

Key Vocabulary:

Seasonal foods	Food that is at its best at a certain time of year. Normally when it is harvested.
Food Miles	The distance a food travels between where it is produced and where it is eaten.
Local Foods	Food that is eaten within a short distance of where it is produced
Sustainable	Meeting our needs in a way that means that future generations can meet their needs.
Carbon footprint	The amount of CO2 produced by a certain activity or production of an item.
Greenhouse gases	Gases in the Earth's atmosphere that trap heat: mainly Carbon Dioxide and water vapour.
ELDC (economically less developed country)	A country which does not have a lot of industrial activity and where people have low incomes
Ethical	Doing what you believe is the 'right' and moral thing to do.
Traditional	A custom or tradition that has been handed down from one generation to the next.
Provenance	Where and how a food has been raised, farmed or produced.

Advantages of seasonal and local food		Disadvantages of seasonal and local food	
<ol style="list-style-type: none"> 1. Harvested when at their best so they taste better. 2. Sold soon after harvesting so they are fresher. 3. They have higher nutritional values. 4. They are not transported long distances so they are cheaper. 5. They have lower food miles and therefore a smaller carbon footprint. 6. Buying them supports the local economy. 7. You will eat a variety of food across the year. 8. It is easier to find out their provenance. 		<ol style="list-style-type: none"> 1. At some times of the year there is limited choice available. 2. There are some foods that cannot be produced locally at an affordable price. 	
			
Red Tractor logo - produced in the UK	RSPCA - set Welfare standards	Geographical indicators - the food is made in a certain place or manner	The Lion mark - indicates 'safe' salmonella free UK eggs.
Spring	Summer	Autumn	Winter
Asparagus Rhubarb Artichokes Spring greens Radishes	Strawberries Raspberries Chillies Courgettes Runner/French beans	Apples Blackberries Broccoli Cauliflower Sweetcorn	Parsnips Pears Apples Brussel sprouts Cabbage