

Design a Seasonal Feast with Bea the Bee

Learning objective: To understand the importance of seasonal food and design a healthy, balanced meal using ingredients harvested at the right time of year.

Bea the Bee is planning a seasonal banquet! Use the space below to design a plate of food that uses ingredients grown in the UK during the current season. Think about colours, textures, and why buying local, seasonal food helps our planet.

Draw: Draw a large dinner plate in the centre of the page. Fill the plate with a healthy meal consisting of at least four different seasonal ingredients. Use a colourful, artistic style. Around the plate, draw small arrows pointing to each ingredient, and use the labels from the word bank to describe them. In the corner, draw Bea the Bee cheering for her favourite seasonal snack.



Label words: Harvest · Seasonal · Nutrition · Local produce · Sustainability · Root vegetables · Orchard fruits

Steps:

1. Identify one vegetable that grows in the UK during the autumn months and explain why it is a seasonal choice.
2. List two benefits of buying food that is grown in the UK rather than food flown in from across the world.
3. Label your drawing to show which items on your plate are grown underground and which grow on trees or

bushes.

4. Why might a strawberry be a less 'seasonal' choice in the middle of a British winter?
5. Describe one way you could present your meal to make it look appetising, using colours or patterns.