



- Food
- Engineering
- Materials

Design & technology is the time for children to apply all their theoretical knowledge into hands on practical experience & gain life skills

# Life skills

Design and technology provides children with many important life skills, encourages creativity and helps them to grow into resilient, self-sufficient problem solvers. Children will learn about how all ideas came from an original problem and how the things in the world around them work. They will learn how to cook healthy meals and how to sew and re-use/re-purpose materials.

Golden thread	<p><b>Food and nutrition</b> - to learn about where food comes from, design, prepare and make healthy meals and snacks. Children will also explore foods from different countries, cultures and celebrations and to understand the need for safety and hygiene when preparing food.</p>	<p><b>Engineering</b> - to have the essential knowledge to understand the mechanisms of everyday items and machines, their purpose and how they work. Children will also explore different everyday structures e.g. shelters, bridges and buildings. Children will learn about people throughout history and how they have encountered problems and thought of creative and innovative ideas in order to help them fix these problems they faced.</p>	<p><b>Materials</b> – to learn about different materials and explore their properties. Children will choose different materials for different projects depending on the criteria. Children will learn to sew and reuse textiles to create useful objects e.g. book mark, bag tag and a pencil case. They will also think about materials that are used to create important structures in the world around them e.g. buildings, bridges and why material selection is important.</p>
Why our children at Rushey Mead?	<p>Children often eat the same foods at home and are not exposed to variety e.g. traditional Indian dishes. We have also found that they have lots of fried and unhealthy foods in their packed lunch’s e.g. chicken nuggets, chips. It is important to us that our children know and understand what <b>a healthy, balanced diet</b> looks like and that they have the <b>skills and experience</b> to cook their own healthy meals. It’s also important to us that our children learn about, are <b>exposed to</b> and get to try different <b>dishes from around the world</b>.</p>	<p>Children will learn about the origins of different machines and mechanisms that they see in the world around them. It demonstrates to them that <b>everything begins with an idea</b>. They will learn about the problems people throughout history have faced and solutions they have come up with in order to overcome the problems.</p> <p>This ‘broadens the horizons’ of our children and encourages them to think creatively. It helps our children to understand the world around them by getting hands on, tactile experience which is great for our children who may have limited English. It also teaches the children to be <b>resilient</b> and to always look for solutions when facing challenges.</p>	<p>It is important that our children learn to be <b>self-sufficient &amp; resourceful</b>. Children will learn about how to select appropriate materials to make useful everyday objects e.g. bag tags, pencil cases and book marks. They will also learn how to create shelters. Children will learn about recycling, restoring and re-purposes old clothing and materials. They will learn how to sew. All skills that will help them in their <b>future lives</b>.</p>



Children will use their **oracy skills** throughout D&T to express and discuss their ideas.