

Food- Eating Seasonally

Key knowledge

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:



Vocabulary

Hygiene	The practice of keeping clean to stay healthy and prevent disease
Preparation	The act of getting something ready
Safe	Providing protection from harm
Climate	The usual weather conditions in a place
Seasonal	Having to do with the seasons
Environment	Everything that surrounds a particular type of living thing and affects its growth and health
Diet	The food and drink usually eaten and drunk by a person or animal
Natural	Produced by nature
Processed	Produced by something
Nutritious	Having a large amount of vitamins, minerals or
Imported	To bring from another country
Texture	The feel or look of a surface