

Max and Bea's Seasonal Harvest Challenge

Learning objective: To understand the importance of seasonal food, food miles, and the benefits of eating locally grown produce.

Help Max the monkey and Bea the honeybee navigate the farm shop! Read the questions carefully and select the best answer. Remember to think about what grows in the UK climate.

Answer Key: 1.C, 2.True, 3.False, 4.Strawberries, 5.True, 6.A, 7.False, 8.B, 9.Climate, 10.B. Explain that eating seasonally reduces the distance food travels, supporting local farmers and reducing environmental impact.

Word bank: Seasonality · Food miles · Harvest · Carbon footprint · Import · Sustainability

**1. Which of these vegetables is typically harvested in the UK during the winter months?
A) Courgettes B) Runner beans C) Parsnips* D) Tomatoes (1 mark)**

2. True or False: Eating food that is 'in season' usually means it has travelled fewer miles to reach your plate. (1 mark)

3. True or False: You can grow fresh, field-ripened raspberries in the UK during the month of January. (1 mark)

4. If you want to buy fruit with the lowest food miles in a UK summer, which one should you choose: Bananas or Strawberries? (1 mark)

5. True or False: A 'food mile' is the distance food travels from the farm where it is grown to the plate where it is eaten. (1 mark)

6. Why do supermarkets often import food from other countries? A) To provide produce that cannot grow in our climate* B) Because it is always cheaper C) Because it tastes better D) To help the environment (1 mark)

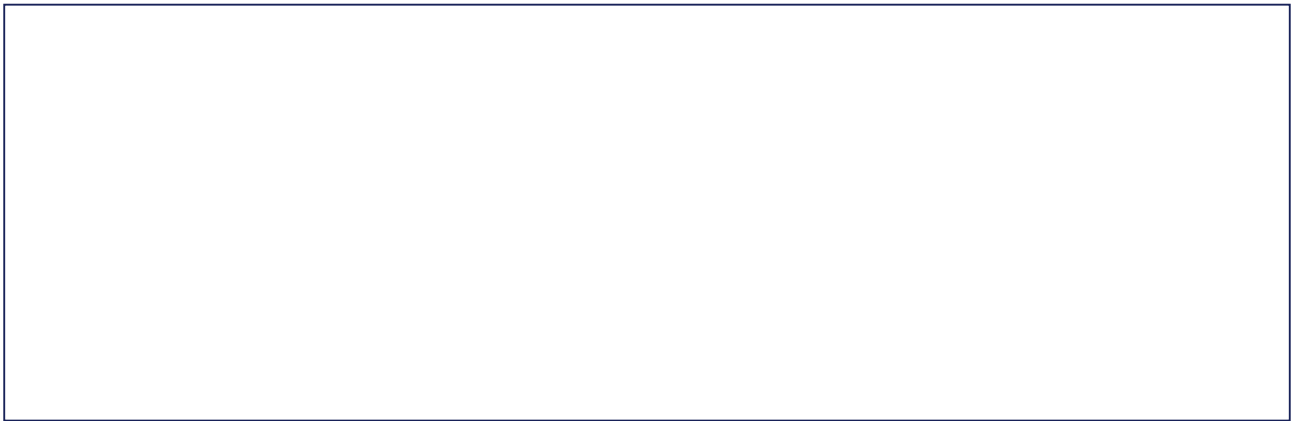
7. True or False: Root vegetables like carrots are usually more available in summer than in autumn. (1 mark)

8. What is the main benefit of buying food from a local farm shop? A) It is always packaged in plastic B) It supports local farmers and reduces transport emissions* C) It is always more expensive D) It comes from the other side of the world (1 mark)

9. 9. What is the one-word term for the weather conditions that determine which crops can grow in a specific region? (1 mark)

10. 10. If a bag of locally grown apples costs £2.50 and a bag of imported apples costs £3.20, which is the more sustainable financial and environmental choice? A) The imported apples B) The local apples* (1 mark)

Draw: Draw a 'Seasonal Plate' showing three different vegetables that grow in the UK during the current season. Label each vegetable and explain why it is a good choice for the environment.



Extension challenge: Greater Depth Challenge: 1. Explain why 'food miles' are an important consideration when designing a healthy, sustainable menu. 2. Compare and contrast the taste and environmental impact of a strawberry bought in July versus one bought in December. 3. Justify your answer: Is it always possible to eat only locally grown food in the UK? What might happen if we tried to do this all year round? 4. Design a 'Seasonal Calendar' for a school canteen, suggesting which fruits and vegetables should be featured each term. 5. If a crate of local potatoes costs £5.00 and a crate of imported potatoes costs £4.50, construct a logical argument for why a school might still choose the local option. 6. What might happen to global food prices if every country decided to only eat what they could grow locally?