

## Class 4 Design Technology: Seasonal Food Assessment

*Learning objective: To understand the importance of seasonal food, how it is grown, and how it impacts the environment.*

Read each question carefully. Max the monkey needs your help to solve these food puzzles! Write your answers clearly in the spaces provided.

Max the monkey is planning a healthy lunch menu. He wants to choose ingredients that are grown locally in the UK during the current season. He knows that buying food that is in season is better for the planet because it doesn't need to travel as far to reach our plates. This helps reduce the carbon footprint of his favourite meals.

*Word bank: seasonal · importing · harvest · climate · sustainability · nutrients · food miles*

**1. Explain what is meant by the term 'seasonal food'. Give one example of a vegetable that is harvested in the UK during the autumn. (2 marks)**

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**2. Max finds out that strawberries grown in the UK in winter often require heated greenhouses. How does this compare to growing them outdoors in summer? (2 marks)**

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**3. What are 'food miles'? Explain why buying food grown locally can be better for the environment. (3 marks)**

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**4. List three benefits of eating food that has been freshly harvested at the right time of year. (3 marks)**

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5. Look at these two items: A bunch of carrots grown on a local farm (£0.80) and a punnet of blueberries imported from another continent (£2.50). Which one has the lowest food miles and why might a family choose the carrots for a budget-friendly meal? (4 marks)

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6. Max wants to design a 'Seasonal School Lunch' menu for one season of the year. Choose either Spring, Summer, Autumn, or Winter. List three main ingredients you would use and explain why they are suitable for that specific season, considering the UK climate. (5 marks)

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7. Why do some supermarkets choose to import food from other countries even when it is not the growing season in the UK? (3 marks)

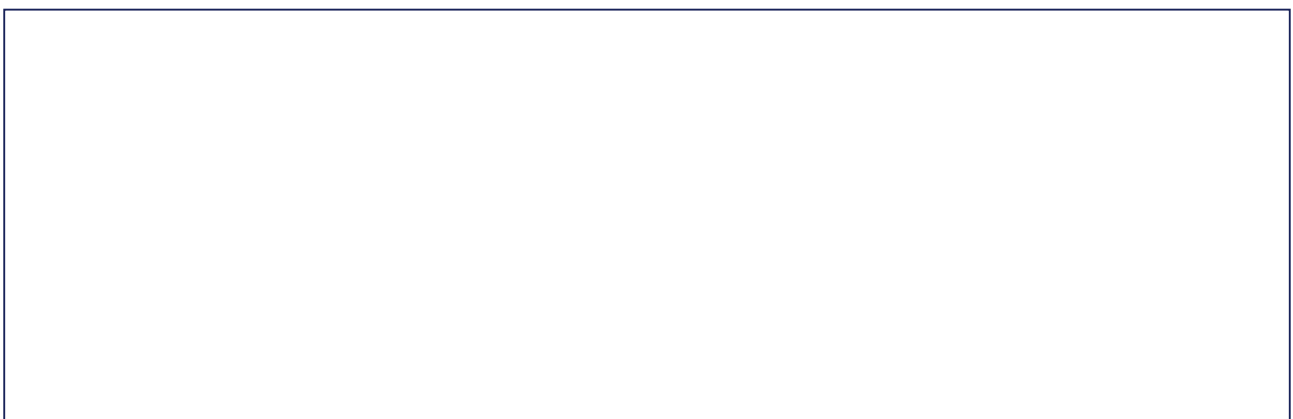
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8. Total: /25

Draw: Draw a plate of food that features three ingredients grown in the UK during your favourite season. Label each ingredient.



*Extension challenge: Research one fruit or vegetable that is grown in the UK. Find out exactly which months it is in season and write a short paragraph explaining why it is popular during that time.*