



## Task 2. Read the text and complete the tasks:

(CLIL Lesson Plan - From Farm to Table: Local Seasonal Products)

1. Read the text 'When Are Foods in Season?' and circle T (True) or F (False).

1. Foods grow best at the same time all year. T / F
2. Autumn and winter are cooler seasons. T / F
3. Seasonal food is usually fresher and more flavourful. T / F
4. All seasonal food must come from other countries. T / F

2. Find the words in the text that mean:

1. To pick crops when they are ready - h\_\_\_\_\_
2. The natural time of year for food to grow - s\_\_\_\_\_
3. The opposite of far - n\_\_\_\_
4. A word that means "tastes better" - f\_\_\_\_\_

### When Are Foods in Season?

There are four seasons in a year in Lithuania, Latvia, Estonia, and Ukraine:

🌸 Spring: March, April, May

☉ Summer: June, July, August

🍂 Autumn: September, October, November

❄️ Winter: December, January, February.

Seasonality refers to the times of year when certain foods — especially fruits and vegetables — are ripe, ready to harvest, and best to eat.

Different foods grow best in different conditions. Some prefer cooler weather, so they grow in autumn or winter. Others prefer warmer temperatures and grow in spring or summer.

If a food is in season, that means it has finished growing and is now ready to harvest and eat. Seasonal food is often: fresher, more flavourful, locally grown, so it travels a shorter distance to your plate. This helps reduce food transport and supports local farmers — it's better for both your taste and the environment!

3. Discuss in pairs or small groups.

- What foods grow in your country in spring? In autumn?
- Do you or your family eat seasonally? Why or why not?
- What do you eat that comes from a garden or a farm?
- Why might it be better to eat local food instead of imported food?

