Seasonal Food Exploration with Bea the Bee

Learning objective: To understand the meaning of 'seasonal food' and identify why eating food grown at the right time of year is beneficial for our environment.

Use these flashcards to test your knowledge about seasonal food. Read the front of the card, think of the answer, then check the back to see if you are right!

What does it mean for a food to be 'seasonal'?

It means the food is grown and harvested at the time of year when it naturally grows best in our climate.

Why does Bea the Bee suggest we eat local food?

It reduces 'food miles' because the food doesn't have to travel as far to reach our plates, which is better for the environment.

What is an 'imported' food?

A food that has been grown in a different country and transported to the UK to be sold in our shops.

Name one fruit that is typically in season in the UK during summer.

Strawberries (or raspberries/blackberries).

Name one vegetable that is typically in season in the UK during autumn.

Pumpkins (or carrots/parsnips/cabbages).

What is a 'harvest'?

The process of gathering ripe crops from the fields or gardens once they are ready to eat.

True or False: Eating seasonal food helps support local farmers.

True! It helps our local economy and keeps farming communities busy.

Why might it be difficult to grow tomatoes outdoors in the UK during winter?

It is too cold and there is not enough sunlight for them to grow naturally.

What is a 'greenhouse' used for in farming?

It is a glass or plastic building that traps heat to help plants grow even when the weather outside is cold.

Why is it often cheaper to buy seasonal vegetables?

Because they are easier to grow in our climate and do not need expensive transport or extra energy to grow.

If a punnet of strawberries costs £2.50 in summer, why might they cost more in winter?

They have to be flown or shipped from a warmer country, which adds to the price.

How can you tell what is in season?

By checking labels in the shop, visiting a local farmers' market, or looking at a seasonal food calendar.