

Answers

Task 2.

1.d, 2.e, 3.a, 4.b, 5.c

Task 3.

1. Eating seasonally means choosing fruits and vegetables that grow naturally during a specific time of the year. These foods are harvested at their peak, making them fresher, tastier, and more nutritious.
2. Eating seasonally helps the environment by reducing the need to ship food over long distances. This means less fuel is used, fewer preservatives and packaging are needed, and the carbon footprint is smaller.
3. Buying seasonal food supports local farmers by helping them stay in business. It keeps money in the local economy and builds a stronger connection between consumers and local food producers.
4. Seasonal foods are often fresher and contain more nutrients because they are picked at the right time. Eating with the seasons also gives your body a variety of nutrients throughout the year and encourages healthy, varied meals.

Task 5.

Season: Autumn

Course	Dish Name	Ingredients Used	Why is it Sustainable?
Starter	Creamy Pumpkin Soup	Pumpkin, carrots, onions, garlic, parsley, vegetable stock, sunflower oil, salt, pepper	All ingredients are harvested locally in autumn. Pumpkin is in peak season, and no energy-intensive imports are used.
Main Dish	Buckwheat with Mushroom Ragout	Buckwheat, wild mushrooms (like chanterelles or porcini), onions, carrots, dill, butter, salt	Mushrooms and root vegetables are typical autumn ingredients. Buckwheat is a local, low-impact grain. This dish avoids imported rice or exotic spices.
Dessert	Baked Apples with Honey and Nuts	Local apples, walnuts or hazelnuts, honey, cinnamon	Apples are in season, and honey and nuts are local products. No exotic fruits or sugar are needed.

