

Year 3 - Food - Eating Seasonally - Term 1

Key Vocabulary

Climate	The weather and temperature in each country in the world, depends on which climate group that country is located. There are five climate groups: polar, temperate, dry, tropical and mediterranean.
Dry climate	Less than 250mm of rain, fog, sleet or snow in total across a whole year.
Exported	When products or produce, such as fruit and vegetables, are sent to another country.
Imported	When products or produce, such as fruit and vegetables, are brought into a country.
Mediterranean climate	Hot dry summers and cooler wetter winters.
Nationality	Belonging to a particular country (e.g. a person with Italian nationality comes from Italy).
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Polar climate	Long periods of extreme cold.
Recipe	A set of instructions for making or preparing a food item or dish.
Seasonal food	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 you will find the world's rainforests.

Fruits and vegetables are full of vitamins, minerals and fibre. These nutrients help us to grow, heal, give us energy and keep us healthy.



Not all fruits and vegetables can be grown in Britain. Many foods are imported from all across the globe. Here are some examples:



To know statements



I know that fruits and vegetables grow in different countries based on their climates

I know that 'seasonal' fruits and vegetables are those that grow in a given season and taste best then and that eating seasonal fruit and vegetables has a positive effect on the environment

I know how to design a recipe using seasonal ingredients

I know the basic rules of hygiene and safety when working with food and following the instructions within a recipe

What can you remember from previous units?

What is the different between a fruit and a vegetable?
 How can you make a smoothie?

Anything else you have learnt? What have you enjoyed?