

Year 3 Knowledge Organiser – Eating Seasonally



Fruits and vegetables are full of vitamins, minerals and fibre. The different colours give a clue to what they contain.



Blue and purple: vitamin C and fibre.



Green: vitamin E, iron, B vitamins and calcium.



Red: vitamin A and vitamin C.



Orange and yellow: vitamin A, vitamin C and fibre.

Key Vocabulary:

- Appearance** - The way something looks.
- Climate** - The weather conditions that an area usually has.
- Complementary** - Things that go together like colours or flavours.
- Design** - A plan for a recipe or dish.
- Evaluate** - To decide how good something is.
- Export** - Food sold to another country.
- Import** - Food bought from another country.
- Ingredients** - Foods that a recipe is made from.
- Peel** - To remove the skin of fruit or vegetables.
- Seasonal** - Food that grows at a certain time of the year.
- Temperate** - A climate with four seasons like the UK.
- Texture** - The way food feels in your mouth.
- Weather** - The temperature or conditions outside.

