



Seasons

Seasons

The year can be split into 4 different seasons.

Can you name the different seasons?

Spring

Summer

Autumn

Winter

Seasons

Which months are in **Spring?**

March

April

May

Seasons

Which months are in **Summer?**

June

July

August

Seasons

Which months are in **Autumn?**

September

October

November

Seasons

Which months are in **Winter?**

December

January

February

What foods are ready to eat in...

Spring?

Radishes

Cauliflower

Mint

Leeks



What foods are ready to eat in...

Summer?

Strawberries



Courgettes



Gooseberries



Tomatoes



What foods are ready to eat in...

Autumn?

Blackberries



Pumpkins



Beetroot



Plums



What foods are ready to eat in...

Winter?

Apples

Pears

Red cabbages

Onions



Seasons

We can still get a lot of these foods when they are not in season.



Do you know how?

Seasons

Some food can be stored until it is needed.

Apples can be kept in a cold store for several months.



Seasons

Some foods are grown in plastic tunnels or glass houses.

This means foods can be ready at different times than it would be if it was growing outdoors.



Seasons

Some foods comes from other countries.

This asparagus is from Peru. Asparagus is ready in May in the UK.

In some countries the weather and seasons are different from the UK so we can get food from these countries when we cannot get it here.





For further information, go to:
www.foodafactoflife.org.uk