

*olives from Greece*

*plums from China*

*soya beans from Canada*

*pumpkins from Mexico*

*watermelons from South Africa*

*bananas from Brazil*



*Key facts*

*Fruits and vegetables are full of vitamins, minerals and fibre. The different colours give a clue to what they contain.*



*D&T - Eating seasonally*

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| --- | --- |
| *Blue and purple: vitamin C and fibre.* | *Red: vitamin A and vitamin C.* |
| *Green: vitamin E, iron, B vitamins and calcium.* | *Orange and yellow: vitamin A, vitamin C and fibre.* |
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*D&T - Eating seasonally*

appearance The way something looks.



*cutting*

*grating*

*spreading*

*taste testing*

*peeling*

climate The weather conditions that an area usually has.

complementary Things that go together like colours or flavours.

*design*

evaluate

A plan for a recipe or dish.

To decide how good something is.

export Food sold to another country.

import ingredients

Food bought from another country. Foods that a recipe is made from.

peel seasonal temperate

To remove the skin of fruit or vegetables.

Food that grows at a certain time of the year. A climate with four seasons like the UK.

texture weather

The way food feels in your mouth. The temperature or conditions outside.