

Sustainable healthy diets are good for the planet and human health. They should balance nutrition, environmental sustainability and socio-economic factors, e.g. affordability.

Food can be grown, reared, or caught, and processed in several ways to improve quality, shelf-life, safety, environmental impact and nutritional value.

Buying and eating food that is in season can mean it is fresher and has a better flavour, texture and colour. It may also be lower in cost, support local growers and reduce environmental impact.

Food choice can be affected by social, health, economic, ethical, religious, and personal factors, plus food provenance and availability.

Food production can be influenced by geography, climate, seasonality, cost, technology, and consumer demand.

Sustainable healthy diets are good for the planet and human health. They should balance nutrition and environmental sustainability with socio-economic factors, e.g. affordability, accessibility and cultural acceptability.

14-16 Years

Climate change can cause extreme or unusual weather, which can affect food production and impact on national and global food security.

Geography, seasonality, weather and climate influence food availability, e.g. parts of the UK have terrain and weather that make them ideal for livestock production; other parts are better suited for growing crops.

Climate change can negatively affect local and global food production and can impact the availability of accessible, safe, affordable and nutritious food.

Sustainable, healthy food is good for the planet and our health.

Some foods have labels that tell us more about how they were grown or reared, e.g. the Red Tractor logo.



11-14 Years

There are advantages to buying food locally and in season in the UK, e.g. environmental.

Sustainable food is good for the planet and for us.

Fruits and vegetables naturally grow in cycles and ripen during a certain season each year. Some meat and fish can also be seasonal.

Food is sourced, processed and sold in different ways, helping to ensure it is edible and safe to eat.

There are a number of different stages in producing and processing food, e.g. flour is made from wheat.



7-11 Years

About half of the food we eat is farmed and produced in the UK.

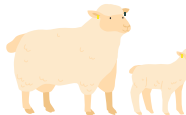
Some food is grown and produced locally to where we live.

Food is produced all around the world, including the UK.

Food is produced and processed in different ways.

Different types of food are grown, reared or caught. Some come into season at different times of year, due to factors such as weather and temperature.

Eating foods that are in season in the UK and produced locally can have benefits for the planet, e.g. reduced food miles.



Food is from a plant or an animal.

5-7 Years

Some foods are seasonal. This means they are ready to eat at different times of year, e.g. strawberries in the summer.

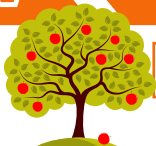
Food has to be grown, reared or caught.

All food comes from plants or animals.

Some foods can be good for us and the planet.

Different fruits and vegetables are ready to eat at different times of the year.

Food comes from different places.



Click on a Key fact or age phase to learn more!

