

# Year 3: Eating seasonally

## WHAT FOODS ARE IMPORTED IN THE UK?



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

Look at the image for examples.

## NUTRIENTS:

Fruit and vegetables are full of vitamins, minerals and fibre.

These nutrients help us grow, heal, give us energy and keep us healthy.



## SEASONAL BRITISH FOODS:



## KEY VOCABULARY



**CLIMATE:** The weather and temperature in each country in the world. There are five climate groups: polar, temperate, dry, tropical and Mediterranean.



**EXPORTED:** When products or produce, such as fruit and vegetables, are sent to other countries.



**IMPORTED:** When products or produce, such as fruit and vegetables, are brought into a country.



**NUTRIENTS:** Substances in food that all living things need to make energy, grow and develop.



**RECIPE:** A set of instructions for making and preparing a food item.



**SEASONAL FOOD:** Food that can be harvested and is ready to eat in a particular season.



**SEASON:** The different weather patterns in a year. They are spring, summer, autumn and winter.