

Seasonal Food Design Challenge: The Harvest Planner

Learning objective: To understand the importance of seasonal produce and design a balanced, sustainable menu using ingredients available in the UK.

Welcome to the kitchen, future chef! With the help of Bea the honeybee, we are going to explore why eating seasonal food is better for the planet and our health. Use this template to plan a meal using ingredients that grow in the UK during your chosen season. Consider food miles, freshness, and the nutritional value of your dish.

Word bank: sustainability · food miles · nutritional value · harvest · imported · local produce · cultivate · biodiversity

1. Identify your chosen season and list three fruits or vegetables that are harvested in the UK during this time. Explain why it is more sustainable to choose these over imported items. (3 marks)

2. Design a main course dish using only seasonal ingredients. Describe the textures and flavours you have combined to ensure the dish is appealing. (3 marks)

3. Compare and contrast: How might the cost of your ingredients change if you tried to purchase them 'out of season'? Justify your answer using the concept of transport and storage. (4 marks)

4. Explain why supermarkets often stock food that is not in season in the UK. What are the potential environmental impacts of this practice? (4 marks)

5. If a sudden frost destroyed the local crop for your chosen ingredient, what might happen to the price and availability of your dish? How could you adapt your recipe? (3 marks)

6. Evaluate your meal plan. If you were to open a 'Seasonal Café', how would you convince customers that eating local, seasonal food is the best choice for their health and the Earth? (5 marks)

Extension challenge: Creative Extension: Design a colourful, persuasive poster for your 'Seasonal Café'. Your poster must include a catchy slogan, a list of the current month's 'star ingredients', and a persuasive paragraph explaining the benefits of 'farm-to-fork' dining to the local community.