

<b>Lesson</b>	Eat the Seasons	50-minute session
<b>Learning Outcomes</b>	<ul style="list-style-type: none"> <li>To be able to use a seasonal calendar to identify when different foods are available</li> <li>To understand how different foods grow</li> <li>Why seasonal and local food is better for both us and the environment</li> </ul> <i>(Potential links to English &amp; Science)</i>	
<b>Resources Needed</b>	<ul style="list-style-type: none"> <li>Eat the Seasons Calendar</li> <li>Fruit &amp; Vegetable Cards</li> <li>Seasonal Fruit &amp; Vegetable Samples</li> </ul>	

*Adaption maybe required for need and age. Consideration must be given to any allergy or dietary requirements.*

	<b>Outline</b>	<b>Resources</b>
<b>Introduction 5mins</b>	<p>We are very lucky to be able to buy fruit and veg all year round.</p> <p>List 5 of each of your favourite fruit and vegetables.</p> <p>Do you know what time of the year these are naturally grown, and how? - Group/Pairs Discussion</p>	
<b>Activity 1 – Seasons &amp; Food 15mins</b>	<p><b>Activity</b></p> <p>If we could only eat food in the season it grows do you know what you would be eating at different times of the year?</p> <p>Have a look at the different fruit, vegetable and herb cards, place them in the month you think they would be ready to be eaten. Feedback to the rest of the class and discuss the rationale behind your decisions.</p> <p>(Clue some maybe available during more than one month)</p>	<p>Fruit &amp; Vegetable Cards</p> <p>Eat the Seasons Calendar</p>
<b>Activity 2 – Seasons &amp; Food Benefits 10mins</b>	<p><b>Activity</b></p> <p>What do you think are the benefits to eating food in the season it is naturally grown?</p> <p>Discuss in your groups and feedback to the class -</p> <ul style="list-style-type: none"> <li>Tastes better</li> <li>Fresher – higher nutritional value</li> <li>Normally locally grown – benefits to the environment</li> <li>Can trace provenance easier and growing methods</li> <li>Cheaper</li> </ul>	
<b>Activity 3 – Seasons Taste Test 15mins</b>	<p><b>Activity</b></p> <p>Have some samples of fruit and vegetable that are seasonal for students to try. You could also have defrosted or tinned versions to compare –</p> <ul style="list-style-type: none"> <li>Taste/Flavour</li> <li>Texture</li> <li>Colour</li> </ul> <p>Could the students taste the difference?</p> <p>Look at the labels on the different versions and compare the nutritional content which one is better for you?</p> <ul style="list-style-type: none"> <li>Fresh</li> <li>Frozen</li> <li>Tinned</li> </ul> <p><a href="https://www.foodafactoflife.org.uk/search-results?q=food+labels">https://www.foodafactoflife.org.uk/search-results?q=food+labels</a></p>	<p>Seasonal Fruit &amp; Vegetable Samples</p>

<b>Plenary</b> <b>5mins</b>	<b>Activity</b> This is the way we used to eat our food when we weren't able to transport food around the world or before we had the technology to grow foods out of season – caveman diet!  Has this changed the way you look at your food? Is there anything you have noticed that might make it difficult to do this?  Do you think your eating habits would change to reflect what you have learnt about seasonal foods? - Class Discussion	
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