


Year 3 Eating Seasonally

Key Skills

1. Apply– the principles of a healthy diet.
2. Prepare– healthy food.
3. Describe– the key aspects of physical and human geography. 
4. Create– a filo tart recipe that has a variety of healthy seasonable vegetables.
5. Describe– the tart and explain the health and environmental benefits.
6. Prepare– the filo tart by carefully following the recipe and adhering to kitchen safety and hygiene.

Websites/Signposting/Connection to a fa-

Web link: ['Fruitsinfo- Fruits by season in India'](#)

Video: ['BBC teach video- Where does our food come from?'](#) on Videolink



Respect, Believe, Achieve

What I will know/be able to do by the end

- I can talk about the seasonality of food and explain that foods that are not grown in the UK must be imported.
- I can practise good hygiene while preparing food and use cooking equipment safely.
- I know that the physical geography of a country determines its climate and which foods can be grown there.
- I can explain why eating seasonally is better for the environment.
- I can design a filo tart recipe (with seasonable vegetables) and explain why its healthy and good for the environment.

Previous Learning

- ◆ Hungry Caterpillar Healthy eating topic (Year R)
- ◆ Fruit Smoothies (Year 1)
- ◆ Balanced Diet (Year 2)

Key Knowledge

- ◆ Every country has its own unique climate, which suits the growth of different fruits and vegetables.
- ◆ Only certain fruits and vegetables can be grown in the UK, so many that do not grow here must be imported.
- ◆ Importing impact on our environment and so, eating seasonally is much more environmentally friendly.

Top Food Imports To The UK From Every Country In The World



Vocab/Key Words

Climate-The weather and temperature in each country in the world, depends on which climate group that country is located. There are 5 climate groups: polar, temperate, dry, tropical and Mediterranean.

Dry climate-Less than 2050mm of rain, fog, sleet or snow in total across the whole year.

Exported-When products or produce are sent to another country.

Imported- when a product is brought into another country.

Mediterranean climate-hot dry summers and cooler wetter winters.

Nationality-belonging to a particular country.

Polar climate-long periods of extreme cold.

Recipe- a set of instructions for making or preparing a food item or dish.

Seasonal foods-food that can be harvested and is ready to eat in a particular season.

Seasons- the seasons of the year are spring, summer, autumn and winter.

Temperate climate- mild temperatures, where the summers are not too hot and the winters are not too cold.

Tropical climate-high temperatures and a lot of rain. This is where rainforests grow.

What's in season when...

Spring

Meat

Beef Steaks
Chicken
Sausages
Spring Lamb - Grills

Vegetables

Asparagus
Carrots
Cauliflowers
Celeriac
Cucumbers
Curly Kale
Purple Sprouting Broccoli
Savoy Cabbage
Sorrel
Spinach
Spring Greens
Spring Onion
Watercress



Fruit

Gooseberries
Rhubarb

Fish

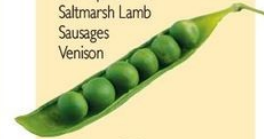
Crab
Haddock
John Dory
Lobster
Mackerel
Monkfish
Prawns
Sea Bass
Sea Salmon
Trout
Turbot



Summer

Meat

Beef Steaks
Burgers
Chicken - Kebabs & Grills
Ham
Lamb - Grills
Pork Pies
Pork Spare Ribs
Saltmarsh Lamb
Sausages
Venison



Vegetables

Beetroot
Broad Beans
Carrots
Cauliflowers
Courgettes
Cucumber
Fennel
Fresh Peas
Garlic
Green Beans
Lettuce & Salad Leaves
New potatoes
Radishes
Runner Beans
Sage
Salad Onions
Squash
Tomatoes
Watercress

Fruit

Blueberries
Currants - black, white and red
Elderflower berries
Greengages
Loganberries
Plums
Raspberries
Strawberries
Tayberries

Fish

Crab
Pilchards
Wild Salmon

Autumn

Meat

Chicken
Grouse
Ham
Heather-fed Lamb
Pies
Pork
Roasts
Sausages
Venison

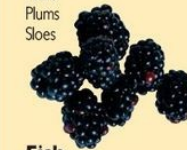
Vegetables

Field Mushrooms
Lettuce
Marrow
Potatoes
Pumpkin
Rocket
Squashes
Sweetcorn
Watercress



Fruit

Apples
Blackberries
Damsons
Elderberries
Pears
Plums
Sloes



Fish

Brill
Dabs
Dover Sole
Flounders
Oysters
Skate

Winter

Meat

Casseroles
Chicken
Gammon
Goose
Partridge
Pheasant
Pies
Roasts
Sausages
Turkey
Venison
Wild Duck



Vegetables

Bay Leaves
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celeriac
Curly Kale
Fennel
Leeks
Parsnips
Potatoes
Red Cabbage
Swede
Turnips

Fruit

Apples
Pears
Quince



Fish

Grey Mullet
Mussels
Scallops