



# Design & Technology

## Eat the seasons - Lent 1



- 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.



**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.



- **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.

## Glossary

### Nutritional Value

The nutritional value of a food describes the amount of carbohydrates, fats, proteins and energy that can be used during digestion.

### Balanced Diet

A diet consisting of a variety of different types of food and providing adequate amounts of the nutrients necessary for good health

### Seasonal

Seasonal relates to a particular season of the year.

### Preparation

The action or process of preparing or being prepared for use

### Transported

Take or carry (people or goods) from one place to another by means of a vehicle, aircraft, or ship.

- **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.

- **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.

