

Year 4 Design Technology: Seasonal Food Assessment

Learning objective: To understand the importance of seasonal produce, food miles, and healthy, balanced meal planning.

Read each question carefully. Use the word bank to help you with your answers. Write clearly in your best handwriting.

Max the monkey is planning a community feast. He wants to create a menu that is healthy, delicious, and kind to the planet. He has learned that choosing food that grows naturally in the UK during the current season is better for the environment because it reduces the distance the food travels to get to our plates.

Word bank: Seasonal · Food Miles · Imported · Harvest · Sustainability · Environment · Nutrients · Climate

1. Define the term 'seasonal food' in your own words. Why might it be more nutritious to eat fruit and vegetables during their peak harvest time? (2 marks)

2. Explain what is meant by 'food miles'. Why does importing strawberries from another country in the middle of winter increase a meal's environmental impact? (3 marks)

3. Max finds a punnet of British-grown apples for £2.50, but imported apples from across the ocean cost £1.80. Justify why someone might choose to buy the more expensive British apples. (3 marks)

4. List two vegetables that grow in the UK during the autumn and explain how you would store them to keep them fresh for longer. (2 marks)

5. Compare and contrast the taste and texture of a freshly picked, seasonal tomato compared to a tomato that has been transported for thousands of miles. Why do these differences occur? (4 marks)

6. What might happen to local farmers and the British economy if everyone decided to stop buying seasonal produce and only bought imported goods all year round? (3 marks)

7. Imagine you are designing a menu for a school dinner. Create a balanced, seasonal three-course meal for the month of September. Explain your choices, focusing on sustainability and nutrition. (5 marks) (5 marks)

Draw: Draw a 'Seasonal Plate'. In your drawing, show at least three different foods that are currently in season in the UK. Label each food item with its name.



Extension challenge: Total: /25. Greater Depth Challenge: Research the 'carbon footprint' of a common food item. If you were a food designer, how could you change the way we package or transport this item to make it more sustainable for the future?