

Foods in season(continued)

Answer the questions in detail

1. Which foods are in abundance at the moment?
2. Why should we buy foods in season?
3. Think about the eatwell plate. What proportion of the plate could the foods in season fill?
4. Using the foods in season could you design a healthy snack bar suitable for someone who is energetic, for example a footballer or someone who like to exercise at the gym. include the nutritional values. What makes it healthy?
5. **OPTIONAL** If you have permission from an adult you could make a healthy flapjack, or something which you would like to make using foods in season.
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6. Evaluate how well you feel you have done