

# Bea's Seasonal Food Planner

*Learning objective: To understand the importance of seasonal food and identify which fruits and vegetables are grown in the UK at different times of the year.*

Join Bea the Honeybee as she explores the garden! Use this fact-file to research and record your favourite seasonal foods. Think about which crops grow best in the UK climate during each season and why it is better for the planet to 'eat local'.

*Word bank: Harvest · Seasonal · Local · Climate · Sustainability · Nutritious · Environment · Root vegetables*

**1. Choose one vegetable that grows in the UK during winter. Describe why it is important to eat seasonal food instead of food that has been flown in from far away. (3 marks)**

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**2. List three different fruits or vegetables that are ready to harvest in the UK during the summer months. (3 marks)**

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**3. Imagine you are planning a meal using only ingredients grown in the UK during autumn. What main ingredients would you choose and why? (3 marks)**

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**4. Explain how the weather and temperature in the UK change what farmers can grow throughout the four seasons. (4 marks)**

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**5. If a punnet of locally grown strawberries costs £2.50 in summer, but imported strawberries cost £4.00 in winter, why might a shopper choose to wait for the summer season? (2 marks)**

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*Extension challenge: Create a 'Seasonal Menu' for a school canteen. Draw a plate of food featuring at least three ingredients that are all in season at the same time of year, and label them with their names.*