Walk On Water

St Paul's C of E VA Primary and Nursery School

With God ALL THINGS ARE possible

Celebrating Culture and Seasonality | Year 5 | Subject: Design Technology

Eat Sustainably

You can reduce

your carbon footprint

by eating sustainably.

Although, it's great to be able to eat our favourite all year round, the modern technology that enables this consumes a lot of energy, because the process takes place in artificial conditions and needs a lot of resources like light, heat and nutrients.

Eating sustainably means eating food that's naturally in season in the U.K.

Winter— cabbage, carrots, leeks, mushrooms, onions, parsnips

Spring—asparagus, new potatoes, rhubarb, spinach and spring greens.

Summer— beans, cherries, courgettes, garlic, lettuce, strawberries.

Autumn—apples, cauliflower, potatoes, pumpkins, sweetcorn.





A Healthy Diet



A balanced diet, including appropriate amount of each of the food groups is a great way to stay healthy.

Eat 5 portions of fruit and vegetables a day because they contain **vitamins, minerals and fibre**.

Carbohydrates don't just give you energy, they also contain minerals and fibre so some in each meal.

2 or 3 portions of **protein** are needed each day to build muscles.

2 or 3 portions of **dairy products** are a great source of **protein** which is perfect for building muscles.

Eat **fats and sugars** occasionally and in small amounts. They are a source of energy and a small fat reserve is healthy. Remember to try and avoid a lot of saturated fat.



Key Vocabulary

spice	An aromatic or pungent vegetable substance used to flavour food.
herbs	Any plant with leaves, seeds, or flowers used for flavouring, food, medicine or perfume.
seasonality	The quality or fact of varying with or depending on the season or time of year.
sustainability	Avoidance of the depletion of natural resources in order to maintain an ecological balance.
appearance	The way that someone or something looks.
taste	The sensation of flavour perceived in the mouth and throat on contact with a substance.
texture	The feel, appearance, or consistency of a surface or substance.
smell	Perceive or detect the odour or scent of something.