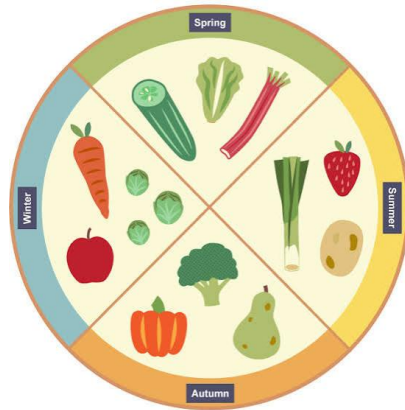




Key Knowledge

Seasonality

Different foods grow best at different times of the year. Some like to grow when the weather is cooler, like in autumn or winter. Some prefer it when the weather is warmer, like in spring or summer.



If a food is in season, this means that it has finished growing and it is now ready to harvest and eat.

Seasonal food tends to be fresher and have more flavour than food that is out of season. This is because it can be grown locally at the right time of year and therefore it doesn't need to travel too far.

Adapting Recipes

We can **adapt** a soup recipe by purposefully changing some of the ingredients to create a different dish. To do this we might consider:

- ➡ user's preference
- ➡ cost of ingredients
- ➡ seasonality
- ➡ health

evaluate



user



product



design criteria



iterative process



nutrition



Key Questions

Find out more!

What vegetables are in season and why is it good to eat them?

Click the bowl to find a soup recipe



Key Vocabulary

Meaning

seasonality	the time of year a fruit / vegetable naturally grows
healthy diet	a balanced diet which includes: proteins, carbohydrates, fats and vegetables
texture	how food feels in your mouth
flavour	the taste of food
ingredient	a food used to make a dish
simmer	to cook gently in a liquid
blend	to mix food until it become smooth
adapt	to change something to make it better
combine	to mix two or more ingredients together thoroughly

Did you know

Root vegetables are healthy, underground-growing plants that store vitamins and energy for our bodies.



Common root vegetables include potatoes, parsnips, carrots and beetroot.

There are lots of different ways to cook root vegetables including baking, roast, boiling and mashing.