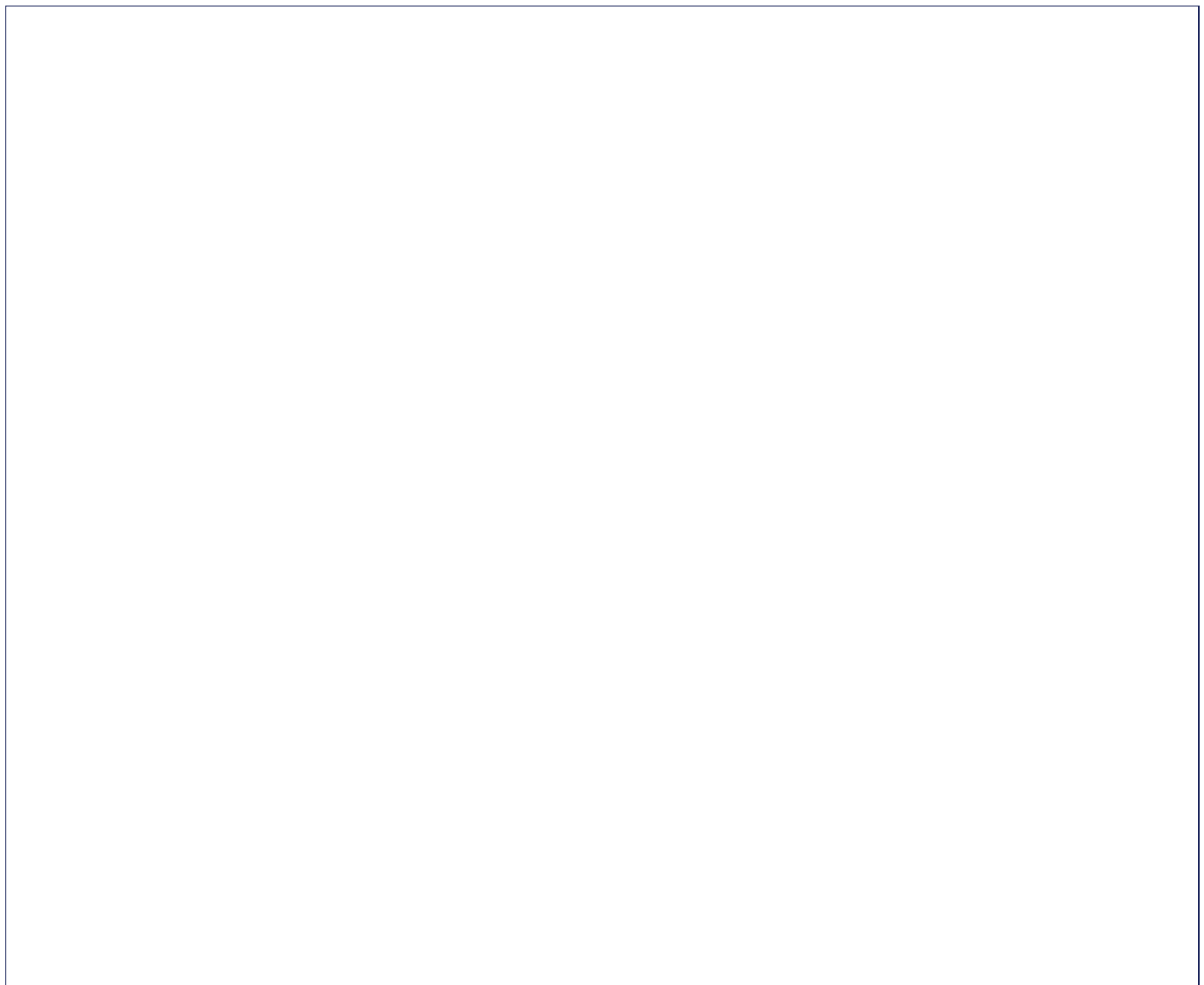


Design a Seasonal Feast with Max the Monkey

Learning objective: To understand the seasonality of food in the UK and apply design principles to create a balanced, seasonal menu.

Max the Monkey is planning a feast using only ingredients grown in the UK during the current season. Use the drawing space below to illustrate his 'Seasonal Harvest Plate'. Ensure you include a variety of colours and textures to make the meal look appealing.

Draw: Draw a large, circular plate in the centre of the page. Inside the plate, sketch a colourful, appetising meal featuring at least four different seasonal ingredients. Use a clear, illustrative style. Include labels pointing to each ingredient, describing its texture (e.g., 'crunchy', 'tender') and its colour. Ensure the background shows a simple kitchen setting or a rustic wooden table.



Label words: Root vegetables · Leafy greens · Seasonal fruit · Locally sourced · Sustainable · Nutritional balance · Texture · Presentation

Steps:

1. Identify three ingredients in your drawing that are currently in season in the UK. Explain why it is more sustainable to choose these over imported foods.
2. Label your drawing with the nutritional benefits of the items you have chosen (e.g., vitamins, fibre,

energy).

3. Justify your choice of main ingredient: Why does this specific vegetable or fruit make a good centrepiece for a seasonal plate?
4. Compare and contrast your seasonal plate with a meal that uses out-of-season produce. What is the impact on the environment?
5. What might happen if we only ate food that had to be transported by aeroplane from the other side of the world?
6. Explain why Max might choose to add a variety of colours to his plate to ensure a healthy, balanced meal.