

Key vocabulary

balanced diet	eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to keep a healthy body weight
food hygiene	keeping an area clean / storing food correctly to prevent illness
ingredients	the foods needed to be combined together make a final dish
nutritional value	how much of each of the food groups is in each food and whether that makes it a healthy or less healthy choice
seasonal	produce that only grows in certain seasons
vegan	a person who does not eat any food that comes from animals, including milk and eggs.
vegetarian	a person who does not eat meat

Key Learning:

- 1 How to prepare yourself and your workspace safely and hygienically, to avoid food contamination
- 2 That climate affects food growth and that certain fruits and vegetables grow in certain seasons.
- 3 That you need a certain amount of foods from the different food groups to maintain a balanced diet.
- 4 To follow the instructions within a recipe.
- 5 To evaluate a recipe.
- 6 Buying, storing, preparing and cooking food safely and hygienically are vital for health.



twinkl.co.uk
 experthometips.com
 funmoneymom.com

Seasonal Produce Guide

- what's in season when?

Spring

Asparagus
 Carrots
 Cauliflower
 Celery
 Cucumbers
 Curly Kale
 Broccoli
 Savoy Cabbage
 Sorrel
 Spinach
 Spring Greens
 Spring Onion
 Watercress
 Gooseberries
 Rhubarb



Summer

Beetroot
 Broad Beans
 Carrots
 Cauliflower
 Courgettes
 Cucumber
 Fresh Peas
 Garlic
 Green Beans
 Lettuce & Salad Leaves
 New Potatoes
 Radishes
 Runner Beans
 Sage
 Salad Onions
 Swiss Tomatoes
 Watercress
 Blueberries
 Currants
 Elderflower Berries
 Greenagones
 Loganberries
 Plums
 Raspberries
 Strawberries
 Tayberries



Autumn

Field Mushrooms
 Lettuce
 Marrow
 Potatoes
 Pumpkin
 Rocket
 Squash
 Sweetcorn
 Watercress
 Apples
 Blackberries
 Damsons
 Elderberries
 Pears
 Plums



Winter

Brussel Sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Curly Kale
 Fennel
 Leeks
 Parsnips
 Potatoes
 Red Cabbage
 Swede
 Turnips
 Apples
 Pears

