

Seasonal Food Planner with Bea the Honeybee

Learning objective: To understand the benefits of eating seasonal food and identify which fruits and vegetables are harvested at different times of the year in the UK.

Follow Bea the Honeybee as you explore seasonal produce! Use this fact-file to research which crops grow in the UK during specific seasons. Think about why buying seasonal food is better for the environment and how it helps local farmers. Fill in the boxes below using your knowledge of food origins and sustainability.

Word bank: harvest · sustainability · imported · local · nutritious · produce · climate · cultivate

1. Spring Harvest: List two vegetables that grow in the UK during the spring. Why is it important to choose these over produce that has been flown in from across the world? (3 marks)

2. Summer Delights: Identify two fruits that are in season during a British summer. How does the warm weather affect the taste and quality of these crops? (3 marks)

3. Fall & Winter Storage: Which root vegetables are best for storing during the colder months? Describe how these vegetables keep us healthy when the weather is cold. (3 marks)

4. Cost and Environment: If you bought a basket of local, seasonal produce for £12.00 instead of imported out-of-season produce, how might this help your carbon footprint? (2 marks)

5. Meal Planning: Design a simple, nutritious dish using ingredients that are all in season at the same time of year. State the season and the ingredients you would use. (4 marks)

Extension challenge: Research a 'food mile'. Calculate the distance your favorite fruit travels to get to your local store and write a short paragraph about how choosing local alternatives would change that number.