

Max and Bea's Seasonal Food Challenge

Learning objective: To understand the benefits of eating seasonal food and identify which fruits and vegetables grow in the UK at different times of the year.

Help Max the monkey and Bea the honeybee figure out which foods are best to eat right now! Read each question carefully and write your answer clearly.

Answer Key: 1. A (Spring); 2. True; 3. B (Winter); 4. False; 5. Summer; 6. C (To reduce food miles); 7. False; 8. A (Autumn); 9. True; 10. A (It tastes better).

Word bank: seasonal · import · harvest · greenhouse · climate · locally · nutrients

1. 1. Which season is the best time to find fresh British asparagus? A) Spring* B) Winter C) Autumn D) Summer (1 mark)

2. 2. True or False: Strawberries are naturally ready to be picked in the UK during the summer months. (1 mark)

3. 3. Which vegetable is commonly harvested in the UK during the cold winter months? A) Tomatoes B) Parsnips* C) Courgettes D) Strawberries (1 mark)

4. 4. True or False: If you buy food that is 'out of season', it has always been grown in your local garden. (1 mark)

5. 5. Name one fruit that is typically ready to eat in the UK during the summer. (1 mark)

6. 6. Why is eating seasonal food good for the planet? A) It is cheaper to buy B) It is always organic C) It reduces food miles* D) It grows faster (1 mark)

7. 7. True or False: All food grown in the UK is available in shops all year round without needing a greenhouse. (1 mark)

8. 8. Which of these is a classic autumn vegetable? A) Pumpkin* B) Lettuce C) Asparagus D) Cucumber (1 mark)

9. 9. True or False: Eating seasonally means choosing foods that are naturally ready to harvest at that time of year. (1 mark)

10. 10. Why do many people think seasonal food tastes better? A) It is fresher* B) It is cooked longer C) It is harder to find D) It is frozen (1 mark)

Draw: Draw a 'Seasonal Plate'. In one half of the plate, draw fruits and vegetables you would find in the UK during the summer. In the other half, draw foods you would find in the UK during the winter.



Extension challenge: Max the monkey wants to buy local apples. If 1kg of apples costs £1.50, how much would it cost to buy 4kg of apples for a school snack? Show your working out!