

# Seasonal Recipe Planner



**Ages 10 - 14**

## Lesson Overview:

Produce (fresh fruits and vegetables) is available year-round in grocery stores. However, choosing in-season regional produce has a variety of benefits for the consumer, local farmers, and the climate. Seasonal produce extends its availability in the form of frozen and canned foods. This lesson will allow students to explore local produce and its' availability by creating a sample menu plan for each of the four seasons.

## Learning Outcomes:

Students will:

- acknowledge that produce grows seasonally and is available in canned and frozen foods
- be able to design a meal plan that embraces seasonal foods
- be able to defend the importance seasonal foods for the consumer, local farmers, and the climate

## Materials:

- Computer
- Projector
- Printed copies of the 'Seasonal Recipe Planner'
- Printed copies of 'Sobeys Seasonal Produce' document

## LESSON

### Activating Discussion:

- How do grocery stores have fresh produce in the winter?
- How do you know if a certain product is 'in-season' or not?
- How do we include more seasonal foods in our diets?
- Are all foods seasonal?

### Learning Plan:

1. "Why choose in-season produce?". Create a list of the benefits of choosing a diet that includes seasonal produce.
  - Cheaper price as supply is increased
  - Fresher, tastes better

- Support local farmers  $\neq$  support local economy
- Reduces carbon footprint and 'food miles'
- Gardening provides an opportunity for physical exercise and a connection to nature.

2. Show the following video titled 'In Season' (2:05) published by Nourish Life:

[https://www.youtube.com/watch?v=4Km\\_IL6rb2Q](https://www.youtube.com/watch?v=4Km_IL6rb2Q)

3. Show the following video titled 'Eat Well Plate: Family Meal' (0:52) published by Healthy Canadians: [https://www.youtube.com/watch?v=8uc\\_64vFGn8](https://www.youtube.com/watch?v=8uc_64vFGn8)

### **Activity:**

Have students complete the "Seasonal Recipe Planner" template. Students complete this assignment by finding recipes that use seasonal vegetables.

To complete this, students need to:

- a. Follow a seasonal food guide to learn about what fruits and vegetables are in season, like the Sobeys Seasonal Produce Availability guides.
- b. Design a breakfast, lunch, and supper for each season that uses at least two seasonal fruit and/or vegetables.
- c. Draw the meal and label all the food parts. Students are to underline all the seasonal fruits and vegetables are represented in the meal.

Meals should resemble Canada's Eat-Well Plate, where half of the plate/meal is fruit and vegetables, a quarter is whole grains, and the final quarter is protein foods. Students should consider 'combination foods', like a stir-fry, a sandwich, or a porridge, instead of stand-alone foods.

Tip: Providing an example of the process may help them understanding how to complete the process.

### **Appendices:**

- Appendix 1 – Seasonal Recipe Planner
- Appendix 2 – Seasonal Produce Atlantic Canada
- Appendix 3 – Seasonal Produce Ontario
- Appendix 4 – Seasonal Produce Western Provinces