KS3

Please update the Form on the School website to record the Super-curricular activity you have completed



Read	Watch/Listen
 How Cool Stuff Works – DK Publishing Design and Technology: Key Stage 3 – Richard Lister Making Things Move: DIY Mechanisms for Inventors, Hobbyists, and Artists – Dustyn Roberts The Design Thinking Playbook (Junior Edition) – Michael Lewrick et al. Get Cooking! – DK Publishing The Complete Cookbook for Young Chefs – America's Test Kitchen Kids Matilda and The Ramsay Bunch: Tilly's Kitchen Takeover Cooking Step by Step – DK Publishing 	 Design and Technology (D&T) Vacuum forming/BBC Teach – YouTube Design and Technology (D&T) How to make a structure waterproof/BBC Teach – YouTube Design and Technology (D&T) Finishing Plastic/BBC Teach – YouTube Design and Technology (D&T) Pop Riveting/BBC Teach – YouTube Design and Technology (Food) Sensory perception/BBC Teach – YouTube Design and Technology (Food) Food Safety/BBC Teach – YouTube Design and Technology (Food) Food Labelling/BBC Teach – YouTube
Visit	Create/Explore
 The Design Museum The Science Museum The Victoria & Albert Museum (V&A) The Tate Modern (Architecture & Design Exhibitions) The Royal Institution Maker Spaces & Workshops – Makerversity Maker Spaces & Workshops - London Hackspace The Science Museum – Food Gallery Borough Market The Museum of London Docklands – "Sugar & Slavery" Exhibit Jamie Oliver Cookery School (London Locations) The Bread Ahead Bakery & School (Borough Market) 	 Design and build a simple bridge using only paper and tape that can hold the weight of a small book. Create a functional paper or cardboard phone stand that can hold your device at different angles. Use recycled materials to design and construct a mini storage box with a hinged lid. Sketch a new design for your school bag that improves comfort and storage, labeling key features. Prepare a balanced breakfast using only five ingredients and explain why it's healthy. Create a three-course meal plan for under £5 using ingredients from your kitchen. Design a healthy packed lunch for school and explain your food choices. Grow a small herb garden in pots using kitchen scraps like celery or spring onions.

Read	Watch/Listen
The Complete Baking Book – America's Test Kitchen Kids The Complete CookBook Young Chefs – America's Test Kitchen Kids Exploring Food and Nutrioton KS3 – Yvonne Mackey Stem by Design – Anne Jolly The Design Book Big Ideas Simply Explained – DK Publishing How Design Makes Us Think and Feel and Do Things – Sean Adams	 Design & Technology /The Design Process for Students /Ask.Learn.Inspire Design and Technology/D&T Why it is Important/ DTAssoc Food Preparation & Nutrition/Food Production/BBC Teach Food Preparation & Nutrition/Eight Guidleines for Health eating/BBC Teach Food Preparation & Nutrition/Healther Cooking/BBC Teach
Visit	Create/Explore
The Design Museum The Science Museum The Victoria & Albert Museum (V&A) The Tate Modern (Architecture & Design Exhibitions) The Royal Institution Maker Spaces & Workshops – Makerversity Maker Spaces & Workshops - London Hackspace The Science Museum – Food Gallery Borough Market The Museum of London Docklands – "Sugar & Slavery" Exhibit Jamie Oliver Cookery School (London Locations) The Bread Ahead Bakery & School (Borough Market)	 Prepare a three-course meal for under £10 that meets the Eatwell Guide recommendations and document the nutritional balance. Investigate how different cooking methods (boiling, steaming, frying) affect the texture and nutritional value of vegetables, then present your findings. Design and make a vegetarian dish that includes at least two protein sources and explain why it is nutritionally balanced. Create a detailed CAD model of a product that solves a common everyday problem and print screenshots showing the design process. Redesign a common household item to make it more ergonomic or sustainable, and present your ideas with annotated sketches. Create a mood board that explores materials, colours, and styles for a new furniture piece targeting teenagers.