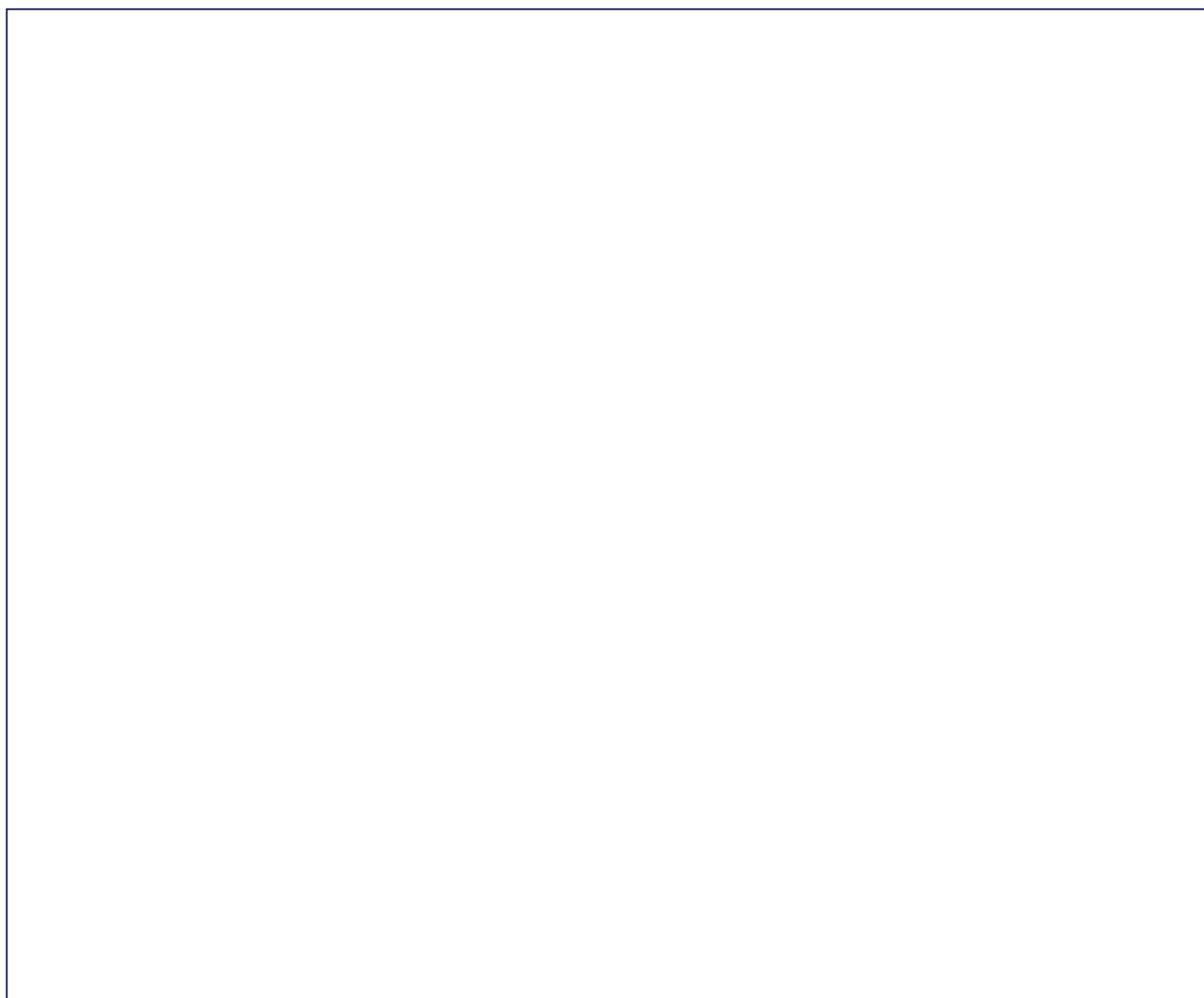


Seasonal Harvest Design Challenge with Max the Monkey

Learning objective: To understand the importance of seasonal food and design a balanced, sustainable meal plan based on produce available in the UK during different seasons.

Max the Monkey is planning a seasonal banquet! Use the space below to design a 'Seasonal Plate'. First, choose a season (Spring, Summer, Autumn, or Winter). Then, draw a meal that uses at least three fruits or vegetables that grow in the UK during that time. Label your ingredients and explain why choosing local, seasonal produce is better for the environment.

Draw: Draw a large, circular plate in the centre of the page. Inside the plate, illustrate a vibrant meal featuring at least three UK seasonal vegetables or fruits appropriate for your chosen season. Use a detailed, scientific style, ensuring each vegetable is recognisable (e.g., earthy root vegetables for winter, bright berries for summer). Add arrows pointing to your ingredients with neat labels.



Label words: Sustainability · Food miles · Harvest · Nutrients · Local produce · Crop rotation · Seasonal

Steps:

1. Step 1: In the box provided, draw a healthy meal using three seasonal ingredients. Label your ingredients clearly.

2. Explain why eating strawberries in the UK during the summer is more sustainable than eating them in the middle of winter.
3. Compare and contrast the typical ingredients found in a Winter harvest versus a Summer harvest. Why do you think certain crops grow better in different temperatures?
4. Justify your answer: If a supermarket imports apples from the other side of the world when they are already growing in local UK orchards, what is the impact on the environment?
5. What might happen to local farmers if consumers only bought imported food all year round?
6. Calculate the cost: If a locally grown seasonal vegetable box costs £8.50 and a supermarket imported meal costs £12.00, how much money is saved by choosing the local option? Show your working.