

Eating Seasonally Lesson Plan	
Subject	Appropriate age group
Eating seasonally	5yrs – 8ys KS1 Primary Education
Learning Objectives	Resources
<ul style="list-style-type: none"> To understand the concept of harvest seasons and food availability. To explain the consequences associated with eating out of season. To identify sustainable solutions to eating foods out of season 	PowerPoint presentation Seasonal eating chart activity
Teaching Input	
<p>What are seasonal foods</p> <ul style="list-style-type: none"> Seasonal food is the time of year when food is at its best, in terms of flavour or harvest. Many foods are available all year, as they are imported from other countries. When local seasonal food is available it tends to be fresher and cheaper - there has been less travel/storage from farm to fork. <p>Key messages</p> <ul style="list-style-type: none"> When buying out of season, food must travel longer distances in order to be available in our supermarkets. These are called “food miles”. When local seasonal food is available it tends to be fresher and cheaper - there has been less travel/storage from farm to fork Seasonal eating should be encouraged To reduce the energy (and associated CO2 emissions) needed to grow and transport the food we eat to avoid paying a premium for food that is scarcer or has travelled a long way Seasonal eating also supports the local economy <p>LESSON ACTIVITY</p> <ul style="list-style-type: none"> Produce a seasonal eating chart – complete the chart for what foods are available in which season. 	