

Not all fruits and vegetables can be grown in Britain. Many foods are **imported** from all across the globe. Here are some examples:



Fruits and vegetables are full of vitamins, minerals and fibre. These **nutrients** help us to grow, heal, give us energy and keep us healthy.



What I will know:

- I will understand that not all fruit and vegetables can be grown in the UK.
- I will understand that each country has its own climate and that these enable different fruit and vegetables to grow.
- I will understand the importance of hygiene and cooking safely.
- I will understand that imported food travels far away and has an impact on the environment.
- I will understand that vegetables and fruit grow in certain seasons and that in the UK we import food when it is not in season.
- I will understand what foods are currently in season and the nutritional benefits of these foods.
- I will be able to design and make a filo tart using a recipe and using seasonal vegetables.
- I will be able to describe my tart and the benefits of the ingredients.
- I will be able to prepare a kitchen to cook in and know the basic rules of food contamination.
- I will be able to use, store and clean a knife safely.

Vocabulary

Climate—The weather and temperature in each country in the world depends on which climate group that country is located. There are five climate groups—polar, temperate, dry, tropical and Mediterranean.

Dry climate—Less than 250mm of rain, fog, sleet or snow in total across a whole year.

Exported—when products or produce are sent to another country.

Imported—when products or produce are brought into a country.

Mediterranean climate—Hot, dry summers and cooler, wetter winters.

Polar climate—long periods of extreme cold weather.

Temperate climate—mild temperatures where the summers are not too hot and the winters are not too cold.

Tropical climate—High temperatures and a lot of rain. This is where you will find the world's rainforests.

Nationality—Belonging to a particular country.

Nutrients—Substances in food that all living things need to make energy, grow and develop,

Recipe—A set of instructions for making or preparing a food item or dish.

Seasonal food—Food that can be harvested and is ready to eat in a particular season.

Seasons—The seasons of the year are spring, summer, autumn and winter.

What I already know:

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.