

Why we love British Food

We should learn all about British food and why it is important we eat fresh and local produce

Where in Britain does our food come from?
What is in your local area?

Britain has a huge range of delicious food available through the seasons

What's in season?



Spring

Carrots
Cauliflowers
Cucumbers
Savoy Cabbage
Spinach
Spring Greens
Spring Onion
Watercress
Gooseberries
Rhubarb



Summer

Cauliflowers
Courgettes
Cucumber
Fresh Peas
Green Beans
Lettuce
Runner Beans
Tomatoes
Raspberries
Strawberries



Autumn

Mushrooms
Lettuce
Marrow
Potatoes
Pumpkin
Sweetcorn
Watercress
Apples
Blackberries
Pears



Winter

Sprouts
Cabbage
Cauliflower
Leeks
Parsnips
Potatoes
Swede
Turnips
Apples
Pears

Eating foods in season will be packed with the right nutrients your body needs for that season

Buying British is better for the environment, our food will have less to travel, lowering carbon footprint

Buying British supports the economy. When you shop and eat out, you get the best of British

Without sheep, cows and grains we wouldn't have a countryside

Go to www.lovebritishfood.co.uk

Follow us on     for ideas of lesson activities and educational videos throughout the year

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British
Food 