

Seasonal Food Exploration with Bea the Bee

Learning objective: To understand the importance of seasonal food, food miles, and how local agriculture impacts our environment.

Use these flashcards to test your knowledge of seasonal produce and sustainable food choices. Read the term or question on the front, think of your answer, and then check the back.

What does it mean if a food product is 'seasonal'?

It means the food is being harvested at the natural time of year when it grows best in the local climate.

Define 'Food Miles'.

The total distance a food item travels from the place where it was grown to the place where it is eventually eaten.

Why does eating seasonal food help the planet?

It reduces the need for long-distance transport and prevents the need for energy-intensive greenhouses, thereby lowering the carbon footprint.

What is a major disadvantage of importing strawberries in the middle of a British winter?

They must be flown or shipped from warmer countries, creating a high number of food miles and significant carbon emissions.

Explain the term 'Sustainability' in the context of our food supply.

Sustainability means meeting our current food needs without damaging the environment or depleting natural resources for future generations.

Bea the Bee visits a local farm. What is a 'Harvest'?

The process of gathering ripe crops from the fields once they have reached their peak maturity.

True or False: Growing food in a heated greenhouse requires more energy than growing it outdoors in season.

True. Heating and artificial lighting consume significant amounts of energy.

What is a 'Carbon Footprint' regarding food production?

The total amount of greenhouse gases, such as carbon dioxide, released into the atmosphere as a result of producing and transporting our food.

Give an example of a root vegetable commonly harvested in the UK during the autumn months.

Carrots, parsnips, or beetroot.

Explain why supermarkets might choose to import food rather than buy from local farmers.

Supermarkets may import food to ensure customers can buy specific items all year round, regardless of the local weather conditions.

Compare and contrast: How does a local apple differ from an apple imported from the other side of the world?

A local apple usually has fewer food miles and is harvested at peak ripeness, whereas an imported apple may have been picked early to survive long-distance travel.

Justify your answer: Why might it be more expensive to buy out-of-season produce?

It is often more expensive because of the high costs associated with importing goods from abroad or the energy required to grow them in artificial, climate-controlled environments.