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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 Vegetablesstrawberries tomatoesraspberries cucumbersgooseberries cabbagesblueberries parsnipplums swedecherries turnipblackberries potatoesapples runner beanspears leeksblackcurrants mushrooms red currants aubergines |