

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 during different seasons.

Join Bea the honeybee on a journey through the seasons! Answer these 10 questions to show how much you know about eating fresh, local, and sustainable food.

Answer Key: 1. A (Strawberries), 2. True, 3. False, 4. B (Brussels sprouts), 5. C (Autumn), 6. False, 7. Air miles, 8. A (Apples), 9. True, 10. Spring.

Word bank: Seasonal · Imported · Harvest · Sustainability · Greenhouse · Climate

1. 1. Bea loves sweet treats! Which of these fruits is typically in season in the UK during the summer months? A) Strawberries*, B) Oranges, C) Bananas, D) Pineapples (1 mark)

2. 2. True or False: Eating food grown in the UK during its natural season usually reduces the distance the food has to travel to reach your plate. (1 mark)

3. 3. True or False: You can grow any vegetable in the UK at any time of the year without using special equipment like a heated greenhouse. (1 mark)

4. 4. Which vegetable is a classic UK favourite during the winter festive season? A) Asparagus, B) Brussels sprouts*, C) Runner beans, D) Tomatoes (1 mark)

5. 5. In which season would you most likely harvest pumpkins and squash in the UK? A) Spring, B) Summer, C) Autumn*, D) Winter (1 mark)

6. 6. True or False: Buying food that is out of season in the UK often means it has been flown in from other countries. (1 mark)

7. 7. What is the two-word term used to describe the distance food travels from where it is grown to where it is sold? (Answer: _____) (1 mark)

8. 8. Which of these is a popular fruit harvested in the UK during the autumn? A) Apples*, B) Mangoes, C) Grapes, D) Lemons (1 mark)

9. 9. True or False: Seasonal food is often cheaper to buy because it is plentiful and does not need to be transported long distances. (1 mark)

10. 10. Rhubarb is a delicious vegetable that is one of the first to be ready in the UK. In which season does it usually appear? (Answer: _____) (1 mark)

Draw: Draw a basket full of seasonal fruits and vegetables you might find at a local market in the UK during the month of October.



Extension challenge: Imagine you are a chef. Create a three-course menu using only ingredients that are grown in the UK during the current season. Research which vegetables are currently in season to help you decide!