



**TASK 5. Seasonal menu challenge. Choose one season: spring, summer, autumn, or winter. Plan a 3-course menu using only seasonal and local ingredients. Avoid imported ingredients (e.g., tropical fruits in winter). Write down the dish names and list the ingredients you used. Explain why your menu is sustainable.**

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

Season: \_\_\_\_\_

Course	Dish Name	Ingredients Used	Why is it Sustainable?
Starter			
Main Dish			
Dessert			

