



TASK 3. Read the text and answer the questions below in full sentences.

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

Why Eating Seasonally Matters

Eating seasonally means choosing fruits and vegetables that grow naturally during a specific time of the year. These foods are fresher, tastier, and more nutritious because they are harvested at their peak. For example, strawberries picked in summer are sweeter and have more vitamins than those grown out of season.

Seasonal produce also costs less because it is more abundant and doesn't need to travel long distances. This not only saves money but also reduces the carbon footprint, helping the environment. When food is shipped from far away, it often needs preservatives and extra packaging. Eating locally and seasonally means less packaging, fewer chemicals, and better food quality.

Buying local seasonal food supports farmers in your area and keeps money in the local economy. It helps small farms stay in business and creates a stronger connection between consumers and producers.

There are three types of seasonal food: In season: food that is available now, but not always grown naturally.

Produced in season: food grown in its natural time without using a lot of energy (like heating or artificial light). Local seasonal food that is grown nearby, in season, and with low energy use.

Eating with the seasons adds variety to your meals and helps your body get different nutrients throughout the year. It also encourages you to try new recipes and enjoy the natural rhythm of nature.

What does it mean to eat seasonally?

Why is it good for the environment?

How does it help local farmers?

What are the health benefits?

