



TASK 1. Show pictures of fruits and vegetables and then ask: which of this grow in spring, summer, autumn, or winter in your country? Students work in pairs and discuss what these usually eat in each season.

(CLIL Lesson Plan –National Cuisine. Seasonal Ingredients in Sustainable Cooking)

Season	Examples of Local, Seasonal Ingredients
Spring	Sorrel, radishes, green onions, spinach, dill, eggs
Summer	Tomatoes, cucumbers, zucchini, eggplants, cherries, berries
Autumn	Pumpkin, cabbage, apples, plums, carrots, mushrooms
Winter	Potatoes, beets, onions, garlic, sauerkraut, beans

