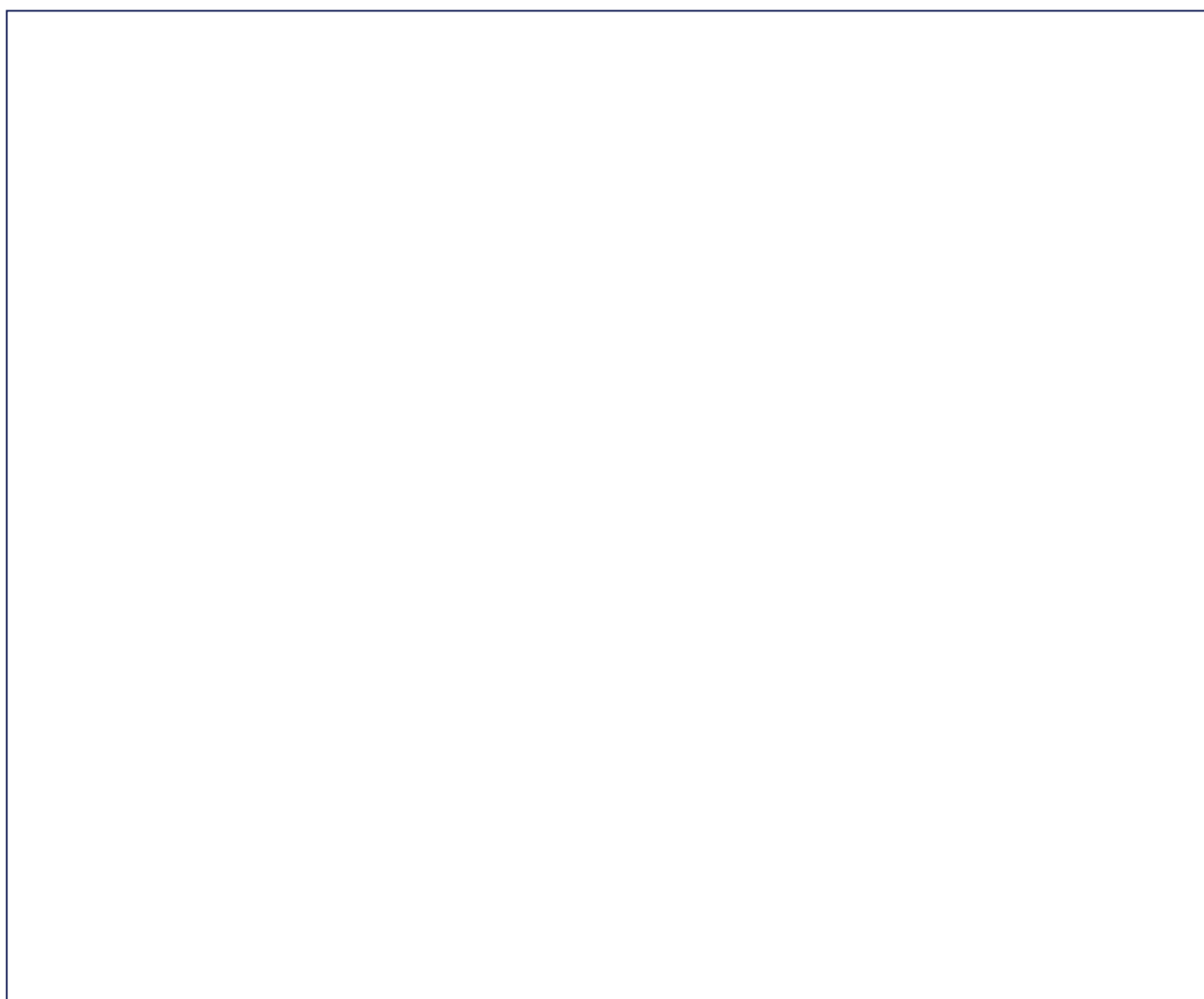


Design Technology: The Seasonal Feast Plate

Learning objective: To understand the importance of seasonal food and design a balanced meal using ingredients grown in the UK at specific times of the year.

Use the drawing space to create a 'Seasonal Feast' plate. Choose one season (Fall or Spring) and design a meal using only the ingredients that would be ready to harvest in the UK during that time. Use the word bank to label the components of your dish.

Draw: Draw a large circular dinner plate in the center of the page. Inside the plate, illustrate a colorful, healthy meal using seasonal produce. You might draw roasted root vegetables, a fresh salad, or a hearty grain-based dish. Use a clean, technical drawing style with clear lines. Use labels from the word bank to point to specific parts of your meal using straight lines.



Label words: Root vegetables · Seasonal greens · Protein source · Local grains · Harvested · Nutrients · Sustainability · Flavor profile

Steps:

1. Identify one vegetable that grows in the UK during Fall and explain why it is a sustainable choice.
2. Label your drawing to show which parts of your meal provide carbohydrates and which provide vitamins.
3. If a meal costs £4.50 to make, and you sell 10 plates at a school fair for £6.00 each, what is the total

profit?

4. Why might a chef prefer to use seasonal ingredients rather than imported ones?
5. List two UK-grown fruits that are traditionally available in the summer months.