



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 soya beans plums from from Canada Mexico China 1 4 102 . 10 000 . bananas from Brazil olives from watermelons from South Africa Greece

D&T - Eating seasonally



appearance	The way something looks.	
climate	The weather conditions that an area usually has.	cutting
complementary	Things that go together like colours or flavours.	•
design	A plan for a recipe or dish.	
evaluate	To decide how good something is.	grating
export	Food sold to another country.	
import	Food bought from another country.	1 Starts
ingredients	Foods that a recipe is made from.	spreading
peel	To remove the skin of fruit or vegetables.	
seasonal	Food that grows at a certain time of the year.	taste testing
temperate	A climate with four seasons like the UK.	(بھیار)
texture	The way food feels in your mouth.	
weather	The temperature or conditions outside.	peeling