

Food in Season Sheet One

Although most foods are available to eat all year round, some foods are at their best at a certain time of year. This is known as the food being in season. When a food is in season it is much easier to get hold of, may be a little bit cheaper and the quality of the food item is better too. On sheet 2 you will find pictures of fruit, vegetables, fish and meat. Cut each one out and then stick it in one of the seasons below to show when it is in season.

Autumn September, October, November

Winter December, January, February

Spring March, April, May

Summer June, July, August

Child Name

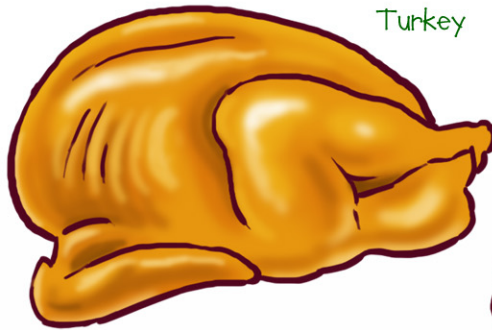
Age

Food in Season

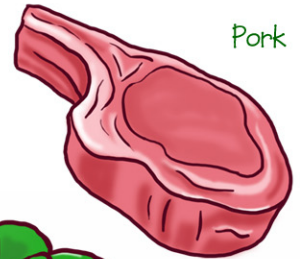
Sheet Two



Apples

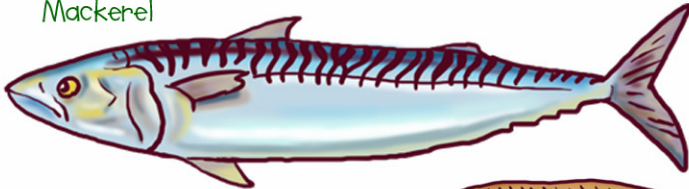


Turkey



Pork

Mackerel

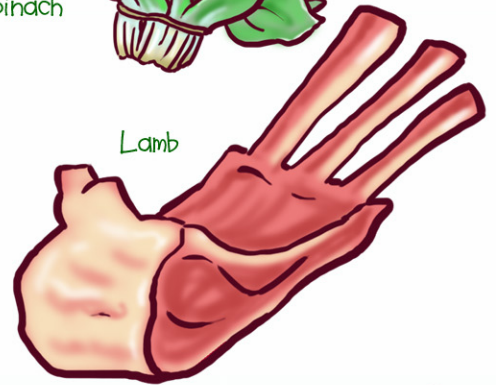
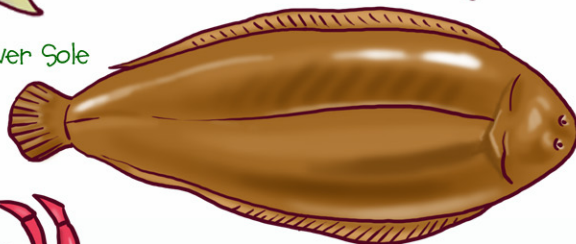


Spinach



Lamb

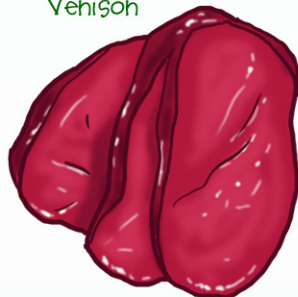
Dover Sole



Crab



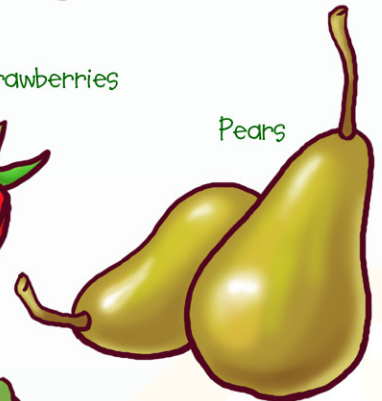
Venison



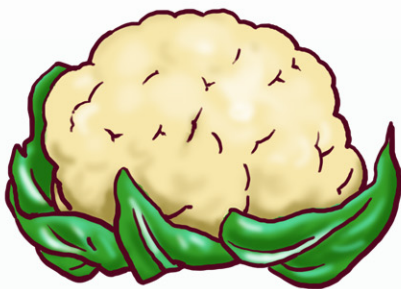
Strawberries



Pears



Cauliflower



Leeks



Pumpkin



Mussels



Rhubarb

