

Seasonal Food Discovery Mat

Learning objective: To understand the importance of seasonal food, food provenance, and the environmental benefits of eating locally grown produce.

Key Vocabulary

Explore these key terms to help you understand where our food comes from and why eating seasonally matters. Terms are grouped by Food Origins, Farming Practices, and Sustainability.

Explain why eati...	If a punnet of str...	Define 'provenan...
How does using a...	Give one example...	