

Seasonal Food Flashcards with Max the Monkey

Learning objective: To identify what seasonal food is and why we eat it.

Read the front of the card. Try to guess the answer before looking at the back. Use the word bank to help you.

What does 'seasonal food' mean?

Food that is grown and ready to eat at a certain time of year.

Why is it good to eat food grown in the UK?

It is fresh and has a smaller carbon footprint.

What is a 'harvest'?

The time when crops are gathered from the fields.

What is 'local' food?

Food grown close to where you live.

Name a vegetable that grows in the UK in winter.

Parsnips or Brussels sprouts.

Name a fruit that grows in the UK in summer.

Strawberries or raspberries.

What is 'imported' food?

Food that is brought into the UK from another country.

Why do some fruits grow in other countries but not the UK?

They need a warmer climate or temperature to grow.

What do we call the distance food travels to get to our plate?

Food miles.

If Max buys an apple from a farm down the road, is it seasonal?

Yes, if it is the right time of year for apples.

What happens to the price of food when it is in season?

It is often cheaper because it is easy to find.

How can you tell if food is seasonal?

By checking the label or asking the shopkeeper.