

Key facts



Fruits and vegetables are full of vitamins, minerals and fibre. The different colours give a clue to what they contain.



Blue and purple: vitamin C and fibre.



Red: vitamin A and vitamin C.



Green: vitamin E, iron, B vitamins and calcium.



Orange and yellow: vitamin A, vitamin C and fibre.



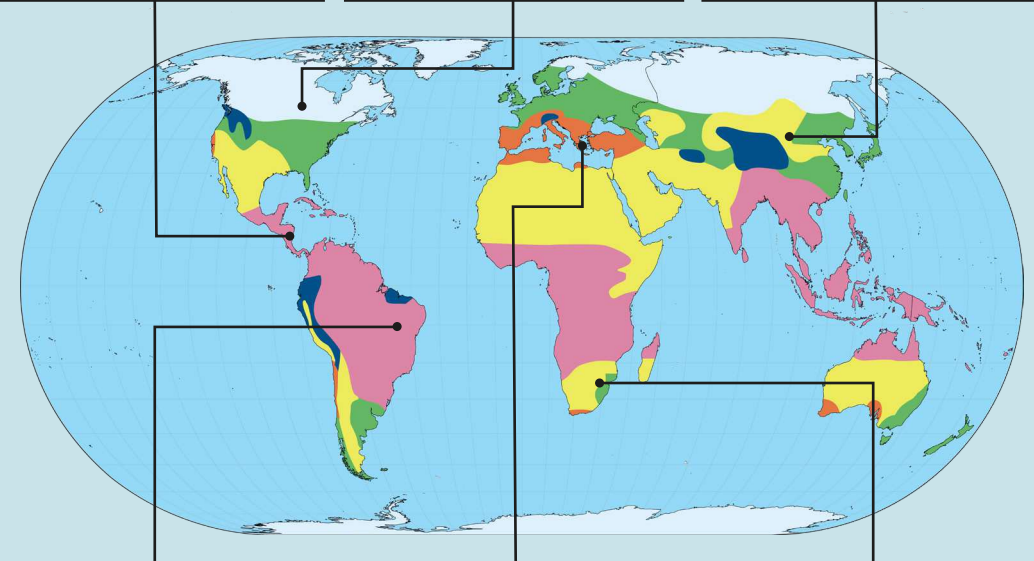
pumpkins from Mexico



soya beans from Canada



plums from China



bananas from Brazil



olives from Greece



watermelons from South Africa

D&T - Eating seasonally

appearance	The way something looks.
climate	The weather conditions that an area usually has.
complementary	Things that go together like colours or flavours.
design	A plan for a recipe or dish.
evaluate	To decide how good something is.
export	Food sold to another country.
import	Food bought from another country.
ingredients	Foods that a recipe is made from.
peel	To remove the skin of fruit or vegetables.
seasonal	Food that grows at a certain time of the year.
temperate	A climate with four seasons like the UK.
texture	The way food feels in your mouth.
weather	The temperature or conditions outside.



cutting



grating



spreading



taste testing



peeling