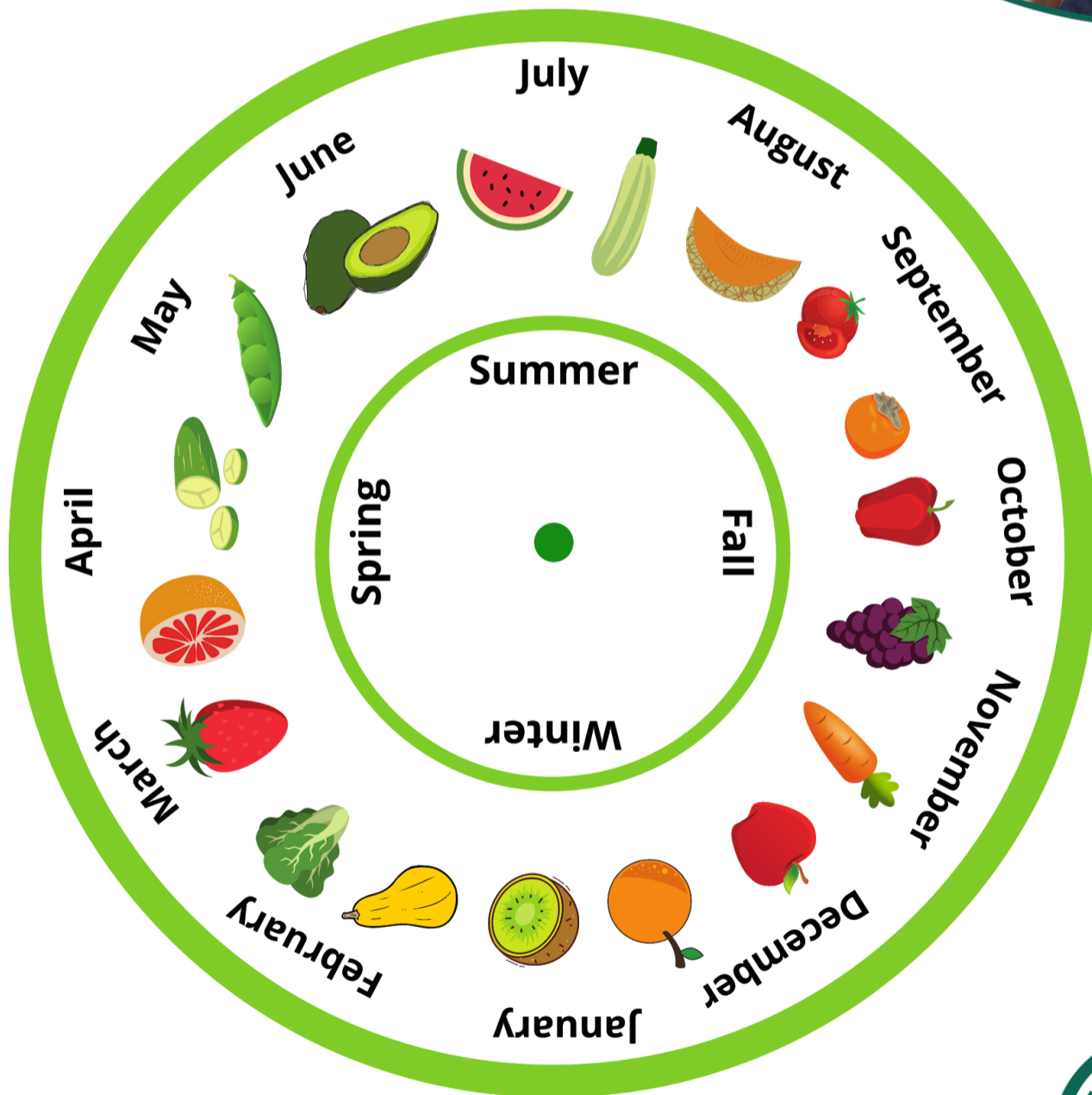


FARM2SCHOOL @HOME

Identifying Seasonal Food



A learning resource provided by:
FarmToSchoolCollective.org

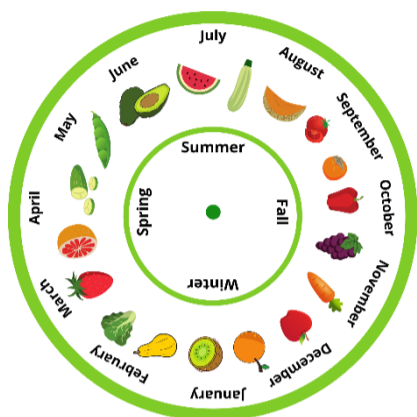




Objective

In this lesson, learners will be introduced to seasonal foods grown in San Diego County.

Materials



- Seasonal Food Circle A
- Seasonal Food Circle B
- Scissors
- Brad fastener or thumbtack
- Optional: Samples of seasonal foods

Preparation

Remove Seasonal Food Circle B by cutting on the dotted lines. Now, place the cutout on top of Seasonal Food Circle A. Fasten the two circles together with a brad fastener or thumbtack. (Circle B should be on top of Circle A.)

Steps Of The Lesson

1. Engage

Ask learners to define what it means when we say a food is “in season”. Record responses and explain *seasonal food* is when food (e.g., fruits and vegetables) is purchased and eaten around the same time the food is harvested or picked.

2. Impact of Food Miles

Ask learners where they think the food they eat is grown and how it travels to get to them. Provide a description of how food travels. Food may come from halfway around the world! When fruits and vegetables travel (e.g., by ship, plane, truck, etc.) long distances, the food must be picked before the food is ripe so that it can stay fresh during transportation. Fruits and vegetables that are picked before they are ripe lose taste and are not as nutritious.

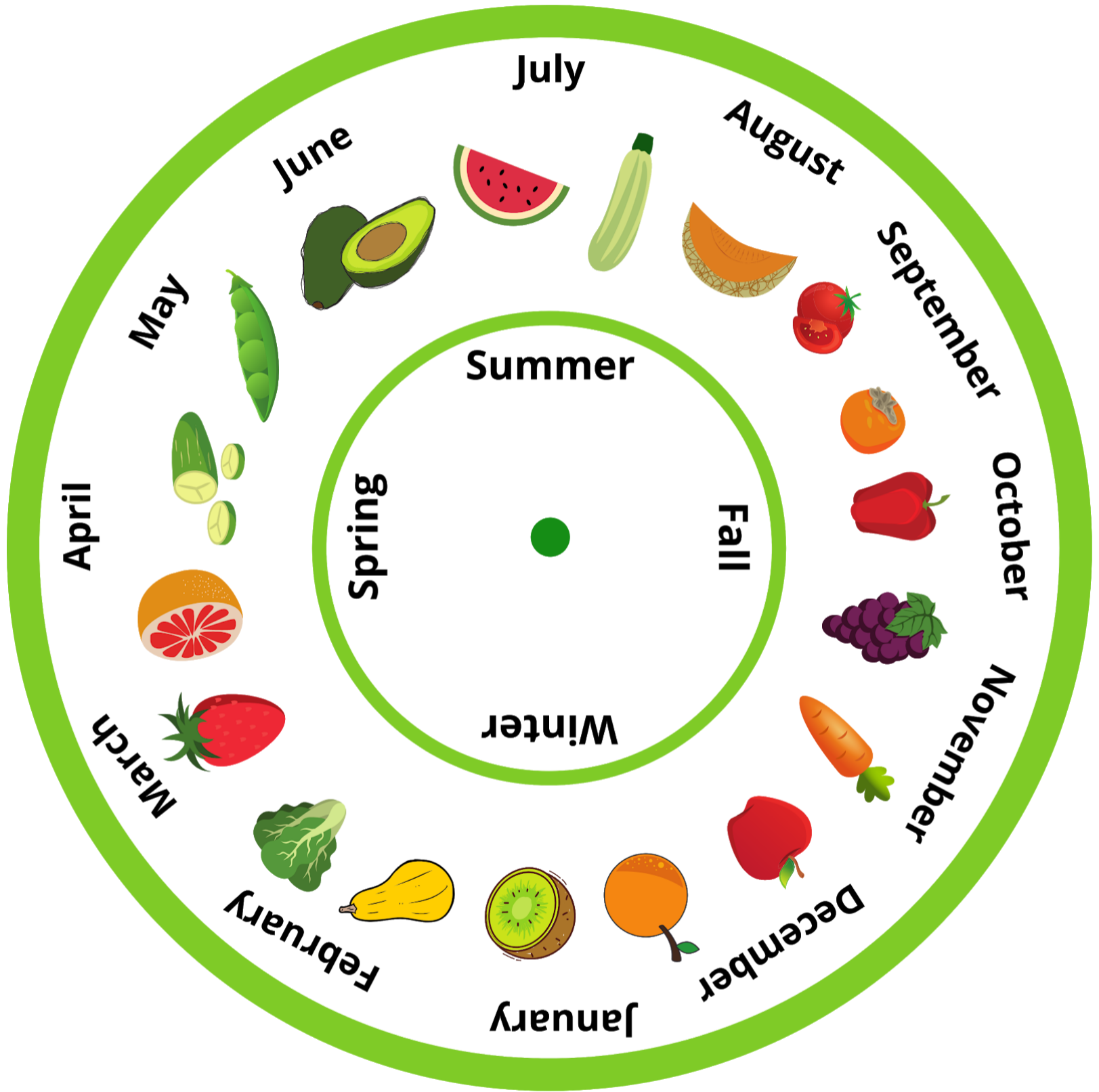
3. Locally Grown

Ask learners to discuss how they can get produce that is tasty, nutritious, and ripe. Record responses and explain fruits and vegetables grown locally in our neighborhood, city, or county will always be ripest because the food travels a short distance. Buying food grown close to home also helps to support local farmers!

4. Seasonal Food Circle

Show learners the constructed Seasonal Food Circle, and discuss how some foods are only grown during certain seasons (i.e., spring, fall, winter, and summer). Have the learner cycle through the seasons, identifying the fruits and vegetables that are grown during each season. For further discussion, ask the learner to think of a meal they enjoy that incorporates one of the seasonal fruits or vegetables.

Seasonal Food Circle A



Seasonal Food Circle B

