

# Seasonal Foods



## Year 5 Autumn Term

Healthy

Nigella Lawson

Cook



Nigella Lawson was born on January 6, 1960 in Wandsworth, London, England. She is famously known for her own cooking television programme and has written many cook books. She explores new ingredients to try and suggest healthy options.

### Essential Knowledge

- that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world
- In late KS2 pupils
- that seasons may affect the food available
- how food is processed into ingredients that can be eaten or used in cooking
- Across KS2 pupils should know:
  - how to prepare and cook a variety of predominantly savoury dishes safely and hygienically including, where appropriate, the use of a heat source
  - how to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking
- that different food and drink contain different substances – nutrients, water and fibre – that are needed for health



### What I already know?

- I know where food comes from e.g. dairy farm, fields etc.
- I already know the basic principles of healthy eating e.g. I need to five fruit or vegetables a day.

### Vocabulary

Hygiene	The practice of keeping clean to stay healthy and prevent disease.
Ingredients	one of the parts of a mixture
Food groups	any group of foods organised by nutritional properties, e.g. vegetables, fruits, fats, dairy, or protein.
Seasonality	Seasonal food refers to the times of year when the harvest or the flavour of a given type food is at its peak.
Chopping	cut (something) into pieces with repeated sharp blows of an axe or knife
Peeling	remove the outer covering or skin from (a fruit or vegetable).
Dicing	cut (food or other matter) into small cubes.
Simmering	keep (food) just below boiling point when cooking or heating it.

JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE
beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, salsify, shallots, swede, turnips	brussels sprouts, cauliflower, celeriac, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, parsnips, potatoes, purple sprouting broccoli, salsify, shallots, swede, turnips	cauliflower, kale, leeks, purple sprouting broccoli, salsify, spinach, spring onions, swede	asparagus, broccoli, Jersey royal new potatoes, lettuce, purple sprouting broccoli, radishes, rocket, samphire, spinach, spring onions	asparagus, broccoli, carrots, lettuce, new potatoes, peas, radishes, rocket, samphire, spinach, spring onions	artichoke, asparagus, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, French beans, kohlrabi, lettuce, mange-tout, new potatoes, pak choy, peas, radishes, rocket, runner beans, samphire, spinach, spring onions, tomatoes, turnips
<b>SEASONAL VEG IN THE UK</b>					
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, fennel, french beans, kohlrabi, lettuce, mange-tout, marrow, mushrooms, pak choy, peas, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips	artichoke, aubergine, beetroot, broad beans, broccoli, carrots, courgettes, cucumber, fennel, French beans, kohlrabi, lettuce, mange-tout, marrow, mushrooms, pak choy, peas, peppers, potatoes, radishes, rocket, runner beans, spring onions, sweetcorn, tomatoes, turnips	artichoke, aubergine, beetroot, broccoli, carrots, celeriac, celery, courgettes, cucumber, fennel, french beans, kohlrabi, leeks, lettuce, mange-tout, marrow, mushrooms, pak choy, peppers, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, spring onions, squash, sweetcorn, tomatoes, turnips	artichoke, beetroot, broccoli, butternut squash, celeriac, celery, chicory, cucumber, fennel, french beans, kohlrabi, leeks, lettuce, marrow, mushrooms, parsnips, potatoes, potatoes, pumpkin, radishes, rocket, runner beans, salsify, shallots, swede, sweetcorn, tomatoes, turnips	artichoke, beetroot, butternut squash, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, pumpkin, salsify, shallots, swede, turnips	beetroot, brussels sprouts, cauliflower, celeriac, celery, chicory, Jerusalem artichoke, kale, kohlrabi, leeks, mushrooms, parsnips, potatoes, salsify, shallots, swede, turnips