Checked by School	ol Leader/I Key Stage Leader	Name/ Signature/ Date:		
Checked by School	ol Curriculum Leader	Name/ Signature/ Date:		
regularly monitor the delivery of Map to check the implementation		nsible for ensuring the delivery of the National Curriculum 14 intentions within the school. The school is required to of this Vertical Skills Progression Map. The school must complete an annual review of its School Vertical Progression on of curriculum skills. In the school was a school was a school with the school of this vertical school was a school		
	Information from monitoring wi	Il be used to inform in school/ MAT CPD subject training.		
Curriculum Statement	Purpose of Study Design and technology is an inspiring, rigorous and practical subject. Using creativity and imagination, pupils design and make products that solve rea and relevant problems within a variety of contexts, considering their own and others' needs, wants and values. They acquire a broad range of subject			
National Curriculum 2014	knowledge and draw on disciplines such as mathematics, science, engineering, computing and art. Pupils learn how to take risks,			
	Aims			
	The national curriculum for design	gn and technology aims to ensure that all pupils:		
	 develop the creative, t increasingly technologie 	technical and practical expertise needed to perform everyday tasks confidently and to participate successfully in ar cal world		
	 build and apply a repertoire of knowledge, understanding and skills in order to design and make high-quality prototypes and wide range of users 			
	 critique, evaluate and test their ideas and products and the work of others understand and apply the principles of nutrition and learn how to cook. 			
	Assessment By the end of each key stage, pu of study.	upils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme		

Key Stage 1

Subject Content

Through a variety of creative and practical activities, pupils should be taught the knowledge, understanding and skills needed to engage in an iterative process of designing and making. They should work in a range of relevant contexts [for example, the home and school, gardens and playgrounds, the local community, industry and the wider environment].

Cooking and Nutrition Subject Content

As part of their work with food, pupils should 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.

well, now and in later life.						
National Curriculum 2014						
Key Stage 1						
Learning Intentions	Non-Statutory					
Pupils should be taught about:						
Design						
design purposeful, functional, appealing products for themselves and other users						
based on design criteria						
generate, develop, model and communicate their ideas through talking, drawing,						
templates, mock-ups and, where appropriate, information and communication						
technology						
Make						
select from and use a range of tools and equipment to perform practical tasks						
select from and use a wide range of materials and components, including						
construction materials, textiles and ingredients, according to their characteristics Evaluate	[for example, cutting, shaping, joining and finishing]					
explore and evaluate a range of existing products	[101 Cautifie, cutting, shuping, johning and mishing]					
 evaluate their ideas and products against design criteria 						
Technical knowledge						
 build structures, exploring how they can be made stronger, stiffer and 						
more stable						
explore and use mechanisms in their products.						
Cooking and Nutrition						
 use the basic principles of a healthy and varied diet to prepare dishes 	[for example, levers, sliders, wheels and axles],					
understand where food comes from.						

	Learning Progression Key Stage 1					
Designing	Progression Statement	Working Towards	Working At	Working Beyond		
	Understanding contexts, users and purposes	State what products they are designing and making Say whether their products are for themselves or other users	Work confidently within a range of contexts, such as imaginary, story-based, home, school, gardens, playgrounds, local community, industry and the wider environment Describe what their products are for Say how their products will work Use simple design criteria to help develop their ideas	Say how they will make their products suitable for their intended users		
	Generating, developing, modelling and communicating ideas	Generate ideas by drawing on their own experiences	Use knowledge of existing products to help come up with ideas Develop and communicate ideas by talking and drawing	Model ideas by exploring materials, components and construction kits and by making templates and mock-ups Use information and communication technology, where appropriate, to develop and communicate their ideas		
Making	Progression Statement	Working Towards	Working At	Working Beyond		
	Planning	Plan by suggesting what to do next	Select from a range of tools and equipment, explaining their choices	Select from a range of materials and components according to their characteristics		
	Practical skills and techniques	Begin to use procedures for safety and hygiene	Follow procedures for safety and hygiene	Confidently follow procedures for safety and hygiene. Explaining procedures to others.		

		I I I	Harman dala and anno 1	
		Use a materials and	Use materials and components,	
		components to make a product	including	Use a range of materials and
			construction materials and kits,	components, including
		Begin to assemble, join and	textiles, food ingredients	construction materials and kits,
		combine materials and	and mechanical components	textiles, food ingredients
		components		and mechanical components
			Measure, mark out, cut and	
			shape materials and	With increasing accuracy
			components	measure, mark out, cut and
				shape materials and
			Assemble, join and combine	components
			materials and components	components
			materials and components	With confidence assemble, join
			Use finishing techniques,	and combine materials and
			including those from art and	
				components
			design	
				Use finishing techniques,
				including those from art and
				design, explaining their
				reasoning.
Evaluating	Progression Statement	Working Towards	Working At	Working Beyond
	Own ideas and products	Talk about their design ideas	Make simple judgements about	Suggest how their products
		and what they are making	their products and ideas	could be improved based on the
			against design criteria	success criteria
	Existing products	Explain what products are	Explain what products are	Explain how products work
		Who products are for	Who products are for	Suggest how products are used,
				giving reasons for their views
		What products are for	What products are for	
			·	Suggest where products might
			How products work	be used
			Suggest how products are used	Suggest what materials products
			baggest non products are used	are made from and suggesting
			Suggest where products might	why materials have been chosen
			Suggest where products might	why materials have been chosen

Technical Knowledge	Progression Statement Making products work	Working Towards Talk about the simple working characteristics of materials and components	Suggest what materials products are made from Explain what they like and dislike about products Working At Talk about the movement of simple mechanisms such as levers, sliders, wheels and axles Explain how freestanding structures can be made stronger, stiffer and more stable Know that a 3-D textiles	Explain what they like and dislike about products, giving reasons for their views Working Beyond Know that food ingredients should be combined according to their sensory characteristics Know the correct technical vocabulary for the projects they are undertaking
			product can be assembled from two identical fabric shapes	
Cooking and Nutrition	Progression Statement	Working Towards	Working At	Working Beyond
_	Where food comes from	Begin to recognise that all food comes from plants or animals Begin to recognise that food has to be farmed, grown elsewhere (e.g. home) or caught	Know that all food comes from plants or animals Know that food has to be farmed, grown elsewhere (e.g. home) or caught	Know and explain that all food comes from plants or animals, giving some examples Know and explain that food has to be farmed, grown elsewhere (e.g. home) or caught, giving
				examples
	Food, preparation and cooking	Begin to name and sort foods into the five groups in the eat-well plate Know that everyone should eat	Able to name and sort foods into the five groups in the eat-well plate Know that everyone should eat	Confidentially able to name and sort a number of foods into the five groups in the eat-well plate Confidently able to explain why

at least five portions of	at least five portions of	everyone should eat at least five
fruit and vegetables every day	fruit and vegetables every day,	portions of
, ,	suggesting different fruits and	fruit and vegetables every day,
Begin to know how to use	vegetables	suggesting different fruits and
techniques such as cutting,		vegetables
peeling and grating	Know how to prepare simple	
	dishes safely and	Able to explain how to prepare
	hygienically, without using a	simple dishes safely and
	heat source	hygienically, without using a
		heat source
	Know how to use techniques	
	such as cutting, peeling	Know how to use techniques
	and grating	such as cutting, peeling
		and grating and confidently carry
		these techniques out when
		producing a product.

Key Stage 2

Subject Content

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

Cooking and Nutrition

As part of their work with food, pupils should 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.

National Curriculum 2014 Key Stage 2					
Learning Intentions	Non-Statutory				
Pupils should be taught about					
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 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

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
- understand and use electrical systems in their products
- apply their understanding of computing to program, monitor and control their products.

Cooking and Nutrition

- 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.

for example, [cutting, shaping, joining and finishing]

• [for example, gears, pulleys, cams, levers and linkages]

Describe the purpose of their

[for example, series circuits incorporating switches, bulbs, buzzers and motors]

Learning Progression							
Lower Key Stage 2							
Designing Progression Statement Working Towards Working At Working Beyond							
	Understanding contexts, users and purposes	Work within a range of contexts, such as the home, school, leisure, culture, enterprise, industry and the wider environment	Work confidently within a range of contexts, such as the home, school, leisure, culture, enterprise, industry and the wider environment	Develop their own design criteria and use these to inform their ideas			

Begin to describe the purpose

		of their products	products	
		, and the second	,	
			Indicate the design features of	
			their products that will appeal	
			to intended users	
			Explain how particular parts of	
			their products work	
			Gather information about the	
			needs and wants of particular	
			individuals and groups	
	Generating, developing,	Share and clarify ideas through	Share and clarify ideas through	Make design decisions that take
	modelling and communicating	discussion	discussion	account of the availability of
	ideas			resources
		Use annotated sketches, cross-	Model their ideas using	
		sectional drawings and	prototypes and pattern pieces	
		exploded diagrams to develop		
		and communicate their ideas	Use annotated sketches, cross-	
			sectional drawings and	
			exploded diagrams to develop	
			and communicate their ideas	
			Use computer-aided design to	
			develop and communicate	
			their ideas	
			Consusts uselisticides	
			Generate realistic ideas,	
			focusing on the needs of the	
Making	Progression Statement	Working Towards	Working At	Working Beyond
ivianiig	Planning Planning	Select tools and equipment	Select tools and equipment	Explain their choice of tools and
	Figining	suitable for the task	suitable for the task	equipment in relation to the
		Suitable for the task	Suitable for the task	skills and techniques they will be
		Select materials and	Begin to explain their choice of	using
		components suitable for the	tools and equipment in relation	using
		components suitable for the	tools and equipment in relation	

	task	to the skills and techniques they will be using Select materials and components suitable for the task Begin to explain their choice of materials and components according to functional properties and aesthetic qualities	Explain their choice of materials and components according to functional properties and aesthetic qualities Confidently order the main stages of making
		Order the main stages of making	
Practical skills and techniques	Follow procedures for safety and hygiene	Follow procedures for safety and hygiene	Correctly follow procedures for safety and hygiene
	Use materials and components from KS1	Use a wider range of materials and components than KS1, including construction	Confidently use a wider range of materials and components than KS1, including construction
	Measure, mark out, cut and shape materials and components	materials and kits, textiles, food ingredients, mechanical components and electrical	materials and kits, textiles, food ingredients, mechanical components and electrical
	Assemble, join and combine	components	components
	materials and components Apply a finishing technique	Measure, mark out, cut and shape materials and components with some accuracy	With accuracy measure, mark out, cut and shape materials and components
		Assemble, join and combine materials and components with	With accuracy assemble, join and combine materials and components
		some accuracy Apply a range of finishing	Apply a range of finishing techniques, including those from

			techniques	art and design, with some accuracy
Evaluating	Progression Statement	Working Towards	Working At	Working Beyond
_	Own ideas and products	Identify the strengths and areas for development in their products	Identify the strengths and areas for development in their ideas and products	Consider the views of others, including intended users, to improve their work
			Consider the views of others to improve their work	Refer to their design criteria as they design and make to inform the marking process
			Refer to their design criteria as	
			they design and make	Use their design criteria to evaluate their completed
			Use their design criteria to evaluate their completed products	products considering the intended user
	Existing products	Investigate and analyse:	Investigate and analyse:	Investigate and analyse:
		 How well products have been designed How well products have been made Why materials have been chosen How well products work How well products achieve their purposes When products were designed and made Whether products can be recycled or reused 	 How well products have been designed How well products have been made Why materials have been chosen What methods of construction have been used How well products work How well products achieve their purposes How well products meet user needs and wants Who designed and made the products? Where products were designed and made 	 How well products have been designed for the intended user How well products have been made, based on research. Why materials have been chosen. Explaining their reasoning. What methods of construction have been used. Considering if other methods of construction would have been better. How well products work How well products achieve their purposes for the intended user

	Key events and individuals	Begin to know of inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking	■ When products were designed and made ■ Whether products can be recycled or reused Know inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking	 How well products meet user needs and wants Who designed and made the products? Where products were designed and made and whether this has impacted on the product outcome When products were designed and made and whether this has impacted on the product outcome When products were designed and made and whether this has impacted on the product outcome Whether products can be recycled or reused and its impact on the environment Confidently talk about inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking
Technical Knowledge	Progression Statement	products Working Towards	products Working At	products Working Beyond
Technical Knowledge	Making things work	That materials can be combined and mixed to create more useful characteristics That materials have both functional properties and aesthetic qualities	How to use learning from science to help design and make products that work How to use learning from mathematics to help design and make products that work The correct technical vocabulary for the projects they are undertaking How mechanical systems such as levers and linkages or pneumatic systems create	That mechanical and electrical systems have an input, process and output How to program a computer to control their products

			movement	
			movement	
			How simple electrical circuits	
			and components can be used	
			to create functional products	
			How to make strong, stiff shell	
			structures	
			That a single fabric shape can	
			be used to make a 3D textiles	
			product	
			That food ingredients can be	
			fresh, pre-cooked and	
			processed	
Cooking and Nutrition	Progression Statement	Working Towards	Working At	Working Beyond
	Where food comes from	Is aware that that a recipe can	That a recipe can be adapted a	That a recipe can be adapted a
		be adapted a by adding or	by adding or substituting one	by adding or substituting one
		substituting one or more	or more ingredients	or more ingredients to change
		ingredients		the flavour to the product
			That food is grown (such as	
		That food is grown, reared and	tomatoes, wheat and	That food is grown (such as
		caught in the UK, Europe and	potatoes),reared (such as pigs,	tomatoes, wheat and
		the wider world	chickens and cattle) and caught	potatoes),reared (such as pigs,
			(such as fish) in the UK, Europe	chickens and cattle) and caught
			and the wider world	(such as fish) in the UK, Europe
				and the wider world. Giving
				reasoning why food can be
				sourced in different countries.
	Food preparation, cooking and	Beginning to know how to	Knows how to prepare and	Can confidently prepare and
	nutrition	prepare and cook a savoury	cook a variety of predominantly	cook a variety of predominantly
		dish safely and hygienically	savoury dishes safely and	savoury dishes safely and
		including, where appropriate,	hygienically including, where	hygienically including, where
		the use of a heat source	appropriate, the use of a heat	appropriate, the use of a heat
			source	source

	T	T	Т	T
		Starting to know techniques		
		such as peeling, chopping,	Knows how to use a range of	Is able to use a range of
		slicing, grating, mixing,	techniques such as peeling,	techniques such as peeling,
		spreading, kneading and baking	chopping, slicing, grating,	chopping, slicing, grating, mixing,
			mixing, spreading, kneading	spreading, kneading and baking
		Is aware that a healthy diet is	and baking	
		made up from a variety and		Explains that a healthy diet is
		balance of different food and	Knows that a healthy diet is	made up from a variety and
		drink, as depicted in the eat-	made up from a variety and	balance of different food and
		well plate	balance of different food and	drink, as depicted in the eat-well
			drink, as depicted in the eat-	plate
		That to be active and healthy	well plate	
		food and drink are needed to		Can explain that to be active and
		provide energy for the body	Can explain that to be active	healthy food and drink are
			and healthy food and drink are	needed to provide energy for the
			needed to provide energy for	body giving explanations about
			the body	why
		Learning Progression		
		Upper Key Stage 2		
Designing	Progression Statement	Working Towards	Working At	Working Beyond
	Understanding contexts, users	Describe the purpose of their	Work confidently within a	Work confidently within a range
	and purposes	products	different context, such as the	of contexts, such as the
			home, school, leisure, culture,	home, school, leisure, culture,
		Indicate the design features of	enterprise, industry and the	enterprise, industry and the
		their products that will appeal	wider environment	wider environment
		to intended users		
			Describe the purpose of their	Describe the purpose of their
		Develop a simple design	products	products to an audience using
		specification to guide their		persuasive techniques
		thinking	Consider the design features of	
			their products that will appeal	Indicate the design features of
			to intended users	their products that will appeal to
				intended users
			Think about how particular	
			parts of their products work	Explain how particular parts of
				their products work

		Carry out research, using	
		surveys, interviews,	Carry out in depth research,
			•
		questionnaires and web-based	using surveys, interviews,
		resources	questionnaires and web-based
			resources
		Consider the needs, wants,	l
		preferences and values of	Identify and explain their needs,
		particular individuals and	wants, preferences and values of
		groups	particular individuals and groups
		Davida a circula decim	Davidas a davim as aifination
		Develop a simple design	Develop a design specification
		specification to guide their	to guide their thinking
		thinking	
Generating, developing,	Share through discussion	Share and clarify ideas through	Share and clarify ideas through
modelling and communicating		discussion	discussion, taking on board the
ideas	Begin to model their ideas		views of others
	using prototypes and pattern	Model their ideas using	
	pieces	prototypes and pattern pieces	Model their ideas using
			prototypes and pattern pieces,
	Begin to use annotated	Use annotated sketches, cross-	exploring many different
	sketches, cross-sectional	sectional drawings and	approaches
	drawings and exploded	exploded diagrams to develop	
	diagrams to develop and	and communicate their ideas	Confidently use annotated
	communicate their ideas		sketches, cross-sectional
		Use computer-aided design to	drawings and
	Generate ideas for products	develop and communicate	exploded diagrams to develop
		their ideas	and communicate their ideas
		Generate innovative ideas	Confidently use computer-aided
			design to develop and
		Make design decisions, taking	communicate their ideas
		account of constraints such	
		as time and resources	Generate innovative ideas,
			drawing on research
			Make design decisions, taking

				account of constraints such as time, resources and cost
Making	Progression Statement	Working Towards	Working At	Working Beyond
	Planning	Select tools and equipment suitable for the task	Select tools and equipment suitable for the task	Explain their choice of tools and equipment in relation to the skills and techniques they will be
		Select materials and components suitable for the	Explain their choice of tools and equipment in relation to the skills and techniques they	using Confidently select materials and
		task	will be using	Confidently select materials and components suitable for the
		Explain their choice of		task, naming the specific name
		materials and components	Select materials and components suitable for the	of the materials and components
		Produce appropriate lists of tools, equipment and materials	task	Explain their choice of materials and components according to
		that they need	Explain their choice of	functional properties and
			materials and components according to functional	aesthetic qualities
			properties	Produce appropriate lists of tools, equipment and materials
			Request appropriate tools, equipment and materials that	that they need
			they need	Formulate step-by-step plans as a guide to making for others to
			Formulate step-by-step plans as a guide to making	confidently follow
	Practical skills and techniques	Know the procedures for safety and hygiene	Follow procedures for safety and hygiene	Follow procedures for safety and hygiene and supporting others to do so
		Use a wider range of materials	Use a wider range of materials	
		and components than KS1	and components than KS1, including construction	Accurately use a wider range of materials and components than
		Measure, mark out, cut and	materials and kits, textiles,	KS1, including construction
		shape materials and components	food ingredients, mechanical components and electrical components	materials and kits, textiles, food ingredients, mechanical components and electrical

	Assemble, join and combine		components
	materials and components	Accurately measure, mark out,	components
	materials and components	cut and shape materials and	Accurately measure, mark out,
	Apply a range of finishing	components	cut and shape materials and
	techniques, including those	components	components to fine
	from art and design	Accurately assemble, join and	measurements
	Trom art and design	combine materials and	
	Begin to use techniques that	components	Accurately assemble, join and
	involve a number of steps		combine materials and
		Accurately apply a range of	components to fine
		finishing techniques, including	measurements
		those from art and design	
			Accurately apply a range of
		Use techniques that involve a	finishing techniques suitable for
		number of steps	the product, including those
			from art and design
		Demonstrate resourcefulness	
		when tackling practical	Confidently use techniques that
		problems	involve a number of steps
			Demonstrate resourcefulness
			when tackling practical problems
			and showing support to others
Own ideas and products	Identify the strengths and areas	Identify the strengths and areas	Identify the strengths and areas
	for development in their ideas	for development in their ideas	for development in their ideas
		and products	and products and use this to
	Consider the views of others,		refine their products
	including intended users, to	Consider the views of others,	
	improve their work	including intended users, to	Consider the views of others,
		improve their work	including intended users, to
	Begin to evaluate their ideas		improve their work and use this
	and products against their	Begin to critically evaluate the	to refine their products
	original design specification	quality of the design,	·
		manufacture and fitness for	Critically evaluate the quality of
		purpose of their products as	the design, manufacture and
		they design and make	fitness for purpose of their
	and products against their	quality of the design, manufacture and fitness for purpose of their products as	to refine their products Critically evaluate the quality of the design, manufacture and

		Evaluate their ideas and products against their original design specification	products as they design and make Evaluate their ideas and products against their original design specification, identifying successes and next steps
Existing products	 Investigate and analyse: How well products have been designed How well products have been made Why materials have been chosen What methods of construction have been used How well products work How well products achieve their purposes How well products meet user needs and wants 	 Investigate and analyse: How well products have been designed How well products have been made Why materials have been chosen What methods of construction have been used How well products work How well products achieve their purposes How well products meet user needs and wants How much products cost to make How innovative products are How sustainable the materials in products are What impact products have beyond their intended purpose 	 How sustainable the materials in products are What impact products have beyond their intended purpose
Key events and individuals	Talk about inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking	Investigate different inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking	Independently explore inventors, designers, engineers, chefs and manufacturers who have developed ground-breaking

		products	products	products
Technical Knowledge	Progression Statement	Working Towards	Working At	Working Beyond
Technical Knowledge	Making products work	How to use learning from science to help design and make products that work How to use learning from mathematics to help design and make products that work That materials have both functional properties and aesthetic qualities That materials can be combined and mixed to create more useful characteristics How mechanical systems such as cams or pulleys or gears create movement	That mechanical and electrical systems have an input, process and output The correct technical vocabulary for the projects they are undertaking How more complex electrical circuits and components can be used to create functional products That a 3D textiles product can be made from a combination of fabric shapes That a recipe can be adapted by adding or substituting one or more ingredients	How to program a computer to monitor changes in the environment and control their products How to reinforce and strengthen a 3D framework
Cooking and Nutrition	Progression Statement	Working Towards	Working At	Working Beyond
	Where food comes from	That a recipe can be adapted a by adding or substituting one or more ingredients That food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world	That seasons may affect the food available How food is processed into ingredients that can be eaten	Explain that seasons may affect the food available, recognise what foods are available in different seasons How food is processed into ingredients that can be eaten or used in cooking
	Food preparation, cooking and nutrition	How to prepare and cook a variety of predominantly	That recipes can be adapted to change the appearance,	Knowing that recipes can be adapted to change the

savoury dishes safely and	taste, texture and aroma	appearance, taste, texture and
hygienically including, where	That different food and drink	aroma, put this into practice in
appropriate, the use of a heat	contain different substances	their own cooking
source		
		That different food and drink
How to use a range of		contain different substances –
techniques such as peeling,		nutrients, water and fibre – that
chopping, slicing, grating,		are needed for health
mixing, spreading, kneading		
and baking		