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

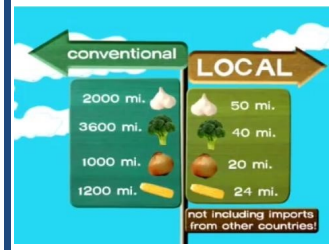
Food	Year 5 and 6	Subject: DT

A Global Diet



The seasons are different all over the globe, so food is in season at different times in different places.

Cucumbers are naturally grown in the northern hemisphere in spring, but in the southern hemisphere they're grown in October to December because that's when their spring is.



What do you think about importing food from around the world?

What are the benefits of eating locally produced food?

What are the great British classics?









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.



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.

