



Y3 Thinking like a Designer

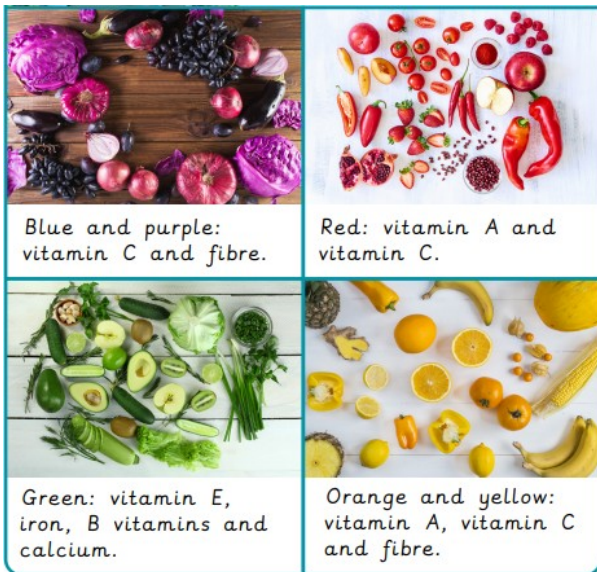
Food—Eating Seasonally

Key Knowledge:

Fruits and vegetables are full of vitamins, minerals and fibre.

Eating **seasonally** means choosing fruits and vegetables that grow naturally at certain times of the year.

Eating seasonally helps farmers and supports local communities.



Eating seasonally is like following nature's calendar — it helps us eat fresh, tasty, and healthy food all year round!

Learning Questions

Why does food come from different places around the world?

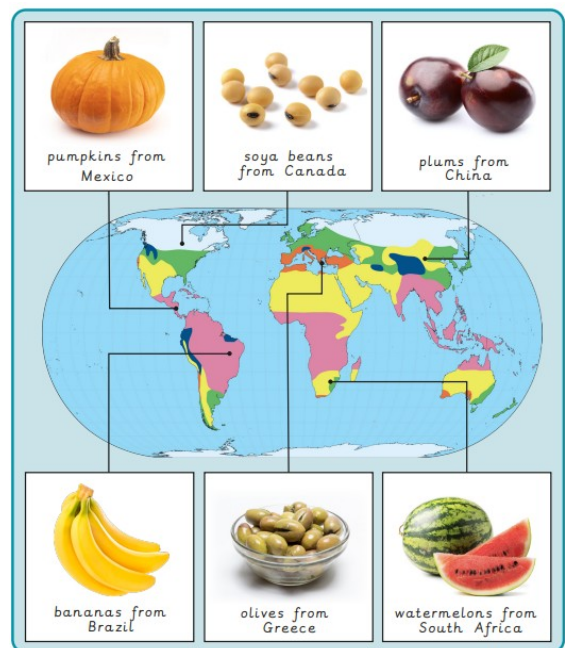
What are the benefits of seasonal food?

How can I develop my cutting and peeling skills?

How can I evaluate and taste seasonal ingredients?

How can I design a puff pastry tart using seasonal vegetables and fruits.

How can evaluate my dish?



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|---------------|---|
| appearance | The way something looks. |
| climate | The weather conditions that an area usually has. |
| complementary | Things that go together like colours or flavours. |
| design | A plan for a recipe or dish. |
| evaluate | To decide how good something is. |
| export | Food sold to another country. |
| import | Food bought from another country. |
| ingredients | Foods that a recipe is made from. |
| peel | To remove the skin of fruit or vegetables. |
| seasonal | Food that grows at a certain time of the year. |
| temperate | A climate with four seasons like the UK. |
| texture | The way food feels in your mouth. |
| weather | The temperature or conditions outside. |

