

Max's Seasonal Feast Challenge

Learning objective: To understand the seasonality of food in the UK and explain the environmental impact of food miles.

Max the monkey is planning a banquet using only ingredients that grow in the UK during specific seasons. Look at the word bank and sort the ingredients into the correct season. Then, answer the deeper thinking questions to justify why sourcing seasonal food is beneficial for our planet.

Word bank: Strawberries · Parsnips · Asparagus · Brussels sprouts · Apples · Runner beans · Cucumbers · Kale

1. Sort the word bank ingredients into two groups: 'Spring/Summer Harvest' and 'Autumn/Winter Harvest'. (4 marks)

2. Max finds strawberries in a shop during December, but they have been flown in from thousands of miles away. Explain why this might increase the 'carbon footprint' of the fruit. (3 marks)

3. Justify why eating seasonal food is often better for the local economy compared to buying imported produce. (3 marks)

4. Compare and contrast the taste and quality of a tomato grown in a UK glasshouse in August versus one imported in January. (3 marks)

5. What might happen if all UK schools decided to only serve seasonal, locally-grown vegetables in their canteens? (3 marks)

6. If a punnet of local, seasonal raspberries costs £2.50, calculate the total cost for Max to buy 6 punnets for his friends. (2 marks)

Draw: Draw a 'Seasonal Plate' design. In the centre, draw a meal using at least three ingredients that grow in the UK during the current season. Label each ingredient and explain why it is ready to be harvested now.



Extension challenge: Research a 'Food Hero' in your local area—a farmer or producer who grows seasonal crops. Write a persuasive letter to your headteacher explaining why your school should purchase ingredients from this person, focusing on sustainability and nutrition.