

Seasonal Food Discovery Mat

Learning objective: To learn about seasonal food and how to identify fresh ingredients.

Key Vocabulary

Use this word mat to help you understand where our food comes from. Grouped into categories for easy reading.

Season A time of year when specific fruits a...	Harvest The time when crops are gathered f...	Local Food that is grown near to where you l...
Imported Food that is brought into the count...	Organic Food grown without using strong m...	Nutrition The healthy things in food that help...
Appetite How much you want to eat.	Fresh Food that has been picked recently.	Ingredients The different items needed to m...
Climate The usual weather in a place.	Root Vegetable A plant part that grows unde...	Greenhouse A glass building used to grow p...
Fairtrade A way of buying food that ensures ...	Sustainable Farming in a way that protects t...	Recipe A list of instructions for cooking a me...