

Knowledge Organiser – Eating seasonally

Key facts



Fruits and vegetables are full of vitamins, minerals and fibre. The different colours give a clue to what they contain.



Blue and purple:
vitamin C and fibre.



Red: vitamin A and
vitamin C.



Green: vitamin E,
iron, B vitamins and
calcium.



Orange and yellow:
vitamin A, vitamin C
and fibre.



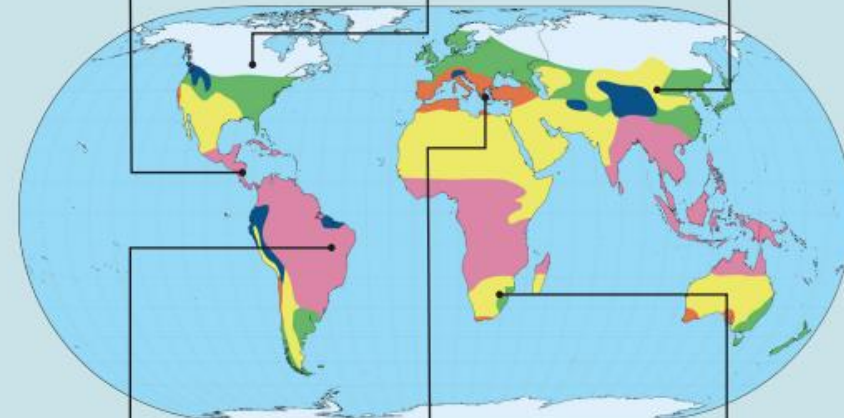
pumpkins from
Mexico



soya beans
from Canada



plums from
China



bananas from
Brazil



olives from
Greece



watermelons from
South Africa

appearance	The way something looks.
climate	The weather conditions that an area usually has.
complementary	Things that go together like colours or flavours.
design	A plan for a recipe or dish.
evaluate	To decide how good something is.
export	Food sold to another country.
import	Food bought from another country.
ingredients	Foods that a recipe is made from.
peel	To remove the skin of fruit or vegetables.
seasonal	Food that grows at a certain time of the year.
temperate	A climate with four seasons like the UK.
texture	The way food feels in your mouth.
weather	The temperature or conditions outside.



cutting



grating



spreading



taste testing



peeling