DESIGN & TECHNOLOGY - Progression of skills & knowledge

Strand	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Cooking and nutrition	Explore ingredients and food preparation; use safe tools with support; talk about healthy choices.	Prepare simple dishes safely; identify a range of foods and begin to understand a balanced diet.	Use basic cooking techniques; follow recipes; understand that food comes from plants or animals and the importance of varied food.	Use a range of preparation/cooking techniques; understand nutrition, seasonality and where food comes from.	Plan and prepare a dish for a purpose; use a wider range of techniques and explain choices.	Design and make nutritious dishes for a user; adapt recipes and consider seasonality, cost and sustainability.	Design, make and evaluate dishes against nutritional, cultural, ethical and practical criteria; explain and justify choices.
Textiles and making	Explore joining, cutting and threading; use simple tools safely; make purposeful objects.	Cut, shape and join materials; use simple patterns/templates and evaluate a finished product.	Select materials and joining methods; make a product from a simple design and improve it.	Design and make products using textiles and other materials; choose appropriate techniques and test them.	Use accurate measuring, templates and a wider range of joining/finishing techniques; evaluate against criteria.	Combine materials and techniques accurately; adapt patterns/templates and improve products through testing.	Design and manufacture refined products with precision; justify material/process choices and evaluate function, appearance and sustainability.
Systems and mechanisms	Explore how objects move and how simple construction can solve a problem.	Design and make simple moving products; explore wheels, axles, levers or sliders.	Use simple mechanisms to create movement; explain how parts work together and improve a design.	Apply mechanisms and simple structures to solve design problems; measure, test and refine.	Use mechanical/electrical systems and structures purposefully; select materials and evaluate performance.	Design and make more complex products using mechanical/electrical systems; explain how components interact.	Apply and combine mechanisms, structures and electrical systems; optimise a design through testing and justify decisions.