

Max and Bea's Seasonal Harvest Challenge

Learning objective: To understand the importance of seasonal food and identify which UK-grown produce is available during different times of the year.

Max the monkey is helping Bea the honeybee organise her harvest pantry! Look at the list of seasonal fruits and vegetables below. Sort each item into the correct season (Spring, Summer, Autumn, or Winter) based on when they are typically harvested in the UK. Write the name of each item under the correct seasonal heading.

Word bank: Asparagus · Strawberries · Pumpkins · Brussels Sprouts · Rhubarb · Broad Beans · Apples · Parsnips · Radishes · Courgettes · Blackberries · Leeks

1. 1. Spring: Which two items from the word bank grow best in the spring? Explain why eating seasonal food is better for the environment. (2 marks)

2. 2. Summer: List two items that Max might pick during the summer. If these cost £2.50 per kg, how much would 3kg cost? (2 marks)

3. 3. Autumn: Identify two items from the word bank that are ready in autumn. Why might these be popular for traditional celebrations in October? (2 marks)

4. 4. Winter: Which two vegetables are hardy enough to be harvested in the cold UK winter? Why are they important for a healthy diet during the colder months? (2 marks)

5. 5. Reflection: If a shop sells a strawberry in December, why might it have a higher 'food mile' count than one sold in July? (2 marks)

Draw: Draw a 'Seasonal Plate' showing a balanced meal using at least three items that all grow in the UK during the same season. Label your ingredients.



Extension challenge: Research one fruit or vegetable that is imported to the UK from another country. Calculate the difference in price if you were to buy a local seasonal alternative for £1.20 versus the imported version at £2.85.