

Seasonal Food Design Challenge with Bea the Bee

Learning objective: To understand the benefits of seasonal food and design a menu using ingredients available in the UK.

Use this writing frame to help you plan a seasonal meal. Think about the ingredients that grow in the UK during different times of the year, just like Bea the Bee observes in her garden.

Eating food that is in season is a fantastic way to enjoy fresh, tasty ingredients while helping our local farmers.

Word bank: furthermore · locally sourced · harvest time · consequently · naturally ripened · in addition · environmentally friendly · flavourful · for example

1. Introduction: Why is it important to choose seasonal produce? Start by saying: Choosing seasonal food is beneficial because... (2 marks)

2. The Ingredients: Which seasonal fruits or vegetables will you choose for your dish? Start by saying: For my seasonal recipe, I have selected... (2 marks)

3. The Process: How will you prepare your food? Describe the steps using: To prepare this meal, first I will..., then I will... (3 marks)

4. Costing: If you were selling this dish at a school fair, how would you price it? Start by saying: I would set the price at £... because... (2 marks)

5. Conclusion: Summarise why your dish is a great choice for the environment. Start by saying: In conclusion, my dish is a sustainable choice because... (2 marks)

Extension challenge: Research one fruit or vegetable that grows in the UK during winter and one that grows in summer. Create a table comparing their colours and textures.