

Max's Seasonal Food Planner

Learning objective: To understand why we eat seasonal food and plan a meal using local produce.

Max the monkey is helping us think about maths and nature! Read the example and use the prompts below to write your own meal plan. Use the word bank to help you write full sentences.

Eating seasonal food means choosing fruits and vegetables that grow naturally in the UK during the current time of year.

Word bank: seasonal · local · fresh · tasty · because · also · cheaper · environment · summer · autumn · winter · spring

1. Which season have you chosen for your meal? My chosen season is... (2 marks)

2. Name one vegetable and one fruit that grows in the UK during this season. In this season, I can eat... (2 marks)

3. Why is it a good idea to buy food grown in the UK? Buying local food is good because... (3 marks)

4. If these items cost £3.00 for the vegetables and £2.00 for the fruit, what is the total cost? The total cost of the food is... (2 marks)

Extension challenge: Can you design a colourful poster showing your favourite seasonal meal? Remember to label the ingredients!