

Seasonality	Food is ready to harvest and best to eat at certain times of the year.
Climate	The usual weather in a place that affects what grows there.
Hygiene	Keeping hands, surfaces, and food clean to stay safe.
Balanced diet	Eating a mix of foods from all food groups to stay healthy.
Food mile	Distance food travels from farm to plate.

- What does balanced diet mean, and why is it important?
- What is seasonality, and can you name a fruit or vegetable that is in season now?
- How does climate affect where fruits and vegetables grow?
- Why is hygiene important when preparing food?
- How can you stay safe when using a knife or other sharp tools to cut fruit and vegetables?

