

Seasonal Harvest Kitchen Challenge with Bea

Learning objective: To understand the importance of seasonal food in the UK and evaluate the impact of food miles and sustainability in design technology.

Bea the honeybee has been busy visiting local farms. She has discovered that eating food grown in the UK during its natural harvest season is better for the environment. Look at the list of ingredients below. Sort them into the correct season for the UK harvest, then answer the questions to justify your food design choices.

Word bank: Strawberries · Apples · Asparagus · Brussels sprouts · Broad beans · Parsnips · Gooseberries · Cauliflower

**1. Sort the ingredients into the correct season. Summer (June–August): _____.
Autumn/Winter (September–February): _____. Spring (March–May): _____. (3 marks)**

2. Explain why it is more environmentally friendly to design a school menu using seasonal ingredients rather than importing produce from the other side of the world. (3 marks)

3. If a customer wanted a fresh strawberry salad in January, what challenges would this present for a chef in terms of sustainability and cost? (2 marks)

4. Compare and contrast the taste and quality of a tomato grown in a heated greenhouse in winter versus one grown outdoors in the height of summer. (3 marks)

5. Justify your answer: Is it always possible to eat 100% seasonally in the UK? What might happen if we relied solely on local food production during the winter months? (3 marks)

6. If you were designing a 'Seasonal Soup' for your canteen, which two ingredients from the word bank would you pair together for a winter menu? Explain your reasoning. (2 marks)

Draw: Draw a 'Seasonal Plate' design. In the centre, illustrate a healthy meal using only three items from the word bank. Around the outside of the plate, draw the natural environment where these ingredients might grow in the UK.



Extension challenge: Research the cost of a punnet of strawberries in June versus December at a local market. Create a bar chart showing the price difference (£) and write a short paragraph explaining why the price fluctuates based on seasonality and the energy required for cultivation.