

# 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



Summer

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

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



Autumn



Winter

Mushrooms  
Lettuce  
Marrow  
Potatoes  
Pumpkin  
Sweetcorn  
Watercress  
Apples  
Blackberries  
Pears

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](http://www.lovebritishfood.co.uk)

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

