LITHERLAND HIGH SCHOOL

LIVO CATCH-UP 10

Year 9 Food Technology

Source and Seasonality of Foods



1 WHAT IS SEASONALITY?

- Seasonality means when certain foods are at their best time of year.
- Seasonal foods are fresher, tastier, often cheaper and better for the environment.
- They support local farmers and reduce food miles.





Eat seasonally for a healthier planet! ♡

2 BRITISH AND GLOBAL SOURCES

- Foods can be sourced locally (in the UK) or globally (imported from other countries).
- Local produce travels fewer miles, which reduces carbon emissions.
- Imported foods can be available all year round but may have a higher carbon footprint.





Local = fresher + lower food miles + supports local jobs

3 FOOD MILES & ENVIRONMENT

- Food miles are the distance food travels from farm to fork.
- Longer journeys = more carbon emissions and higher impact on the environment.
- Choosing seasonal and locally sourced foods helps to reduce food miles.



TOP TIPS:

- ✔ Buy local where possible
- ✔ Choose seasonal produce
- ✔ Look for British produce
- ✔ Reduce food waste



4 COMMON SEASONAL FOODS

SPRING	SUMMER	AUTUMN	WINTER
Asparagus	Tomatoes	Pumpkin	Cabbage
Spring onions	Courgettes	Squash	Leeks
Radishes	Berries	Apples	Brussels sprouts
Peas	Peppers	Pears	Parsnips
Lettuce	Sweetcorn	Mushrooms	Kale
Strawberries	Stone fruit	Beetroot	Citrus fruits

Fresh food, full of flavour, all year round!

5 FOOD SOURCES – ANIMAL, PLANT AND OTHER



ANIMAL
Meat, fish, eggs, dairy (provides protein, vitamins and minerals).



PLANT
Fruit, vegetables, grains, legumes, nuts (provides fibre, vitamins and minerals).



OTHER
Fats, oils, sugars (provides energy).

A balanced diet includes all food groups in the right amounts.

6 WHY DOES IT MATTER?

- Supports a balanced and nutritious diet.
- Helps the environment (less food miles, less packaging, lower emissions).
- Supports local economies and farmers.
- Encourages variety in our diet.
- Tastes better when in season!



Good food fuels you! ♡

7 HOW TO COOK SEASONAL FOODS

- Choose the right cooking method (e.g. roasting, grilling, steaming, boiling).
- Keep it simple to allow natural flavours to shine.
- Use herbs and spices to enhance taste.
- Be aware of cooking times and food safety.



Roast | Grill | Steam | Boil

8 SEASONAL FOOD CHALLENGE

- Plan a meal using seasonal and locally sourced ingredients.
- **Think about:**
  - ✔ Which ingredients are in season?
  - ✔ Where are they from (local or imported)?
  - ✔ What cooking methods will you use?
  - ✔ How will you make it balanced and nutritious?



• Plan
• Cook
• Enjoy! ♡

9 KEY VOCABULARY

Seasonality	= when foods are at their best time of year.
Local	= grown or produced near you.
Imported	= brought from another country.
Food miles	= distance food travels.
Sustainability	= meeting today's needs wi: without harming future generations.
Balanced diet	= includes all food groups in the right amounts.
Nutrients	= substances in food that our bodies need.



Learn the terms! ♡

10 YOUR CATCH-UP 10

1. What does seasonality mean?
2. Name two benefits of eating seasonal foods.
3. What is the difference between local and imported foods?
4. Name three examples of food sources.
5. What are food miles and why do they matter?
6. How can we reduce our food miles?
7. Why is a balanced diet important?
8. Name two cooking methods you could use for seasonal vegetables.
9. Give one example of a seasonal food in autumn.
10. Plan a simple meal using seasonal ingredients (name the dish and key ingredients).

FINAL CHECK

- ☐ I can explain what seasonality means.
- ☐ I can give examples of seasonal foods.
- ☐ I can explain the difference between local and imported foods.
- ☐ I can describe the impact of food miles.
- ☐ I can identify different food sources.
- ☐ I can explain why a balanced diet is important.
- ☐ I can suggest suitable cooking methods for seasonal foods.
- ☐ I can plan a seasonal, nutritious meal.

NOW I'M READY TO REJOIN THE LESSON!



Kindness • Integrity • Tenacity