

Eat with the seasons activity



Ages: 5+ (can add or take away different foods depending on age)



Time: 30 - 40 mins

Purpose:

To learn about which foods are in season in which months.

Youth work outcomes:

Outcome 1: Young people are confident, resilient and optimistic for the future

Outcome 3: Young people create, describe and apply their learning and skills

Outcome 4: Young people participate safely and effectively in groups

Sustainable development goals:



Materials:

Paper plates and printed out vegetables/jamboard or Miro board with plates and vegetables if doing online.

Context:

Eating with the seasons is a great way to reduce your carbon footprint. When we eat food that is out of season in the UK, it has to be transported by ship or plane from across the world, racking up food miles and carbon emissions. It's estimated that transporting food to and around the UK produces 19 million tonnes of CO2 every year – that's equivalent to the emissions from 5.5 million cars. However, not all modes of transport are created equally, with air freight of food producing around 50 times more emissions than shipping. Eating foods that are locally grown and in season not only reduces the amount of miles they travel from farm to plate, it's also a cheaper option. There are of course other elements that make up a food's carbon footprint, including how it is grown (if it's a fruit or vegetable), how it is reared (if it's an animal), and how it is processed. It's always a good idea to cut down on foods that are energy or resource intensive, and eat more of the foods that are local and in season. This activity should help you and the young people you work with start discussions about the types of foods they eat, and how everyone could make their diets a bit greener and healthier.

Eat with the seasons activity

Instructions:

Write the months of the year on 12 paper plates and spread them out. (If working with a large group of young people, this activity may work best if split into smaller groups of 4/5 young people for better discussion). You can also make the task easier by writing the four seasons on the paper plates instead of the months. Get the young people to sort the printed fruits and vegetables into what is in season each month of the year and assign each vegetable to its correct plate. You may need to print more than one copy of certain foods as some are in season for multiple months of the year (this increases the difficulty).

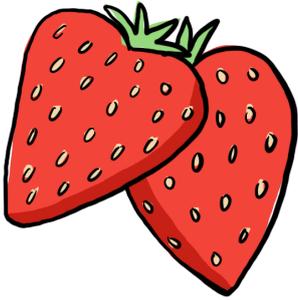
Suggested answers:

January:	Leeks, Apples, Cauliflower, Potatoes, Brussels sprouts, Parsnips
February:	Leeks, Brussels sprouts, Cauliflower, Potatoes, Parsnips
March:	Leeks, Spinach, Cauliflower
April:	Broccoli, Spinach, Lettuce
May:	Broccoli, Carrots, Spinach, Peas, Lettuce
June:	Strawberries, Broccoli, Carrots, Runner Beans, Spinach, Tomato, Peas, Lettuce, Courgettes
July:	Strawberries, Broccoli, Carrots, Runner Beans, Spinach, Tomatoes, Peas, Lettuce, Courgettes
August:	Strawberries, Broccoli, Carrots, Runner Beans, Potatoes, Tomatoes, Raspberries, Peas, Lettuce, Courgettes
September:	Leeks, Apples, Blackberries, Broccoli, Pumpkin, Carrots, Runner Beans, Potatoes, Tomatoes, Raspberries, Lettuce, Courgettes
October:	Leeks, Apples, Blackberries, Broccoli, Pumpkin, Runner Beans, Potatoes, Tomatoes, Lettuce, Parsnips
November:	Leeks, Apples, Pumpkin, Cauliflower, Potatoes, Parsnips
December:	Leeks, Apples, Brussels sprouts, Cauliflower, Potatoes, Parsnips

Follow-up discussion:

- What foods do you eat out of season? Do you know where they come from?
- Have you ever grown any food?
- Recipes with seasonal foods – cooking class with that month's foods.

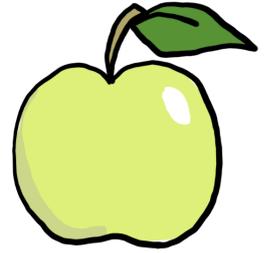
Cards to print:



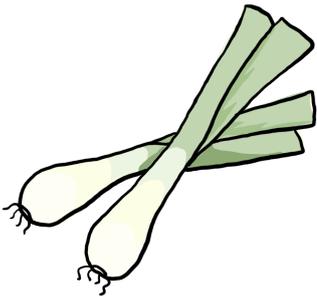
Strawberries



Broccoli



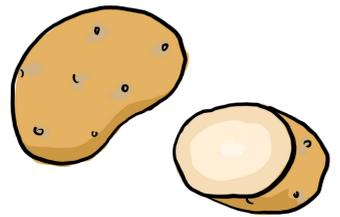
Apples



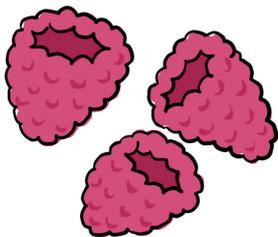
Leeks



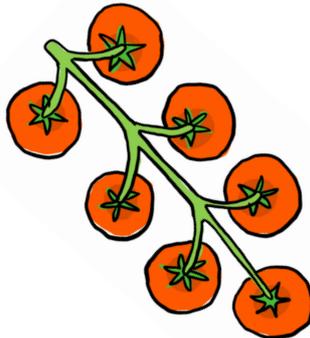
Blackberries



Potatoes



Raspberries



Tomatoes

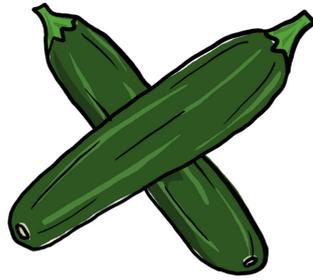


Spinach

Cards to print:



Peas



Courgettes



Lettuce



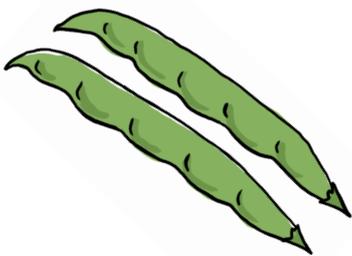
Brussels Sprouts



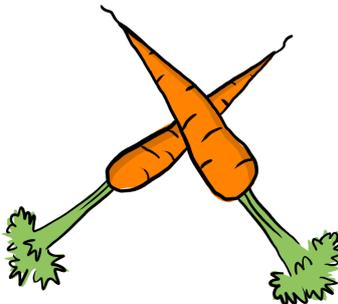
Pumpkins



Cauliflower



Runner Beans



Carrots



Parsnips