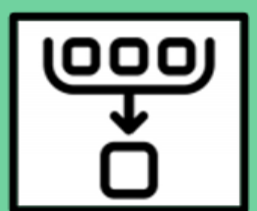
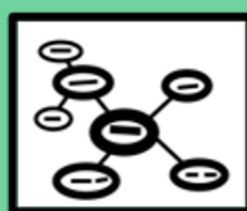


Year 9

Design and Technology HOMEWORK



1. Memphis Design Movement

The Memphis Group was founded in Milan in 1981 by Ettore Sottsass, an Italian architect and designer. The group included young designers and architects who wanted to break away from the rigid rules of modernism. Their work was bold, colorful, and often humorous.

Key Features:

1. Bright, clashing colors
2. Geometric shapes (circles, triangles, zigzags)
3. Abstract squiggles and patterns
4. Use of plastic laminate and unconventional materials



Design Task:

Design a lamp panel using Memphis-style patterns.

Idea: Create a panel with zigzag lines, polka dots, and bold color blocks that reflect a fun, retro 1980s vibe.



2. Bauhaus Movement

The Bauhaus was a revolutionary design school founded in 1919 by Walter Gropius in Weimar, Germany. It aimed to unify art, craft, and technology. The Bauhaus believed that good design should be accessible to everyone and that form should follow function.

Key Principles:

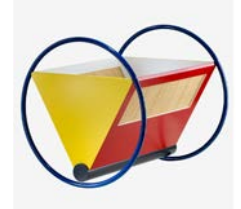
- Functional, minimalist design
- Use of basic geometric shapes
- Integration of art and industry
- Emphasis on craftsmanship and mass production



Design Task:

Design a lamp that is simple, functional, and elegant.

Idea: Create a panel with overlapping circles and rectangles in red, blue, and yellow, arranged in a balanced composition.



3. Piet Mondrian & De Stijl

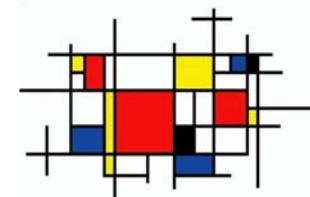
Piet Mondrian was a Dutch painter and a founding member of the De Stijl movement, which began in 1917. De Stijl (meaning "The Style") focused on pure abstraction and universality by reducing designs to the essentials of form and colour.

Key Concepts: Use of horizontal and vertical lines, Primary colours (red, blue, yellow), Black, white, and grey background with no curves or diagonals

Design Task:

Create a lamp panel inspired by Mondrian's grid system.

Idea: Use black lines to divide the panel into rectangles and fill some with primary colors, leaving others white.



4. Laser Cutting Basics



Laser cutting is a digital manufacturing process that uses a high-powered laser beam to cut or engrave materials. It is controlled by a computer using a vector file (usually created in software like TS Design or TinkerCAD).

How It Works:

The laser follows paths defined in your digital design. Red lines are typically used for cutting all the way through. Blue or black lines are used for engraving or etching the surface. The laser vaporizes the material, leaving a clean, precise edge.

Materials Commonly Used:

Wood (e.g., plywood, MDF)

Acrylic

Cardboard

Paper

Safety Considerations:

Always wear safety goggles if required.

Never leave the machine unattended.

Ensure proper ventilation.



Design Task:

Create a vector design ready for laser cutting.

Idea 1:: Design a panel with stars and moons cut out, and clouds engraved to create a night sky theme.

Idea 2: design a panel inspired by your school House either – Cedar, Maple, Oak or Willow.

5. Laser Cutters: Health & Safety and Material Guidelines

Laser cutters are powerful tools used to cut and engrave materials with high precision. While they are incredibly useful in design and technology projects, they must be used with strict safety precautions to protect users and equipment.



How Laser Cutters Work

A laser cutter uses a high-powered laser beam to cut or engrave materials. The laser cutter we use in school is powered by CO2.

The laser follows a vector path (lines and shapes) from a digital design file that has been created on a computer.

If you have images that are made of pixels (small dots) then you must vectorize these so that the laser cutter can see them.

It can cut through or etch materials like wood, acrylic, and card with extreme accuracy.



Health & Safety Rules

Never leave the laser cutter unattended while it is operating.

Always use the extractor fan to remove fumes and smoke.

Make sure that your settings are correct for the materials that you are using.

Keep flammable materials away from the machine.

Check your material before cutting—some materials release toxic fumes or can catch fire.



6. Laser Cutting software

Laser Cutting with CAD Software: TechSoft Design (2D Design / TS Design)

TechSoft Design is one of the most common programs used in schools for laser cutting. It lets you create precise 2D drawings using lines, shapes, and curves.

- ☐ Best for flat designs like keyrings or signs.
- ☐ It works well with most school laser cutters because you can use colour-coded lines (like red and blue) to tell the machine what to do.
- ☐ Used mostly for cutting and engraving sheet materials like acrylic or plywood.

3D CAD for Laser Cutting: Tinkercad & SketchUp

While Tinkercad and SketchUp are mostly used for 3D modelling, they can be used with laser cutters by creating flat shapes (2D faces) to export as .SVG or .DXF files.

- ☐ Tinkercad is great for beginners – drag-and-drop design, and easy to convert 3D parts into 2D for cutting.
- ☐ SketchUp is good for more complex buildings or product models – but you'll need to flatten your design to export for the laser cutter.
- ☐ These tools help you visualise in 3D, but your designs must be flattened into 2D shapes for cutting.

5. Laser Cutters: Understanding Line Colours

In Laser Cutting In most laser cutting software , different coloured lines are used to tell the laser what action to take. It's important that your file uses the correct colours and line settings.

● Red Line – CUT

- ☐ The laser will cut all the way through the material.
- ☐ Used to create shapes, outlines, and components.
- ☐ Common for cutting acrylic, plywood, card, etc.
- ☐ Example: Cutting out a keyring shape.

● Blue Line – SCORE / VECTOR ENGRAVE

- ☐ The laser will follow the path of the line but only etch the surface of the material.
- ☐ Used to mark logos, outlines, or light decoration.
- ☐ Less deep than a full cut but still visible.
- ☐ Example: Lightly engraving borders or scoring folding lines in card.

● Black Fill / Line – RASTER ENGRAVE

- ☐ Used for engraving solid areas or shading.
- ☐ The laser moves back and forth like a printer, burning away the surface layer.
- ☐ Works with text, logos, photos, or detailed designs.
- ☐ Example: Engraving a school badge or name onto a panel.



8 .Laser Cutting Pros and Cons

Traditional Tools vs Laser Cutting

Traditional tools (like saws, drills, and scissors) are **manual**, often slower, and depend on your **hand skill**.

A **laser cutter** uses computer control to cut or engrave materials **quickly and precisely**. The laser can make **very fine, complex cuts** that would be difficult or impossible by hand – especially useful for **intricate shapes or repeat designs**.

Laser cutting is ideal for **mass production** or designs that need to be **exactly the same every time**.



1. Keywords spelling/definition test.



counterfeit	When something is reproduced and sold without permission
Product analysis	Looking at existing products to establish their strengths and weaknesses.
Net	A flattened piece of packaging that shows the cut lines, fold line and tabs.
Pop up mailer	a self-assembly product that pops up when opened such as a pop-up moneybox.
Site map	a clear map showing all the necessary sites that you would need at your festival.

2. The History of Festivals

The music festival emerged in England in the 18th century as an extension of urban concert life into a form of seasonal cultural festivity structured around a schedule of music performances or concerts

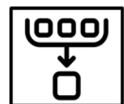
Music festivals have developed as an emerging industry which contributes to many national economies. For example, Coachella Valley Music and Arts Festival earned \$114.6 million in 2017.[7] Music festivals nowadays also can serve as a way of building a brand for a destination, creating a unique image for it and attracting visitors. The Uks most well-known festival is Glastonbury Festival.

Most festivals provide the following promotional products to guests

- A ticket – most now have a way of making them counterfeit proof
- A map – especially if camping is involved or multiple stages
- A poster displaying the acts that will perform.
- badges, stickers, wrist bands etc.



Glastonbury Festival has been around since 1970, over the years they have redeveloped their logos multiple times to match the genre, feel and style of the festival. Logos are an essential part of any brand, the colours are normally minimal, but Glastonbury has defied this and created many colourful logos over the years. Most of the logos incorporate the font as well and normally feature a symbol from the Glastonbury area or the festival.



3. Facts about Glastonbury and the Lego



4. Fold lines and cut lines

Fold Line:

Definition: A fold line is a pre-marked line on a sheet of paper, cardstock, or other materials that indicates where the material should be bent or folded to create a specific shape or structure.

Appearance: A fold line is usually a straight or dashed line printed or scored onto the material. It serves as a visual guide to ensure accurate folding at the desired location.

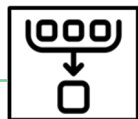
----- Fold lines are seen as dashed lines

Cut Line:

Definition: A cut line is a marked or printed line on a material that indicates where it should be cut or trimmed to shape or size as part of a project or design.

Appearance: A cut line is typically a solid line or a series of dashes and dots that outline the desired shape or cutout on the material. It serves as a guide for precise cutting.

_____ Cut lines are seen as solid lines



5. Facts about Fonts

The word font refers to a set of printable or displayable typography or text characters in a specific style and size. Font styles are used in both print and digital text. It is the style of writing that you use either by hand or using a computer. Display fonts are decorative and tend to be the focal point of a designed piece of work. The font that is used to write the paragraphs are called **body** fonts.

Font Types

Serif.

Traditional, have feet.

Sans Serif.

Modern, feet free.

Script.

Cursive, a bit more decorative.

DISPLAY

Decorative, good as a design focal point.

An easy way to remember the difference between **display** and **body** fonts are to remember that when something is on **display**, it shows off and the **body** font is the bulky part.

The most recognizable fonts used today on computers are

Arial

Tahoma

Gothic

Nyala

Times New

Helvetica

Courier

broadway

Roman

ONYX

Script

CASTELLAR

Stylus

Ravie



6. Types or merchandise



- **Key-Rings:**

Description: Key-rings are small, decorative items for holding keys. They have festival designs.

Materials: They can be made from metal, plastic, or fabric.

- **T-Shirts:**

Description: Festival T-shirts are comfy shirts with festival designs.

Materials: They're usually made of cotton or a cotton blend.

- **Hats:**

Description: Festival hats come in different styles with festival logos.

Materials: They're made from materials like cotton, wool, or polyester.

- **Mugs:**

Description: Festival mugs are collectible cups with festival artwork.

Materials: They're made of ceramic, porcelain, or stainless steel.

- **Maps:**

Description: Festival maps show where everything is at the festival.

Materials: They're often on paper or digital in apps.

- **Badges:**

Description: Badges are small wearable items with festival logos.

Materials: They're made of metal, plastic, or fabric.

- **Stickers:**

Description: Stickers are adhesive labels with festival designs.

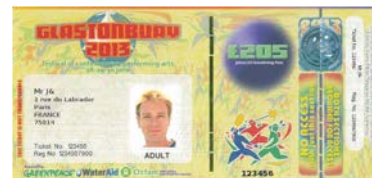
Materials: They're made from paper, vinyl, or plastic.

7. Counterfeiting Tickets

Festival tickets like all event tickets can easily be copied by criminals and sold as fake ticket to unsuspecting people.

To stop this happening, there are several things that can be done. Festivals like Glastonbury require you to send in a photo which is then added to your ticket, even bank notes have a metal strip and a hologram.

Barcodes and QR codes are a simple way to protect the reproduction of tickets.



8. Types or merchandise



A music festival map is a picture of the festival site showing important places. It uses symbols and labels to help you find things like stages, food, restrooms, first aid, and more. These maps are like guides to the festival, so you know where everything is.

Typical places that should be identified on a map are – Stages, food and drink, restrooms, first aid, camping area, exit and entrance, lost and found, ATMS etc.

A key on a map is like a special code or symbol that tells you what different things are and where they are located. It's used so that you can understand the map without needing to write out long descriptions for each place. Instead, you can just look at the key and know what each symbol or label means.

1. Classification of timber

Trees can be classified into two groups.

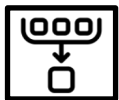
Coniferous is the technical name for the group commonly known as soft woods are evergreen.

Deciduous is the technical name for the group commonly known as hard woods shed their leaves for winter.

The names soft wood and hard wood does NOT relate to how hard the wood from that tree is.

Physical features like type: of leaf or seed type can help identify which group a tree belongs to.

Balsa wood is very soft and can be crushed with your hands but comes from the deciduous group of trees (Hard wood)



2. Structure of timber

Wood grain refers to the arrangement of a wood's fibres resulting from the growth of a tree.



When the tree is cut, these fibres reveal a visual pattern of relatively darker and lighter wood, commonly known as the grain.



Knots are visible imperfections in wood. They are typically circular and darker than the surrounding wood area and when the knot separates from the surrounding wood a knothole form.



3. Conversion of timber

After felling the tree trunk needs to be converted into useable sizes. The two common methods are; radial and plain methods.

Plain method.

Faster to produce.

More affordable.

Readily available.



there are certain drawbacks to plain sawn lumber. As the wood dries and ages, the tension of the end grain can make plain sawn planks cup, twist and sometimes bow.

Quarter sawn.



Most expensive method of conversion because it produces the best quality wood and is ideal for joinery purposes.

Timber is a valued natural resource that serves directly as a material for use in construction, paper manufacturing, specialty wood products such as furniture, and as a fuel source



4. Wood finishes

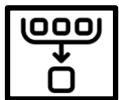
Finishing is the final step of the manufacturing process that gives wood surfaces desirable characteristics.

Finishing provides a way of giving low-value woods the appearance of ones that are expensive and difficult to obtain.

Usually, there are two primary types of wood finish: penetrating and surface finish. Each type has a unique appearance and protection, making it necessary to choose the right type of finish.

Penetrating wood finishes offer a more natural look as they enter deep into the surface of the wood. You may have to use a rag to add a protective layer of wood oils to ensure better sheen and surface penetration. You can apply them easily.

Surface finishes are applied on the top of the wood to create a protective layer. This type of wood finish makes an excellent choice for furniture and materials exposed to a lot of wear and tear.

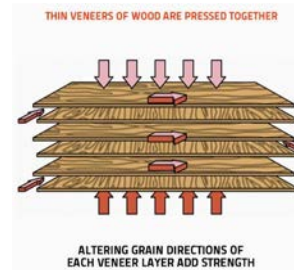


5. Plywood

Plywood:

is made up of thin layers of wood called veneers.

Usually has an odd number of layers so that the grain on each face runs in the same direction.



Advantages of Plywood

- Incredibly flexible.
- Split edges due to nails are reduced.
- Material strength is increased.
- Minimal expansion and shrinkage.
- Low risk of warping.
- Plywood furniture is lighter to transport than solid wood pieces.
- Plywood is economical to use.

Disadvantages of Plywood

- Risk of long-term insect or water damage, although this can be minimised with a treatment to the veneers.
- Sculpting to surfaces is not always easy.
- Not as durable as wood.
- If not painted well, the surface of plywood can peel off.



6. MDF

Medium-density fibreboard is an engineered wood product made by breaking down hardwood or softwood residuals into wood fibre, often in a defibrator, combining it with wax and a resin binder, and forming it into panels by applying high temperature and pressure. MDF is generally denser than plywood.

What are the advantages of MDF?

- MDF is hard to both flex or crack.
- MDF is more affordable and easier to supply
- MDF is easier to paint and seal
- MDF is BEST for cabinetry.

What are the disadvantages of MDF?

- Engineered wood is easy to damage
- MDF is heavier
- MDF is vulnerable to extreme heat
- MDF can't support too much weight.

Conclusion: Is solid wood better or MDF?

You decide.



7. Tenon saw

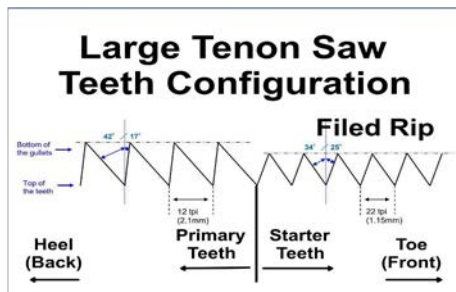
A Tenon saw has a relatively short blade with a reinforced back providing stability. It has hard point teeth and creates a fine finish so is ideal for carpentry as it makes a straight, precise cut. Tenon saws are commonly used to make the tenons used in mortise and tenon joints.



Hold the saw with your dominant hand, index finger pointing towards the blade for support.



The proper stance is one in which your wrist is aligned with your forearm; when thus aligned, little stress is placed on your joints, and the saw feels like an extension of your arm.



8. Coping saw

A coping saw is used to cut fine, intricate cut-outs or shapes in carpentry or woodworking, ideal for delicate applications such as curves or patterns.



You can install the blade to cut either on the push or pull stroke, although for most work students find that a pull cut is easier to control.

Coping saws aren't designed to cut through all materials. Rather, they are intended for use on light, thin materials of 25mm thickness or less. Attempting to cut through materials thicker than this increases the risk of injury, as the blade may slip or break.

Over time, the blade will lose its sharpness, forcing you to push with greater force to cut into materials.

Contrary to popular belief, cutting with a dull blade increases the risk of injury. So, if your coping saw has a dull blade, replace it ASAP to avoid injury.



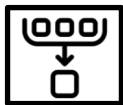
1. Street Art

Street art is a form of visual art created in public spaces. It includes styles like graffiti, stencils, and murals, and is used to express social, political, or personal messages. Street art became popular in the 1970s, particularly in New York, before spreading globally.

Famous artists like **Banksy** (left image), known for his thought-provoking stencils, and **Jean-Michel Basquiat** (right image), who started with graffiti before moving to painting, have helped shape the movement.



Street art often challenges traditional art boundaries and has become a major part of modern culture.



2. Key Words and Definitions

Design Brief: A clear statement that outlines the goals, purpose and requirements for a design project.

Design Specification: A list of detailed requirements a design must meet, including materials, size and features.

Sustainability: Using resources wisely so that they last for the future and do not harm the environment.

Urban: Refers to areas that are related to cities or towns, typically with lots of buildings, people and busy areas.

Contemporary: Something that is modern or happening right now.

Tagging: A form of graffiti where an artist writes their name or symbol in a stylized way, usually on public surfaces.



3. Six R's

As designers, we must minimise our environmental impact by considering the 6R's in our designs.

Re-think: Be mindful of what you buy. Ask yourself if you really need something.



Refuse: Don't buy something you don't need. Refuse to buy products that cannot be recycled or reused.



Reduce: Cut down on the amount of products and services you use.



Re-use: Take a product/item and repurpose it for a different item.



Repair: Fix, don't replace your products.

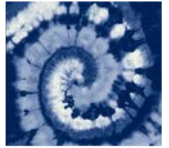


Recycle: Recycle what you cannot reduce, re-use or Repair.



4. Textile techniques

Tie-dye is a fabric-dyeing technique where parts of fabric are tied and dyed to create vibrant patterns. It became popular in the 1960s but has links with ancient techniques practiced in Asia, Africa, and the Americas.



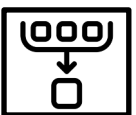
Batik involves covering fabric with wax before dyeing to create intricate patterns. It originated in Indonesia and has been used for centuries.



Stencilling involves cutting a design into a material and applying paint or ink over it. It dates back to ancient Egypt and Greece.



Block printing uses a carved block to print designs onto fabric or paper. It began in China around 200 AD and spread worldwide.



5. Health and safety



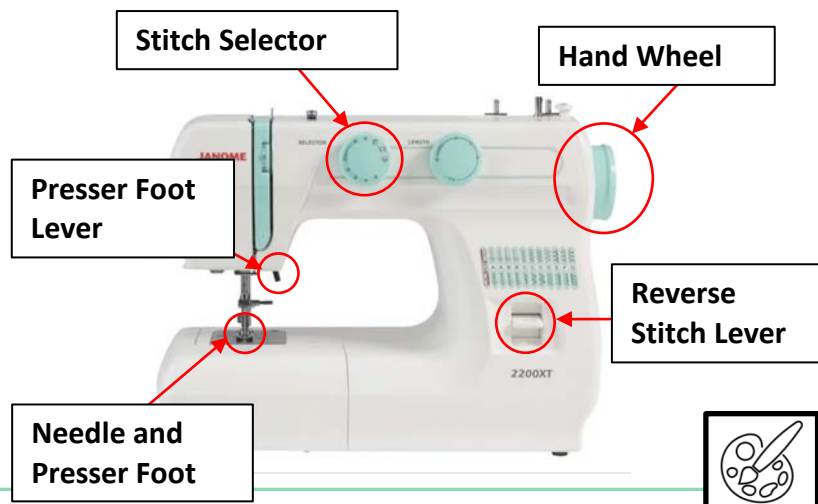
Health and Safety in the Textiles Room. Everyone is responsible for health and safety. It's important to follow the rules to protect yourself and others.

Rules to follow:

- Listen carefully to instructions.
- Walk calmly around the room; no shouting.
- Pick up any dropped pins or needles — they can hurt your feet.
- Be cautious of cotton spools and threads, which can cause tripping.
- Only use equipment you've been instructed to operate.
- Keep your work area tidy.
- Store bags under tables and coats on chairs.
- Don't distract others while they are using machines.



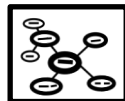
7. The Sewing Machine



6. Sewing Machine Health & Safety Rules



- Only operate a sewing machine once you have been shown how to use it.
- Always ask permission.
- Sensible behaviour at all times.
- One person only to operate it.
- Keep fingers clear of the needle.
- Switch off the sewing machine after use.
- Tie long hair back.
- No drinks, liquids or wet fabric near sewing machine.
- Tell the teacher if something breaks or stops working.
- **Ask for help if needed.**

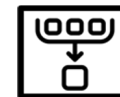


8. Analysis and evaluation of our own work

It is important to get feedback from others as well as analysing our own work. This enables us to identify areas we could improve, as well as areas which are successful.

It is useful to get feedback from at least three people. It is also important for this feedback to be useful and offer ideas on ways to develop an idea further.

By using feedback from others and your own analysis, you can then evaluate your ideas to plan on ways you could improve it further.



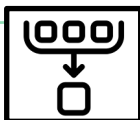
1. Key Words



Eatwell Guide – the guide which helps us eat the right sort of foods in the correct quantities. The size of each segment shows how much of that type of food we should eat each day / week.

Marinade – soaking meat in an acidic sauce to tenderise it and add flavour.

2. Nutritional Information



Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

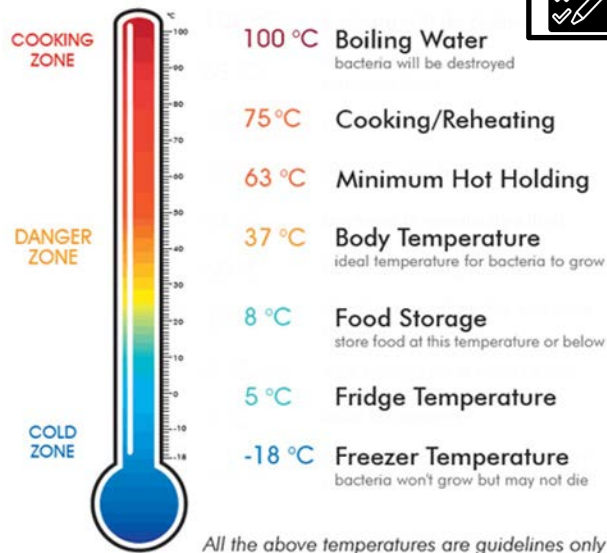
The traffic light labelling system will tell you whether a food has high, medium or low amounts of fat, saturated fat, sugars and salt. It will also tell you the number of calories and kilojoules in that particular product.

Use food labels to check calories (kcal).

Reduce: Sugars, Saturated Fat & Salt.

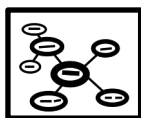
Increase: Fibre.

3. The Danger Zone Temperatures

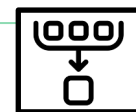


4. Food Choices

People eat different foods for many reasons, the thought-shower below highlights some of them. It might be personal preference or a religious or cultural reason. They might have an ethical reason to buy food with low Food Miles or have chosen not to eat animal products. They may not have the time or skills to make some foods.



5. Research: Definitions



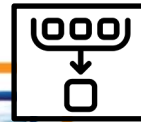
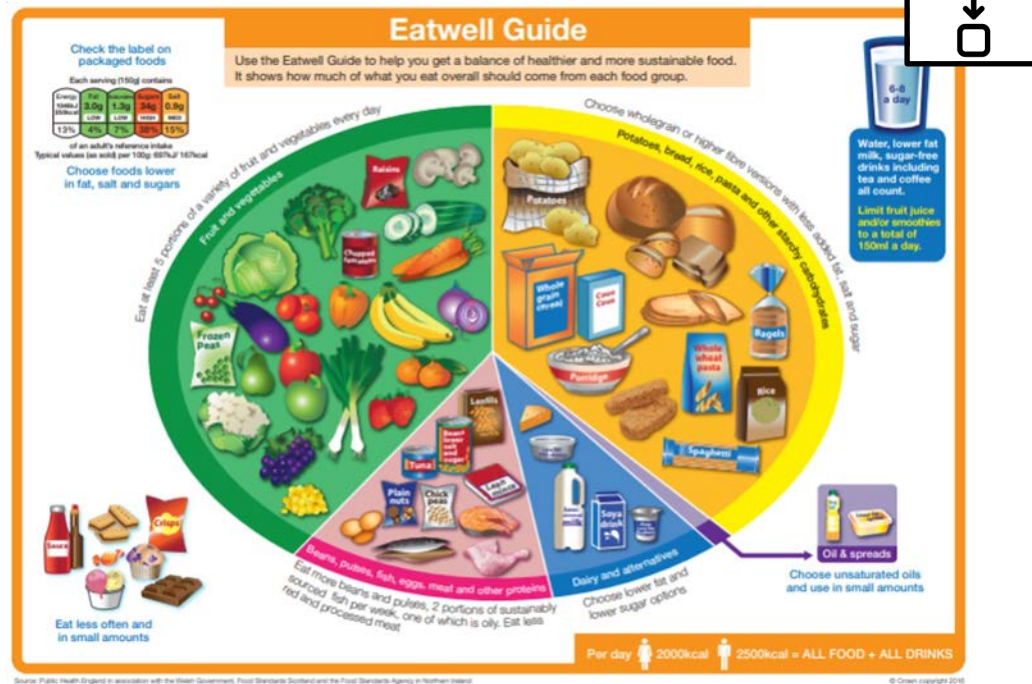
Food Miles – The distance in miles that food travels from where it is grown or raised, through all of its stages of production to where it is eaten. The higher the Food Miles then the further your food has travelled. This means more fossil fuels have been used depleting the Earth's natural resources.

Seasonality – Eating food which is just ripe or 'in season' means it is at its peak nutrition and give you the best health benefits. As soon as its picked or harvested the nutrients reduce over time. A good way to stop this is to immediately freeze the food – a good example of this is peas which can be harvested and frozen ready to sell in less than 3 hours.

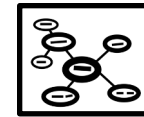
Organic - Organic food is farmed avoiding the use of man-made fertilisers, pesticides; growth regulators and livestock feed additives. It means it contains less man-made chemicals which some believe is healthier. However, as less food is made per acre it tends to be more expensive to buy. Typical organic foods are vegetables, fruit and meat.



6. Nutrients



7. Research: Diet Through Life



Think about how our dietary needs change from babies, to young children, to adolescents, to pregnant women, to older adults. At each stage of life our nutritional needs are slightly different.

Babies: They are growing rapidly and need their food in a form that can be easily digested.

Young children: At this stage in life energy demands are high, due to rapid growth and high levels of physical activity.

Adolescents: Like children, adolescents are growing rapidly. This is commonly referred to as the **growth spurt**. This rapid development means that adolescents have complex dietary needs. Protein is needed to build new cells. Iron is important for girls who menstruate. Fibre is needed to keep the gut healthy. The quantity of carbohydrate depends on how physically active they are.

Pregnant women: During pregnancy the body's requirement for nutritious food becomes much higher as the foetus grows and develops, and also as the mother's body changes over a nine-month period. Vitamin C helps to maintain a strong immune system. Folate is one of the most important vitamins during pregnancy. It is required for the normal growth and development of the foetus. It is also required to prevent neural tube defects.

Older adults: Energy requirements decrease in older adults. However, the rest of their requirements remain much the same as they did during adulthood.

Baby



Young child



Adolescent



Pregnant woman



Older adult



In Year 9 we start discussing nutrients (macronutrients and micronutrients), which foods provide them and why they are important for our health. This table shows the different types of nutrients and which sections of the Eatwell Guide they relate to.

The Eatwell Guide is a simplified way of making sure you eat healthily but has limitations. In GCSE we learn about macronutrients and micronutrients.

There are 3 MACROnutrients:

- **Carbohydrates** can be split into STARTCH & SUGAR and give us energy.
- **Protein** comes from meat but also other foods and is needed for growth and repair.
- **Fats** provide energy, insulation and vitamins.

There are 2 MICROnutrients:

- Vitamins
- Minerals

8. Vitamins

Your body needs vitamins to grow and function properly, they also help you to use other nutrients. You can normally get enough vitamins from a healthy diet that includes plenty of fruit and vegetables.

Vitamins can be divided into 2 groups: Fat-Soluble Vitamins (Vitamins A, D, E & K) and Water-Soluble Vitamins (Vitamin C and all the B Vitamins). Fat-Soluble Vitamins are dissolved in and carried around in the body in fat. Whereas Water-Soluble Vitamins are dissolved in water.

There are about five essential minerals and they have important functions in the body.

1. Calcium:

Function: vital for maintaining strong bones and teeth, helping muscle contraction, nerve transmission, and blood clotting.

Sources: Dairy products (milk, cheese, yogurt), leafy green vegetables, nuts, seeds.

2. Iron:

Function: essential for making haemoglobin that carries oxygen from the lungs to the rest of the body. It prevents anaemia and supports energy production.

Sources: Red meat, poultry, fish, beans, lentils, spinach.

3. Fluoride:

Function: helps prevent tooth decay by strengthening tooth enamel and also contributes to bone health.

Sources: Fluoridated water, tea, fish, and some toothpaste and mouthwashes.

4. Sodium:

Function: regulates fluid balance in the body. But excessive sodium can lead to high blood pressure and other health issues.

Sources: Table salt, processed foods (chips, canned soups, fast food).

5. Iodine:

Function: essential for the hormones which regulate metabolism, growth, and development. It is especially important for proper brain development during pregnancy.

Sources: Iodized salt, seafood, dairy products.

Vitamin	Foods	Function(s)
Vitamin A	Cheese, eggs, oily fish	Fighting infection, better vision, keeping skin healthy
Vitamin B1	Peas, bananas, oranges, nuts, bread	Releasing energy from food
Vitamin B2	Milk, eggs	Healthy skin, eyes and nervous system, releasing energy from food
Vitamin B12	Meat, fish, milk, cheese, eggs	Make red blood cells, release energy from food
Vitamin C	Citrus fruits	Healthy skin, blood vessels, bones and cartilage
Vitamin D	Our body creates this from direct sunlight but it is in oily fish, red meat and egg yolks	Helps keep bones, teeth and muscles healthy
Vitamin E	Vegetable oil, olive oil, nuts, seeds, cereals	Healthy skin, eyes and immune system
Vitamin K	Green vegetables, vegetable oil, cereals	Healing wounds



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