mechanisms, input and output. Use storyboarding when designing a product. 	Demonstrate understanding of cams. Design an automata toy based on a choice of cam to create desired movements. Explain how linkages work. Design mechanisms that make things move at the same time.
Make	Make a pneumatic system to create a specific motion. Make secure housing for my pneumatic system. Select and use syringes and balloons to create different types of pneumatic systems, making a functional and appealing toy. Select materials based on their functional and aesthetic characteristics. Manipulate materials to create different effects by cutting, creasing, folding and weaving.	Make a model by measuring, marking, cutting and assembling with accuracy. Make a model based on a chosen design.	Sequence and follow a design brief accurately. Make mechanisms and structures using sliders, pivots and folds for movement. Apply knowledge of aesthetics to hide mechanisms.	Make a model by measuring, marking and cutting components accurately, checking the accuracy of jelutong and dowel pieces. Make a stable frame Demonstrate understanding of frames. Select appropriate materials based on joining techniques and the setting speed of glue.
Evaluate	• <u>Synthesise</u> the views of	• Evaluate the speed of a final	• <u>Evaluate</u> and suggest	• Evaluate the work of

Technical Knowledge	Test and modify products, suggesting improvements. Explain how pneumatic systems work. Recall that mechanisms are systems of parts that work together to create motion. Recognise how pneumatic systems can be used as part of a mechanism. Explain how pneumatic systems use air to create movement.	Product based on the shape and the accuracy of workmanship. Products that products change over time. Products that all moving things have kinetic energy. Explain what kinetic energy is.	Explain 'input' and 'output'. Recall that mechanisms control movement. Describe mechanisms that change motion.	others and receive feedback. • Apply points of improvements. • Articulate the changes I would do if repeating the project. • Apply knowledge and use a bench hook to saw safely and effectively. • Explore cams, making links between shapes and movements. • Explore types and directions of motion.
Electrical Systems Design	 <u>Design</u> a game that works using static electricity, including a <u>sequence</u> of instructions. <u>Identify</u> a design criteria and a target audience. 	Design a torch, considering the target audience. Select and create design and success criteria focusing on features of individual design ideas.	Design an electronic greetings card. Create a labelled design, showing positive and negative parts in relation to the LED and battery.	 Design a steady hand game from three different perspectives. Identify and name the required components. Design prototypes to model my ideas.

Make	Make an electrostatic game, referring to a design criteria. Select and use a wide range of materials and equipment safely. Make electrostatic energy to move objects in isolation as well as in part of a system.	Make a torch with a working electrical circuit and switch. Select and use appropriate equipment to cut and attach materials. Sequence and follow design and success criteria when assembling my torch.	Make a working electrical circuit. Apply a design criteria. Articulate different components of the circuit.	Make electromagnetic motors, modifying the motor to improve its function. Make a stable base . I can make my game by accurately cutting, folding and assembling a net. Demonstrate understanding of decorations. Make and test a circuit, incorporating it into my base .
Evaluate	Use <u>reasoned judgements</u> to provide constructive criticism on my own work and the work of others. Make <u>informed</u> <u>conclusions</u> about a product, using the original design criteria.	Use <u>evaluate</u> electrical products. Test and <u>evaluate</u> the success of a final product. <u>Modify</u> final products based on the work of my peers.	Evaluate against an original design. Modify final products to improve reliability, aesthetics or to include a different electronic device.	Test and <u>evaluate</u> finished games. Articulate what went well and ways to improve.
Technical Knowledge	Explain what static electricity is and how it moves objects. Demonstrate	Explain how electrical items work. Identify electrical products. Explain how batteries work.	Identify the key components of a circuit. Explain the use of graphite in a circuit.	Explain how electromagnetic motors work. Explain the dangers of

	understanding by generating static electricity on my own. • Manipulate static electricity to make objects move in a desired way.	Identify the features of a torch. Compare different torches, using reasoned judgements to decide on the positives and negatives.	Compare series and parallel circuits. Explain what happens when a circuit breaks.	batteries . • <u>Select</u> and use the vocabulary magnetic field.
Textiles				
Design	Design and make a template from an existing cushion, applying individual design criteria.	Write a design criteria for a product, explaining the decisions I make. Design a personalised book sleeve.	Design a stuffed toy. Apply knowledge of component proportions.	Justify my designs through specification that link. to design criteria and a specific theme. Design a waistcoat. Articulate my design through annotations.
Make	• Sequence and follow a design criteria to create a cushion. • Select and cut fabrics. • I can select and use cross stitch to join fabric. • Select and use applique to decorate fabrics. • Make and complete design ideas with stuffing and sewing the edges.	Make and test a paper template with accuracy and considering the design criteria. Make my product by measuring, marking and cutting fabric using a paper template. Select a stitch style to join fabric, working neatly and sewing small stitches. Select a fastening for my design.	Make a 3D stuffed toy from a 2D design. Apply knowledge to measure, mark and cut fabric. Make strong and secure blanket stitches. Select and use applique.	Make and use template pinning panels onto fabric. Make my design by marking and cutting fabric accurately. Make and sew a strong running stitch. Make and tie strong knots. Make and decorate my waistcoat, attaching objects using thread and secure fastenings.

Evaluate	Evaluate an end product, thinking of ways to create similar items.	Test and evaluate an end product against the original design criteria. Use reasoned judgements to decide how many of the criteria need to be met.	Test and evaluate an end product. Suggest ways to modify and improve a product.	Test and <u>evaluate</u> work continually.
Technical Knowledge	Select and thread a needle on my own. Select and tie knots on my own. Select and sew cross stitch and use applique. Recognise the need to count the thread on a piece of weave fabric in each	 Suggest ways to modify and improve a product. Recall the different types of fastenings. Explain the benefits and disadvantages of different fastening types. 	Apply knowledge of blanket stitches to join fabric with even spacing. Apply knowledge of threading needles independently.	Apply different decorative stitches. Apply different sewing techniques, ensuring accuracy and even stitches.
Cooking and Nutrition Design	direction. • <u>Describe</u> how fabrics can be layered for affect. • <u>Design</u> a health and	• <u>Design</u> a product within a	Adapt a traditional recipe.	• <u>Articulate</u> key steps,
	nutritious recipe using seasonal ingredients, considering taste, texture,	given budget, <u>recalling</u> previous taste testing.	• Explain how nutritional values will change. • Modify the method based	methods and ingredients when writing a recipe. • Apply research to include

Make	Demonstrate understanding of how to avoid food contamination, preparing myself and my work space to cook safely in. Sequence and follow instructions within a recipe.	Sequence and follow a baking recipe. Demonstrate understanding of how to cook safely, following basic hygiene rules. Adapt a recipe.	on new ingredients. • <u>Design</u> an appealing packaging based on the recipe. • <u>Apply</u> knowledge of cutting and preparing vegetables safely. • <u>Apply</u> knowledge of equipment, including knives, hot pans and hobs. • <u>Apply</u> knowledge of cross contamination. • Follow a method to <u>make</u> a recipe.	• Sequence and follow a recipe, using the correct quantities of each ingredient and working to a given timescale. • Demonstrate understanding of how to cook safely and hygienically. • Adapt a recipe based on research.
Evaluate	Use design criteria to test and evaluate dishes. Describe the benefits of seasonal vegetables and the impact on the environment. Explain points for improvement when making a seasonal meal.	Evaluate a recipe, considering: taste, smell, texture and appearance. Describe the impact of the budget on the selection of ingredients. Evaluate and compare a range of products. Suggest ways to modify the recipe.	•Identify the nutritional differences between products and recipes. • Articulate health benefits of food groups.	 Evaluate a recipe, considering: taste, smell, texture and origin of the food group. Evaluate and compare a final products by taste testing. Suggest and ways to modify the recipe, articulating improvements in writing. Evaluate health and

Technical Knowledge	Recognise that climate affects food growth. Select and use cooking equipment safely and hygienically. Recognise that imported foods travel from far away and this can have a negative impact on the environment. Recall which vegetables and fruit grow in different	Recognise the impact of cost and the importance of budgeting while planning. Recognise the environmental impact on future products and the cost of production.	Recall where food comes from and how it is processed. Explain what a balanced diet includes. Modify a recipe to make it healthier. Compare two adapted recipes and identify the healthier option using a nutritional calculator.	 safety in production to minimize cross contamination. Apply research skills to find recipes by ingredient. Identify and record ingredients and equipment. Demonstrate understanding of complimentary food combinations. Demonstrate understanding of where food comes from.
	and fruit grow in different seasons. • <u>Compare</u> the nutritional benefits of different fruit and vegetables. • <u>Select,</u> use, store and clean a knife safely.			food comes from, describing the 'Farm to Fork' process for a given ingredient.