

Food - Eating seasonally

Climate	The weather and temperature in each country in the world, depends on which climate group that country is located. There are five climate groups: polar, temperate, dry, tropical and mediterranean.
Dry climate	Less than 250mm of rain, fog, sleet or snow in total across a whole year.
Exported	When products or produce, such as fruit and vegetables, are sent to another country.
Imported	When products or produce, such as fruit and vegetables, are brought into a country.
Mediterranean climate	Hot dry summers and cooler wetter winters.
Nationality	Belonging to a particular country (e.g. a person with Italian nationality comes from Italy).
Nutrients	Substances in food that all living things need to make energy, grow and develop.
Polar climate	Long periods of extreme cold.
Recipe	A set of instructions for making or preparing a food item or dish.
Seasonal food	Food that can be harvested and is ready to eat in a particular season.
Seasons	The seasons of the year are spring, summer, autumn and winter.
Temperate climate	Mild temperatures, where the summers are not too hot and the winters are not too cold.
Tropical climate	High temperatures and a lot of rain. This is where you will find the world's rainforests.

Fruits and vegetables are full of vitamins, minerals and fibre. These **nutrients** help us to grow, heal, give us energy and keep us healthy.



Key facts

Not all fruits and vegetables can be grown in Britain. Many foods are **imported** from all across the globe. Here are some examples:

