

Design Technology: Seasonal Food Assessment

Learning objective: To understand the importance of seasonal food, food miles, and how to create a balanced, sustainable recipe.

Read each question carefully. Answer in full sentences where required. Ensure your handwriting is clear. Good luck!

Bea the honeybee has been helping local farmers track when different crops are ready to be picked. She explains that eating strawberries in the middle of a cold British winter means they have to be flown in from thousands of miles away. By eating food that is in season, we reduce the distance our food travels, support local farmers, and enjoy produce when it is at its freshest and most flavorful.

Word bank: Seasonality · Food miles · Sustainability · Harvest · Imported · Nutrients · Carbon footprint

1. Define the term 'seasonality' in your own words. (2 marks)

2. Explain one reason why eating local, seasonal food is better for the environment than eating imported food. (2 marks)

3. Max the monkey is looking at a shopping list. He sees that strawberries cost £2.50 in summer, but £5.00 in winter. Explain why the price might be higher in winter. (3 marks)

4. List three vegetables or fruits that are typically harvested in the United Kingdom during the fall months. (3 marks)

5. Why is it important to check the country of origin on food labels when shopping at a supermarket? (3 marks)

6. Describe how you would design a healthy, seasonal school lunch menu for the month of June. Include at least two ingredients that would be in season in the UK at that time and explain why you chose them. (5 marks)

7. If a farmer sells a basket of apples for £4.00, and a shopkeeper buys them and adds a 25% profit margin, what is the final price of the apples for the customer? (3 marks)

8. What does the term 'food miles' mean and how does it relate to climate change? (4 marks)

Draw: Draw a 'Seasonal Food Wheel' for the UK, showing four different fruits or vegetables in the correct season (Spring, Summer, Fall, or Winter). Label your drawings clearly.



Extension challenge: Total: /25