**Design and Technology**

**Forever Facts ( Please note additional forever facts will be added soon – due to topic changes and updates)**

**Sewing**

* Running stitch is made by running the needle and thread up and down through the material.
* Back stitch is made by running the needle and thread forwards and backwards – it is a strong stich.
* Cross stich is a decorative stitch.

**Food**

* Brown bread is the healthiest type of bread
* It is advised to eat 5 portions of fruit and vegetables a day
* We need to eat like the food pyramid to stay healthy
* When preparing food: you need to wash your hands and clean surfaces

**Bread**

* Yeast feeds on the sugars in flour, and releases carbon dioxide that makes bread rise.
* Kneading is the process of working a dough mixture to form a smooth dough.
* Proving is the dough rising before it is baked.

**Sewing**

* Appendage- a thing that is added or attached to something
* Blanket stitch- the blanket stitch is used to reinforce the edge of thick materials
* Stuffing- the soft material inside pillows, mattresses, or soft toys
* Pattern- the flat template made of paper, that is used as a guide for cutting the materials.

**Shelters**

* An effective structure needs to be secure, sturdy and durable.
* Struts and joists can be used to strengthen a structure.