



## From Season to Plate: Local and Seasonal Menu

### OBJECTIVE

Understand the importance of **seasonality** and **local production** in food, recognizing its benefits for sustainability, health and support for the **local economy**.

### YOUR MISSION

Do some **research** on the **fruits and vegetables** in your **region** throughout the **four seasons of the year**.

Then, create a **seasonal and local menu**, using only foods from your region and season.

### Step 1 - Seasonal Search

Identify some examples of fruits and vegetables from your region in each season.

| Station | Fruits and vegetables in the region |
|---------|-------------------------------------|
| Spring  |                                     |
| Summer  |                                     |
| Autumn  |                                     |
|         |                                     |

### Step 2 — Create your menu

Build a simple menu based on seasonality, for example:

- **Fall:** kale soup + roasted apple
- **Summer:** tomato and peach salad



### MY SEASONAL AND LOCAL MENU:

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### Step 3 — Introduce and explain

Introduce your menu to the class and explain:

1. How it is more sustainable

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2. How it promotes healthy eating

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3. How it supports local production

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### FINAL REFLECTION

Answer individually:

**If you had to choose only foods from your region for a month, what would you change in your diet?**

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### FOODWISELAB TIP

**Seasonal and locally produced** foods tend to need less transport and conservation, maintain their flavour better and help to enhance the territory.