

Max's Seasonal Farm Shop Challenge

Learning objective: To understand the importance of seasonal food and how it reduces food miles.

Max the monkey is helping at a local farm shop. He wants to show customers which fruits and vegetables are best to buy at different times of the year. Read the list of produce in the word bank and sort them into the correct season. Some items might be available in more than one season, so choose the season when they are at their peak harvest in the UK!

Word bank: Strawberries · Parsnips · Asparagus · Apples · Broad beans · Brussels sprouts · Pumpkins · Rhubarb

1. Spring is a time for new growth! Which two items from the word bank are classic early-season crops in the UK? (2 marks)

2. Summer is warm and sunny. Which fruit is famous for being picked in the height of summer? (1 mark)

3. Autumn is harvest time. Which orange vegetable is famously ready just in time for late October? (1 mark)

4. Winter can be cold, but we still have hearty vegetables. Which two vegetables from the list are traditional winter staples? (2 marks)

5. Max says: 'If we buy food grown nearby in the right season, we save money and help the planet.' Why might buying local, seasonal food be cheaper than buying food flown in from the other side of the world? (2 marks)

Draw: Draw a 'Seasonal Plate' showing a meal made entirely from ingredients that could be grown in the UK during the current season. Label your ingredients.



Extension challenge: Research one fruit or vegetable that is imported to the UK from another country. Calculate how many miles it might travel to reach your local shop and write a sentence about how this travel affects the environment.