

Seasonal Food Exploration with Bea the Bee

Learning objective: To understand the importance of seasonal food, food miles, and how local produce supports the environment.

Read the front of the flashcard to test your knowledge about seasonal food. Flip to the back to check your answer. Use these cards to help Bea the Bee understand why eating local and seasonal food is better for the planet!

What does 'seasonal food' mean?

Food that is grown and harvested at the time of year when it naturally ripens and is ready to eat.

What are 'food miles'?

The distance food travels from the farm where it is grown to the plate where it is eaten.

Why does eating seasonal food help the environment?

It reduces the need for long-distance transport (lowering food miles) and reduces the energy used to grow food in heated greenhouses.

If a strawberry costs £2.50 at a local market in June, why might it be more expensive in December?

In winter, strawberries must be imported from warmer countries or grown in energy-intensive heated greenhouses, increasing the cost.

Name one fruit or vegetable that is typically harvested in a UK fall.

Examples include apples, pumpkins, carrots, or parsnips.

What does it mean if food is 'imported'?

It means the food has been brought into the country from another country to be sold.

Why is it often cheaper to buy vegetables that are in season?

Because they are easier to grow and harvest in large quantities locally, without the need for expensive transport or artificial heating.

Bea the Bee wants to buy local honey. Why is this more sustainable than buying honey from across the world?

It has lower food miles, meaning less fuel was used to transport it, and it supports local beekeepers and biodiversity.

What is a 'harvest'?

The process of gathering ripe crops from the fields or gardens once they are ready to be eaten.

True or False: Eating seasonal food means we never eat fruit or vegetables from other countries.

False. It means we try to choose foods that are naturally in season in our own country first to reduce our environmental impact.