

Max's Seasonal Feast Challenge

Learning objective: To understand the importance of seasonality in food production and how eating local, seasonal produce reduces food miles.

Help Max the monkey solve these seasonal food puzzles! Read each question carefully and select the best answer. Good luck, hungry explorers!

Answer Key: 1. A, 2. True, 3. False, 4. B, 5. C, 6. Summer, 7. B, 8. True, 9. A, 10. Winter. Seasonal food is food grown and picked at the time of year it naturally thrives. Eating seasonally supports local farmers, reduces the carbon footprint caused by transporting food (food miles), and ensures produce is at its peak nutritional value and flavour.

Word bank: Seasonality · Food miles · Harvest · Import · Local · Sustainability · Greenhouse

1. 1. What does 'seasonality' mean? A) Cooking only in winter, B) Eating food when it is naturally ready to harvest*, C) Buying food from other countries, D) Eating only fruit. (1 mark)

2. 2. True or False: Strawberries grow naturally in the UK during the winter months. (1 mark)

3. 3. True or False: 'Food miles' refers to the distance food travels from where it is grown to your plate. (1 mark)

4. 4. Which of these vegetables is traditionally harvested in the UK during autumn? A) Asparagus, B) Pumpkins*, C) Lettuce, D) Watermelon. (1 mark)

5. 5. Why is it better for the environment to eat local, seasonal food? A) It looks better, B) It is always cheaper, C) It reduces transport pollution*, D) It tastes like plastic. (1 mark)

6. 6. In which season would you expect to harvest fresh courgettes in the UK? (1 mark)

7. 7. What is a 'greenhouse' used for? A) To keep food frozen, B) To grow plants in controlled conditions*, C) To store dry pasta, D) To recycle plastic. (1 mark)

8. 8. True or False: Importing food from across the world increases the total food miles of a meal. (1 mark)

9. 9. Which of these is a root vegetable often eaten in the UK during winter? A) Parsnip*, B) Tomato, C) Pepper, D) Cucumber. (1 mark)

10. 10. One-word answer: What do we call the time of year when crops are gathered from the fields? (1 mark)

Draw: Draw a 'Seasonal Plate' featuring three fruits or vegetables that grow in the UK during the current season. Label them clearly.



Extension challenge: 1. Explain why some shops sell strawberries in December even though they do not grow in the UK then. 2. Compare and contrast the environmental impact of eating a carrot grown on a local farm versus one flown in from another continent. 3. Justify why a chef might choose to change their menu every three months. 4. What might happen to local biodiversity if we only ever ate food imported from abroad? 5. If you were a farmer, how would you convince your community to buy seasonal produce? 6. Design a 'Seasonal Calendar' showing which food items are best to eat in each of the four seasons.