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| **Year 6 Spring 1 Design and Technology – Seasonal Cooking** | | |
| Key facts   * Fruits and vegetables naturally ripen during a certain season each year * When they are ripe they are at their best nutritionally and taste wise * This is known as the fruit or vegetable being ‘in season’ * Eating seasonal produce is better for the environment as things are grown locally, rather than having to be imported from another country * Processed foods have been altered from their natural state either for safety reasons or because it makes them easier to store or eat | spring and summer | |
| autumn and winter | |
| Vocabulary   * seasonality * imported * sustainable * ripe * reared * caught * processed * spring * summer * autumn * winter | Grown in the UK  Fruits Vegetables  strawberries tomatoes  raspberries cucumbers  gooseberries cabbages  blueberries parsnip  plums swede  cherries turnip  blackberries potatoes  apples runner beans  pears leeks  blackcurrants mushrooms  red currants aubergines |