

## Seasonal Food

Did you know that some fresh foods are seasonal? This means that they are tastier to eat during their preferred season.

Fortunately, we can rely on other countries who grow fruit and vegetables in their hot climates to provide us with fruit and vegetables all year round. Some farms in this country will use greenhouses and technology to create the perfect growing conditions all year round.



Some foods are not seasonal, for example meat and dairy are available all year round.

When we buy out of season food, it will commonly be much more expensive. This is because it has had to travel a long way or it has been grown in controlled conditions (using greenhouses and technology).



There are four seasons in a year: Spring, Summer, Autumn and Winter. Each season has different weather, which contributes to how well we can grow our seasonal foods.



Image from BBC Bitesize



## Seasonal Food

Complete the worksheet below. You can do some research on the internet if you need some help answering some of the questions.

What does seasonal food mean?

How are some seasonal foods available in our supermarkets all year round?

What does it mean when food has been grown under controlled circumstances?

What food groups are available all year around?



## Seasonal Food

Use the internet to help you research foods that are available at different times of the year. List them below in the correct season.

**Spring**

**Summer**

**Autumn**

**Winter**

