

SECTION 6 - 5-A-DAY

Activity Sheet 5—Seasonal vegetables

Most vegetables are available all year round. However, buying seasonal vegetables is often much cheaper and likely to provide maximum nutrients and flavour. Sort the vegetables below into the correct season as to when they grow in the UK.

<u>SPRING</u>	<u>SUMMER</u>
<u>AUTUMN</u>	<u>WINTER</u>

Brussels Sprouts	Peas	Green beans
Tomatoes	Onions	Leeks
Asparagus	Courgettes	Carrots
Beetroot	Green cabbage	Cauliflower

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ANSWERS—Activity Sheet 5

Most vegetables are available all year round. However, buying seasonal vegetables is often much cheaper and likely to provide maximum nutrients and flavour. Sort the vegetables below into the correct season as to when they grow in the UK.

<u>SPRING</u> Leeks Asparagus Carrots	<u>SUMMER</u> Green beans Peas Courgettes
<u>AUTUMN</u> Tomatoes Cauliflower Beetroot	<u>WINTER</u> Brussels Sprouts Green cabbage Onions

Brussels Sprouts	Peas	Green beans
Tomatoes	Onions	Leeks
Asparagus	Courgettes	Carrots
Beetroot	Green cabbage	Cauliflower