

Why we love British Food

Have fun learning all about British food and completing the activities

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

Spring
C_r_r_ts
C_u_liflo_e_s
C_e_m_ers
Savoy Ca_ba_e
Sp_n_ch
S_ring Gr_e_s

Summer
Gr_en Be_ns
Le_tu_e
Runner B_a_s
T_mat_es
Ra_pbe_ries
S_rawber_ies

Autumn
Ma_row
P_ta_oes
P_m_kin
Sw_etc_rn
W_tercr_ss
Ap_les

Winter
Le_ks
P_rsn_ps
Sp_outs
Sw_de
Tu_nips
Pea_s

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

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

Can you colour in the produce from the area?

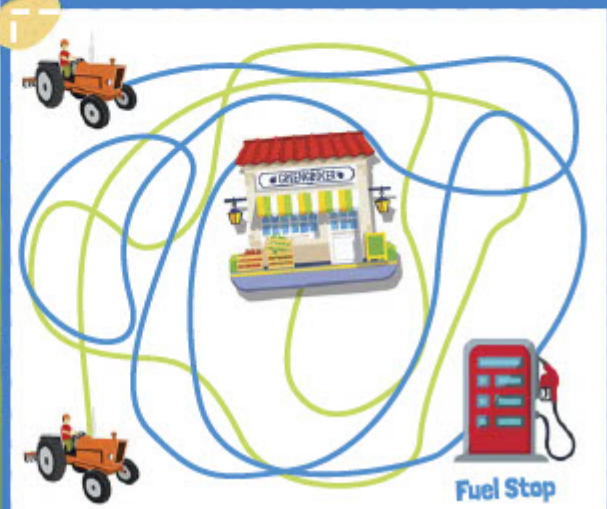
Spinach
Watercress
Cucumber
Peas
Beans
Blackberries
Pears
Leeks
Parsnips
Courgettes
Raspberries

Find the British produce in the grid

S	S	K	E	S	S	T	E	S	P	P	I	I	B
A	R	A	S	P	B	E	R	R	I	E	S	C	L
B	S	W	A	T	E	R	C	R	E	S	S	M	A
S	B	S	S	U	N	W	U	E	A	R	C	R	C
I	O	B	P	N	T	C	B	R	L	A	E	C	K
E	H	R	C	N	A	A	L	I	R	E	R	B	B
B	C	S	R	A	S	E	L	E	E	K	S	C	E
P	A	P	R	S	W	P	B	C	R	U	C	R	R
C	N	I	P	R	E	B	M	U	C	U	C	U	R
P	I	N	I	E	P	E	A	R	S	R	W	R	I
E	P	S	C	O	U	R	G	E	T	T	E	S	E
A	S	R	H	E	L	E	U	A	P	S	T	S	S
S	H	A	S	R	E	E	U	S	U	I	E	E	E
R	I	P	S	E	S	A	I	I	B	N	I	S	S

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

Which tractor has the shortest way to travel?



Name: _____ Class: _____

Go to www.lovebritishfood.co.uk
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Can you find the vegetables hidden around the page?
How many of each can you find?

Carrots
Potatoes
Tomatoes