

Design Technology: The Seasonal Food Challenge

Learning objective: To design a balanced, seasonal menu using British-grown produce, considering environmental impact and food miles.

Use this writing scaffold to plan your seasonal menu. Think about which crops are harvested in the UK during your chosen season and explain why choosing local food is better for the planet. Max the Monkey is ready to help you calculate the costs for your ingredients!

As the seasons change, the variety of fresh food available in our local shops shifts, offering us a chance to eat produce at its peak flavour.

Word bank: furthermore · consequently · in contrast · locally-sourced · sustainability · harvest · carbon footprint · nutritional value · budget-friendly · traditionally grown

1. Introduction: State your chosen season and explain why it is important to eat food that is currently in season. Start with: 'My menu focuses on [Season] because...' (2 marks)

2. Ingredients: List three seasonal vegetables or fruits. How do these items change the flavour of a dish compared to imported produce? Start with: 'The key ingredients I have selected are...' (3 marks)

3. Sustainability: Explain the benefits of reducing 'food miles' for the environment. Start with: 'Choosing locally-grown food helps the planet because...' (3 marks)

4. Budgeting: If you need to buy 2kg of potatoes at £0.80 per kg and 1kg of carrots for £0.60, what is the total cost? Start with: 'To keep the meal affordable, I calculated that...' (2 marks)

5. Conclusion: Summarise why your menu is a responsible and tasty choice for a healthy lifestyle. Start with: 'In conclusion, my seasonal menu is successful because...' (2 marks)

Extension challenge: Research one fruit or vegetable that is imported to the UK in winter and suggest a British-grown alternative that could replace it in a recipe.