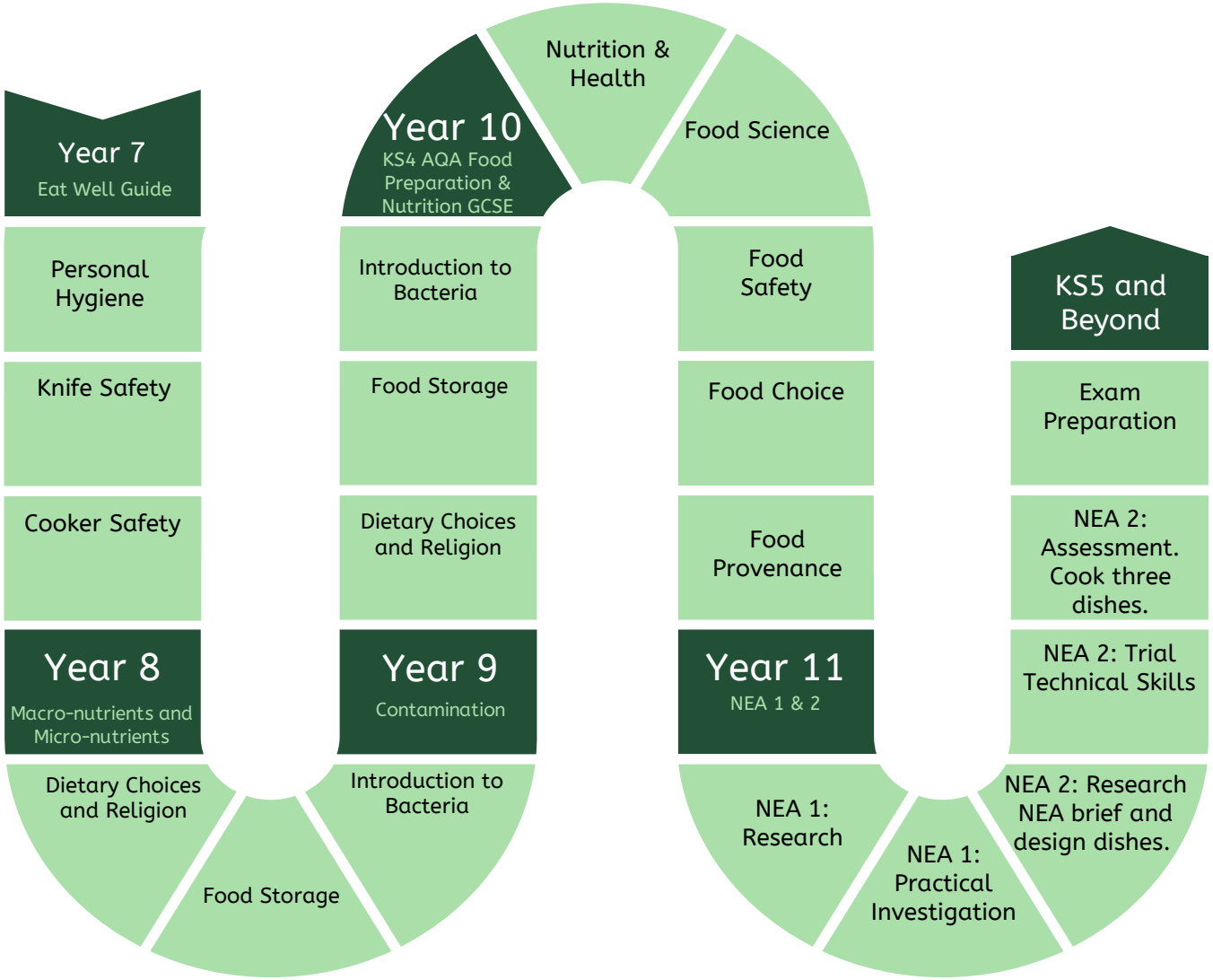KS3 & KS4 DESIGN & TECHNOLOGY: COOKING AND NUTRITION