

Bea's Seasonal Food Quiz

Learning objective: To identify seasonal foods grown in the UK and understand why eating seasonally is good for the environment.

Hello! I am Bea the bee. Today we are looking at food that grows in the UK at different times of the year. Read each question carefully. Use the word bank to help you spell your answers.

Answer Key: 1. A (Summer), 2. False, 3. True, 4. B (Parsnip), 5. Local, 6. True, 7. True, 8. C (Spring), 9. False, 10. Winter. All answers are based on UK seasonal growing patterns.

Word bank: Summer · Winter · Autumn · Spring · Local · Imported · Strawberry · Parsnip

1. 1. In which season do we usually pick sweet strawberries in the UK? A) Summer* B) Winter C) Autumn D) Spring (1 mark)

2. 2. True or False: All fruit grows in the UK all year round. (1 mark)

3. 3. True or False: Eating food grown in the UK helps the environment. (1 mark)

4. 4. Which vegetable is best to eat in the cold winter? A) Tomato B) Parsnip* C) Strawberry D) Lettuce (1 mark)

5. 5. Food that is grown close to where we live is called _____ food. (1 mark)

6. 6. True or False: Some foods need to be flown from other countries if they cannot grow in the UK's weather. (1 mark)

7. 7. True or False: Seasonal food often tastes fresher. (1 mark)

8. 8. Which season is the best time to see new vegetables starting to grow? A) Autumn B) Winter C) Spring* D) Summer (1 mark)

9. 9. True or False: It is impossible to buy any food from the UK in the winter. (1 mark)

10. 10. If a vegetable is grown in the UK in January, is it a Summer or Winter vegetable? (1 mark)

Draw: Draw a picture of your favourite fruit or vegetable in a box. Next to it, draw a small sun if it grows in summer or a snowflake if it grows in winter.



Extension challenge: Pick one vegetable. Write a sentence about why you think it is healthy to eat.