

Runnymede St. Edwards School – Knowledge Organiser

Subject: DT

Unit: Seasonal Food

Year: 4

Term: Autumn 2

Britain is in the Northern hemisphere. When it is summer in Britain, it is winter in the Southern hemisphere.

Fruits such as peaches and plums are in season in Britain during the summer months.

At the same time, there are very few places in the Southern hemisphere where these fruits are in season because it is winter.

Northern hemisphere



Southern hemisphere

Benefits

We get to enjoy the food we like at any time of year

With a wide choice of food, supermarkets can attract more shoppers

Food producers in other parts of the world can sell more food to British buyers

Problems

Less money is spent by shoppers on British food that is in season

Food is transported long distances, which is bad for the environment

It's a bit boring! We eat the same food, all year round!

- Food can be grown 'out of season' in greenhouses, where the climate can be controlled
- Food that is not in season in Britain can be grown in other countries
- Food grown in other countries is imported to Britain and delivered to supermarkets

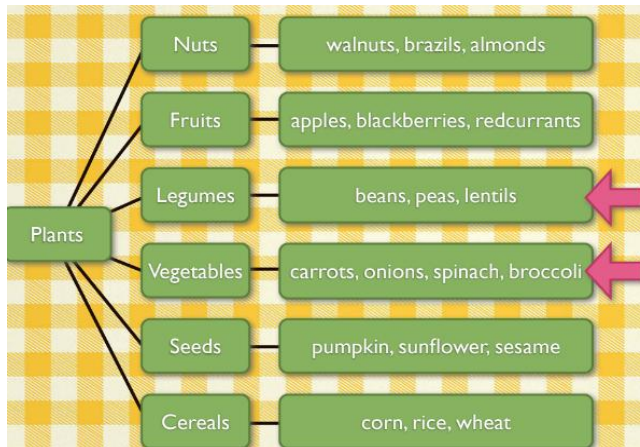


Vegetables are versatile! They can be eaten raw or cooked, on their own or as ingredients in a meal.

Mackerel contain calcium which helps strengthen our bones, and protein which helps build muscles.



They're also full of vitamins, minerals and fatty acids which keep us healthy.



When talking about the food we eat, we often refer to legumes as 'vegetables', too.

Lots of fish and seafood are available all year round thanks to tinning and freezing.

Canned fish are cooked, then covered in oil or brine (salt water) and sealed. Canned fish can stay fresh for years!

Some fish, such as tuna or halibut, may be processed and frozen before they reach land! On huge 'factory ships' the fish are prepared, boxed, frozen and stored in enormous freezers below deck.



Fruits such as apples and pears can be picked before they are ripe, and stored in huge refrigerated units like this one. Refrigerating fruit and keeping it in boxes out of the sunlight slows down the ripening process. Some fruit can be kept for months like this!

