



# Lesson 11: Activity Worksheet

## Eating in Season

[foodliteracycenter.org/lesson11](http://foodliteracycenter.org/lesson11)

### Activity Overview

Students will learn or review the four seasons. Students will understand that different fruits and vegetables grow during four different seasons. Note to adults: If the students learn 2 fruits/veggies for each season that is a success!

### Grade Level

K - 6th grade

### Materials

- 4 Seasons Diagram print out
- Fruits and veggie pictures
- Pen or pencil for worksheet
- Scissors

### Instructions

- Adults assist students to cut out 4 Seasons Diagram.
- Adults assist students to cut out fruit and veggie pictures.
- Place the 4 Seasons Diagram on a table for kids to see.
- Teach or review the seasons with students. Let student(s) point out and say each season.
  - In winter, it snows.
  - In spring, it rains, warms up and flowers grow.
  - In summer, it is hot and sunny.
  - In the fall, leaves change colors and the weather becomes cool.
- Have students match pictures of fruits and vegetables to seasons on the 4 Seasons Diagram. Use the answer key to help. Give the kids clues using the questions below to help them guess:
  - When do we eat watermelon at picnics? [During summer!]
  - When do we make jack-o-lanterns? [Halloween, which is in fall.]
  - When do you eat apple pie? [Thanksgiving, which is in the fall.]
  - When do we eat cherries? [They don't like it too hot, but they also don't like the cold weather. Spring!]

### Discussion Questions

- Who here has eaten a tomato during the summer? What did it taste like? Have you ever had a tomato in winter? Did it taste the same or different? Tomatoes love the heat!
- In summer, tomatoes grow in Sacramento. We're called "Sacratomato" because tomatoes love our hot summers! Some of the best-tasting tomatoes grow right here in our summer.
- What are your favorite fruits/vegetables to eat during the summer? [peaches, watermelon] What about spring? [cherries, blueberries]
- Why might it taste better to eat foods that are 'in season'? [They can be picked when they are really ripe.]

#### 4 Seasons Worksheet Answer Key:

Fall - pumpkin, apple, Winter - lemon, orange, Spring - cherry, strawberry, Summer - watermelon, tomato



# K - 6th Grade Activity

## Eating In Season: 4 Seasons Diagram

### SPRING

March, April, May

### WINTER

December  
January  
February

### SUMMER

June  
July  
August

### FALL

September, October, November

