

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

<u>Fruits</u>	<u>Vegetables</u>
strawberries	tomatoes
raspberries	cucumbers
gooseberries	cabbages
blueberries	parsnip
plums	swede
cherries	turnip
blackberries	potatoes
apples	runner beans
pears	leeks
blackcurrants	mushrooms
red currants	aubergines