

Guide to seasonal food



What I have learnt before:

- The Eatwell plate
- Foods from different countries

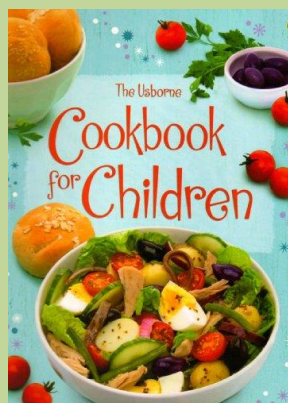
Forever facts

Foods including fruit, vegetables and meat are in season at different times in the year

Food can be processed for safety reasons or to make it easier to store or eat

A variety of food is needed in the diet because different foods contain different substances which are needed to keep you healthy

Exciting Books



Our Endpoint

I can make a meal using some seasonal ingredients

Subject Specific Vocabulary

seasonality	depending on the season or time of year
imported	brought into a country from abroad
ripe	ready for harvesting and eating
reared	to raise, feed, breed and take care of animals
caught	to capture something
processed	altered from their natural state
balanced	having different elements in the correct proportions

Skills

I can use different cooking techniques

I can select from a range of ingredients for a meal

I can work as a group to generate, evaluate and refine recipe ideas

Personal development

Children will develop working as a team
 Children will learn how to cook balanced meals
 Children will learn where some foods come from
 Jobs it could lead to – Dietician, Chef, farmer

