

Seasonal Food Design Challenge with Max the Monkey

Learning objective: To design a balanced, seasonal meal plan whilst considering food miles, cost, and nutritional value.

Max the Monkey has been analysing the maths behind our dinner plates! Use this scaffold to plan a delicious, seasonal meal. Think about which ingredients are available in the UK during different seasons and how we can make sustainable choices.

To create a truly sustainable meal, we must first consider which ingredients are currently in season in the United Kingdom.

Word bank: sustainably sourced · locally grown · food miles · nutritionally balanced · cost-effective · harvested · culinary · consequently · furthermore · in addition · by contrast

1. Seasonal Selection: Which season have you chosen for your dish, and what are three key ingredients that are harvested in the UK during this time? Start by saying: 'For my seasonal menu, I have chosen [season] because...' (3 marks)

2. Justifying Choices: Explain why choosing locally grown produce is better for the environment compared to importing food from overseas. Start by saying: 'It is advantageous to source food locally because...' (3 marks)

3. Budgeting the Meal: Max has a budget of £15.00 for four people. If your main ingredients cost £8.50 and sides cost £3.25, calculate the remaining budget and explain how you would spend it. Start by saying: 'The total cost of my ingredients is £...' (4 marks)

4. Nutritional Value: Compare and contrast your chosen meal with a highly processed alternative. Why is your seasonal meal a healthier choice? Start by saying: 'My seasonal dish provides better nutrition than processed food because...' (4 marks)

5. What might happen if the UK relied solely on imported food throughout the year? Consider the environmental and economic impact. Start by saying: 'If the UK were to rely entirely on imports, the consequences would be...' (4 marks)

6. Creative Extension: Design a marketing slogan for your meal that highlights its freshness and local origins. Why would this appeal to a customer at a local farmers' market? (2 marks)

Extension challenge: Imagine you are a food critic. Write a short review of your meal using at least three of the words from the word bank, justifying why the use of seasonal produce enhances the flavour profile of the dish.