

Seasonal Food and Sustainable Farming with Bea the Bee

Learning objective: To understand the importance of seasonal eating, the benefits of local produce, and how food travels from farm to fork.

Read each question carefully and answer using your knowledge of seasonal produce and food sustainability. Remember to use full sentences where required.

Bea the honeybee is busy checking the flowers in the garden. She knows that some fruits and vegetables only grow during specific times of the year. When we eat food that is in season, it is fresher, tastier, and often better for the environment because it doesn't need to travel as far to reach our plates. Eating locally-grown food helps reduce the distance our shopping travels, which lowers the carbon footprint of our meals.

Word bank: Sustainability · Carbon footprint · Harvest · Imported · Local · Seasonality · Greenhouse

1. Bea wants to explain why it is better to buy strawberries in the UK during the summer rather than in the winter. Write two reasons why this is a more sustainable choice. (2 marks)

2. What is meant by the term 'food miles' and how does choosing seasonal produce help to reduce them? (2 marks)

3. If a supermarket sells apples that were grown in a country on the other side of the world, why might this be considered less environmentally friendly than buying apples from a local farm? (2 marks)

4. Name one vegetable that is typically harvested in the UK during the autumn and one that is harvested in the spring. (2 marks)

5. Max the monkey is planning a meal that costs £12.50. He wants to buy locally grown ingredients to save money on transport costs. If he spends £4.75 on potatoes and £3.20 on carrots, how much money does he have left for other seasonal vegetables? (2 marks)

Draw: Draw a 'Seasonal Plate' showing three different vegetables that grow in the UK during the current season. Label each vegetable and explain why it is good for the environment to eat it now.



Extension challenge: Research how a greenhouse allows farmers to grow food out of season. Write a short paragraph explaining the pros and cons of using a greenhouse compared to open-field farming.