

Seasonal Food Assessment

Learning objective: To identify seasonal foods and understand why eating locally grown produce is important.

Read each question carefully. Use the word bank to help you. Write your answers in the boxes provided.

Max the monkey is looking at food at the market. He wants to buy fresh fruit and vegetables. Some foods only grow at certain times of the year in the UK. Eating food that grows nearby helps the planet.

Word bank: Spring · Summer · Autumn · Winter · Local · Imported · Harvest · Temperature

1. Name one fruit that grows in the UK during the summer. (Hint: Think of small red berries!) (2 marks)

2. Why is it better for the environment to buy 'local' food instead of food that is flown from far away? (3 marks)

3. Max wants to buy carrots. Carrots are harvested in the UK during which season? Circle one: Spring / Autumn. (2 marks)

4. Look at these two prices: A bag of local apples costs £1.20. A bag of apples from another country costs £2.50. Which is cheaper to buy? (3 marks)

5. Max wants to make a seasonal vegetable soup. Write a short plan (3 sentences) explaining why he should use vegetables picked this month. Start your sentences with: 1. First... 2. Next... 3. Finally... (5 marks)

Draw: Draw a picture of your favourite fruit or vegetable in the box below. Label which season it grows in.



Extension challenge: Total: /25. Challenge: Can you list two reasons why eating food in season tastes better than food kept in a cold store for a long time?