

# Seasons of Food - Activity Card

## When does food grow? -

The simple answer is all the time, but different things grow at different times of the year.

We have got used to buying our foods all year round no matter when they grow. This is due to the increased foods which are imported from abroad and foods that have been processed to allow them to last longer.

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## The Challenge -

We know that when we eat local and seasonal foods, these are much better for us and our environment. They have -

- Fuller flavour, as they are picked at the right time
- Increased nutrients, as the time between harvest and plate is shorter
- A positive impact on your local environment and economy
- An accountable and safer food supply chain
- Travelled less miles to reach your plate, so are fresher and often last longer

Do you know what foods are available in each season? Find out and add them to the chart, some examples are -

**Winter** - Carrots, Potatoes & Pumpkins

**Spring** - Cucumber, Radish & Peppers

**Summer** - Beans, Rhubarb & Strawberries

**Autumn** - Apples, Sweetcorn & Blackberries

Are there any of these which you could grow yourself at home in a pot, on a windowsill or in a garden?

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## Extension Home Learning - Where Does Food Come From?



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**Winter**

**Spring**

**Summer**

**Autumn**