

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.



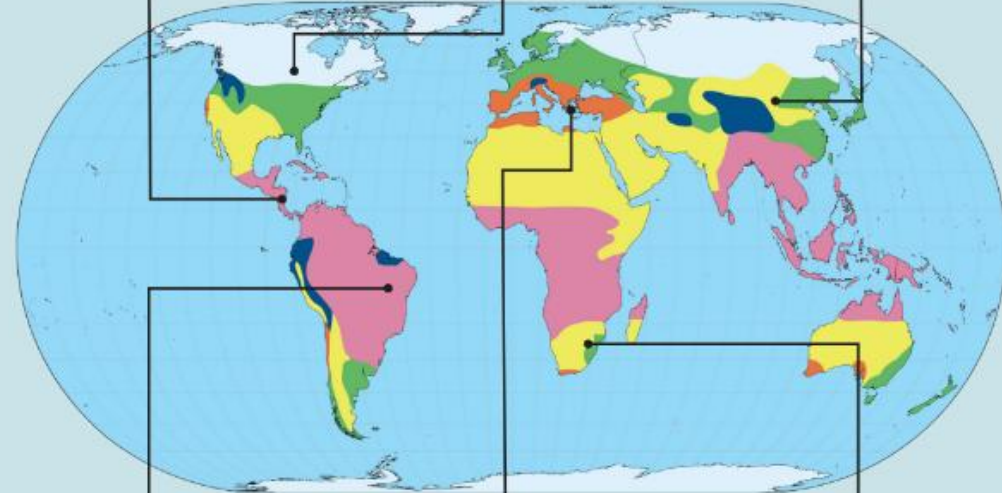
pumpkins from Mexico



soya beans from Canada



plums from China



bananas from Brazil



olives from Greece



watermelons from South Africa

DT – Eating Seasonally | Years 3 & 4 | Autumn Term 2025

Year 3/4 DT Autumn1 2025		
Seasonal Foods		
Sessions and Key Learning		
Session	Key Learning	Activity
1	<p>Food around the World</p> <p>Why do certain foods come from different places around the world?</p> <p>What is the climate like where the food is grown?</p>	<p>Discussion on physical geography.</p> <p>Using atlases to locate where different foods are grown.</p> <p>Discuss human geography and impact on environment.</p> <p>Seasonal Foods Quiz and Knowledge catcher.</p>
2	<p>Seasonal Foods</p> <p>What are the benefits of seasonal foods?</p> <p>What are food miles?</p>	<p>Recap vocabulary and knowledge from lesson 1 and anagram puzzle.</p> <p>Watch BBC Where does our food come from clip.</p> <p>Complete seasonal food wheel.</p>
3	<p>Cutting and Peeling</p> <p>How do we safely and effectively cut and peel vegetables?</p>	<p>Discuss washing and preparation techniques.</p> <p>Cutting and peeling a range of seasonal vegetables: potatoes, sweet potatoes, spring onions.</p>
4	<p>Flavour Wheel</p> <p>Can you describe the flavour?</p>	<p>Class tasting of various seasonal fruits and vegetables plus other ingredients that will be included in our recipe: cheese, tomato puree, pesto.</p>
5	<p>Making a mock up</p> <p>Why are fruits and vegetables good for us?</p>	<p>How many fruits and vegetables can you name?</p> <p>Discuss health benefits of fruit and vegetables.</p> <p>Design <u>own</u> savoury puff <u>pasty</u> tart.</p>
6	<p>Prepare and evaluate Seasonal Tarts</p> <p>What has changed?</p> <p>Have you met the brief?</p> <p>What are the flavours like?</p>	<p>Recap preparation skills including grating.</p> <p>Make savoury tarts.</p> <p>Taste and evaluate against a score card.</p> <p>Reflection and feedback to peers.</p>