



Lesson 11 Eating in Season

Recipe: Veggie Fresh Rolls foodliteracycenter.org/lesson11

Review Lesson 10

foodliteracycenter.org/lesson10

- Is food waste good for the earth? [no]
- What is a great way to reduce food waste & save money? [eating the whole vegetable]
- What is an example of unusual plant parts you can eat? [broccoli stem, zucchini flower, carrot top]

Lesson Overview

Students will learn or review the four seasons. Students will understand that different fruits and vegetables grow during four different seasons. They will learn that eating in season tastes better and can cost less.

Talking Points

- Different fruits and vegetables grow at different times of the year. We break the year into 4 parts, or seasons.
- What season are we in right now? How do you know? (provide clues: hot, cold, rainy, flowers blooming, etc.) What are the other three seasons?
- Many fruits and vegetables prefer to grow during only one season. For example, what time of year do you remember eating peaches? Is it hot outside when peaches grow? Peaches grow in summer. That means peaches are “in season” in summer.
- When we eat in season, our fruits and vegetables taste better, because they are picked fresh and very ripe.
- Also, fruits and veggies that are “in season” are also cheaper, because the farm plants are very full with lots of ripe fruits and veggies.

Activity Overview

- Teachers/Adults: Download and print the [Eating In Season Activity Worksheet](#).
- Prepare the poster board and students prepare cutouts.

Recipe Overview

Students will be chopping ingredients for Veggie Fresh Rolls. Instructor (or ask student) to demonstrate how to roll veggies in rice paper. Follow along with our [video lesson](#), too. Students should do as much prep as possible, including chopping and measuring.

Discussion & Wrap Up Questions

- What is your favorite season for fruits and vegetables?
- Why should we eat “in season” when we can?
- How were you a Food Adventurer today?

Vocabulary Words

Seasons "In Season" Fresh Zest Mince