

- **Seasonal food** is food that is readily available at certain times of year in the area where you live. Seasonal food is not the same in other parts of the world.
- Food can be grown 'out of season' in greenhouses, where the climate can be controlled.
- Food that is not grown in season in Britain can be grown in other countries, and imported here.
- Some foods grown in Britain are available all year, such as corn, wheat and barley. They can be stored for a long time without going bad.

- When **fruit** is 'in season', it means that they are at their best.
- Most fruits are harvested during the summer or at the beginning of Autumn.
- Fruits can be **preserved** by being stored in huge refrigerators, as well as by making jam. The sugar keeps it fresh for a very long time.



DT: Seasonal Food



- **Meat** gives us lots of nutrients which we need to stay healthy.
- Chicken and pork are in season all year round in Britain, because they eat a type of feed that is available all year round.



- **Vegetables** should form a large part of a healthy diet. They can be eaten raw or cooked, on their own or as ingredients in a meal.



- In Britain, **pumpkins** are in season in October, November and December.



- **New potatoes** are in season in April, May and June.



- **Carrots** are in season in June, July and August.



- Lots of the **fish** we eat are caught at sea around the coast of Britain.
- Fish gives us lots of nutrients which we need to stay healthy.



Whisking puts tiny air bubbles in liquids like eggs, cream or batter, making them thicker.



Sifting powdered ingredients like icing sugar gets rid of any lumps and separates the tiny grains.



When **slicing**, make sure your fingers are well out of the way. Try to make the slices the same size.



Dicing means chopping an ingredient into cubes.

