

Seasonal Food Discovery Mat

Learning objective: To understand the importance of seasonal food and how it influences our cooking and the environment.

Key Vocabulary

Explore these key words to help you understand where our food comes from and why eating seasonally matters. Terms are grouped by Food Origins, Farming, and Sustainability.

Max has £5.00 to ...	Why might a chef...	Explain the term ...
Give one example...	Nova the owl is I...	