



Year: Three

Subject: D&T

Topic: What are Seasonal Foods?

1. What I should already know:

Y1 - Seaside snacks Y2 - Perfect Pizzas

To cut, peel or grate ingredients safely and hygienically.

To measure or weigh using measuring cups or electronic scales.

To assemble or cook ingredients.

2. What I am going to learn:

What 'seasonal food' means?

Seasonal food is food that is readily available at certain times of the year in the area where you live. Seasonal foods are not the same in other parts of the world.

Where and how seasonal British fruits/ vegetables are grown and processed.

When fruits and vegetables are in season it means that they are at their best

Lots of fruit is commercially grown in the counties of Kent, Herefordshire and Gloucestershire. The conditions are just right in these areas.

Vegetables are grown in different parts of Britain according to specific climate and soil conditions.

About animal products and how to follow a recipe to make a healthy meat / meat free meal.

Meat is an important source of lots of nutrients that keep us healthy, but did you know that there are lots of vegetarian foods that have the same nutrients? These can be eaten instead of meat as part of a healthy, varied diet.

3. Diagram / picture / quotation:

Reasons why eating 'seasonal foods' is a good thing:

Fresh food is very nutritious - some vitamins and minerals are lost when food is preserved.

It's 'natural' - farmers have to use more intensive farming techniques to grow foods out of season, which can harm the environment.

British food that is in season does not have to travel far from farms to the shops, unlike imported food which may have travelled thousands of miles.

We get to eat a wide variety of different foods throughout the year when they are at their tastiest! Eating seasonal food means that our diet is varied.



Vegetables are versatile! They can be eaten raw or cooked, on their own or as ingredients in a meal.

3. Important vocabulary and facts:

SPELLING	DEFINITION
readily available	about something that there is lots of or is easily bought
commercially grown/produced	food that has been grown or produced on a large scale for sale /profit
fruit	the sweet and fleshy product of a tree or other plant that contains seed and can be eaten as food.
grains	the seeds of a cereal plant grown for food e.g. wheat or barley
hygienic	maintaining health and preventing disease, especially by being clean
imported	having come to our country from somewhere else in the world
meat substitute	a plant based alternative to meat
preserved	the act of keeping and storing a product so that it can be eaten 'out of season'
nutrients	the goodness of vitamins and minerals within food
organic	Food that has been produced naturally without the use of chemicals

5. Resources and skills to help me learn:

Refer to the 'Eatwell Plate' for guidance on how we can have a healthy and varied diet.

Think about your favourite foods and think about if they are seasonally produced or not.

Try to find out how far your foods have travelled before they get to your plate. Why might it be important to know this?