

Max's Seasonal Food Fact-File

Learning objective: To identify seasonal fruits and vegetables and understand why eating local food is good for the environment.

Hello! I am Max the monkey. I love solving maths puzzles, but I also love healthy snacks! Use this fact-file to help you learn about food that grows in the UK at different times of the year. Fill in the boxes below to plan a seasonal meal.

Word bank: seasonal · harvest · local · environment · fresh · spring · summer · autumn · winter

1. My Favourite Seasonal Fruit: Name a fruit that grows in the UK and write which season you can pick it in. (2 marks)

2. My Favourite Seasonal Vegetable: Name a vegetable that grows in the UK and explain how you might cook it. (2 marks)

3. The Shopping Trip: If a bag of fresh local apples costs £2.50 and a punnet of strawberries costs £1.50, how much would they cost in total? (2 marks)

4. Why choose local?: Why is it better for the environment to buy food that is in season near us instead of food flown from far away? (3 marks)

Extension challenge: Can you design a colourful poster showing a meal made only from seasonal foods?