

Year 4 – Seasonal Food

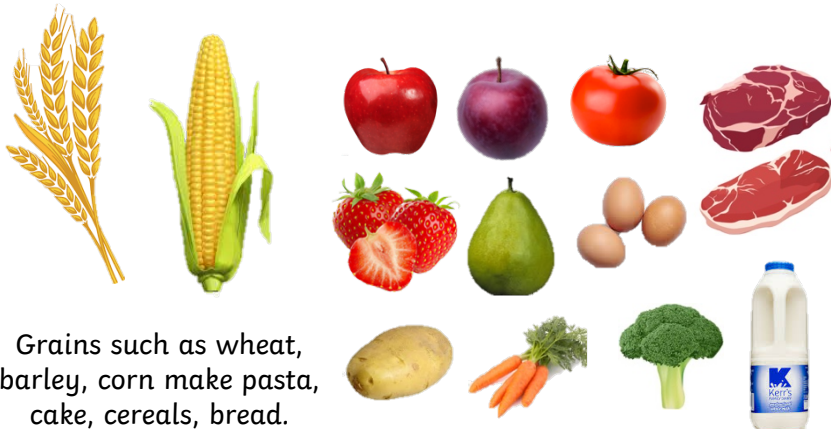


St Stephen's Kearsley Moor
CE Primary School
Believe and Achieve

Key Vocabulary

Balanced Diet	Someone who has a balanced diet eats the right amounts of foods from each food group.
Seasonal Food	Food that is readily available at certain times of the year where you live.
A Food Group (Eatwell Plate)	Collection of foods that share the same nutritional value.
Ripe	When foods are ready to be consumed, they are ripe ready to be harvested.
Produce	Food products grown on a farm e.g. grains, meat.
'In Season'	When fruits/veg are at their best.

Popular foods produced in Britain:



Grains such as wheat, barley, corn make pasta, cake, cereals, bread.

British Produce: Make a Seasonal Bake

Golden Threads

Diet Cooking



The Eatwell Plate



Getting the balance right

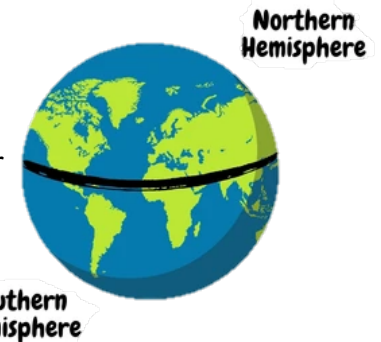
Sticky Knowledge:

Our bodies need to have a **balanced diet** in order to get the nutrients it needs to work well.

All foods come from plants and animals. All foods belong to one of the 5 **food groups** on the Eatwell Plate.

Our **seasonal** British food is not the same in other parts of the world. It all depends on the seasons – summer or winter.

Britain is in the Northern Hemisphere.
When it is summer in the Northern H it is Winter in the Southern H.



Southern Hemisphere