



Smart Seasonal Map

OBJECTIVE

Understand the importance of **food seasonality** for **health**, the **environment** and the **local economy**, learning to plan more sustainable and conscious meals.

YOUR MISSION

Explore one month of the year and discover how **the season influences what you eat**.

Step 1 – Choose the month

- Chosen month: _____

Step 2 - Seasonal Foods

List typical foods of this time:

- Fruits (3):

1. _____
2. _____
3. _____

- Vegetables (3):

1. _____
2. _____
3. _____

Step 3 – Build the meal

Create a **complete meal** using only seasonal ingredients:

- Meal: _____
(includes, if possible, vegetables, cereal/pulses and healthy fat)



Step 4 – Verify the source

When you go shopping, confirm:

- Is the food **local or national**? ☐ Yes ☐ No
- Did any come from very far away? Which one? _____

Step 5 – Share and explain

Share this meal with someone (family or friend) and explain:

- Why is this meal **more sustainable**?

FINAL REFLECTION

Found it easy to plan a seasonal meal?

What would you change if you ate more often according to the season?

FOODWISELAB TIP

Eating seasonal foods means **more flavour, less transportation, less environmental impact**, and support for **local production**.