

Seasonal Food and Fresh Flavors with Bea the Bee

Learning objective: To understand the importance of seasonal produce and how eating food grown in the UK at the right time of year reduces food miles and supports local farmers.

Read the questions carefully and use your knowledge of seasonal fruits and vegetables to answer them. Think about which crops grow best in British weather conditions.

Bea the honeybee is busy checking the local farms to see what is growing this month. Eating food that is 'in season' means choosing crops that are ready to be picked in the UK right now, rather than food that has been flown across the world.

Word bank: Harvest · Seasonal · Imported · Food miles · Sustainability · Greenhouse · Produce

1. Bea wants to buy strawberries. In the UK, strawberries are usually ready to harvest in the summer. Why might buying strawberries in December cost more money and have a higher impact on the environment? (2 marks)

2. List two vegetables that you think are grown in the UK during the fall months. (2 marks)

3. Explain what 'food miles' are. If a bunch of bananas is shipped from South America to the UK, does it have high or low food miles? (2 marks)

4. Max the monkey is helping a farmer calculate costs. If a local apple costs 20p and an imported apple costs 45p, how much money is saved by buying the local apple? Show your working. (2 marks)

5. Why is it better for the environment to eat 'seasonal' food rather than buying food that is out of season? (2 marks)

Draw: Draw a 'Seasonal Plate' featuring three fruits or vegetables that grow in the UK during the current season. Label each item and explain why it is a good choice for this time of year.



Extension challenge: Research a 'food calendar' for the UK. Create a table showing which vegetables grow in each of the four seasons: Spring, Summer, Fall, and Winter.