

Year 3 Design & Technology

Cooking and Nutrition



D&T - Eating seasonally

Key facts



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.









Red: vitamin A and vitamin C.



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



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

 pumpkins from Mexico	 soya beans from Canada	 plums from China
 bananas from Brazil	 olives from Greece	 watermelons from South Africa