

Eating in Season

Guide for Parents

Each fruit and vegetable has a season, and that is for a good reason! Each type of plant needs specific weather to grow and become ripe (ripe means that it is ready to eat).

When you eat food in the wrong season:

Farmers need to use chemicals and pesticides to help the plant grow. This can cause pollution, which makes the air and water dirty, and hurts people, animals, and helpful insects like bees. It can also make the food taste bland.

Food eaten in the wrong season is likely grown far away. It travels many miles by truck or train, which uses a lot of fuel. Burning fuel causes pollution, making our planet hotter and causing wildfires and storms.

When you eat food in the right season:

The farmers won't need to use many chemicals, because the plants already have the perfect temperature, water, and sunlight to grow! The food will taste more delicious and have more vitamins to make you strong.

Food eaten in the right season was probably grown near you. It does not travel far from the farm to your plate. This uses less energy and causes less pollution!

Winter foods



The Vitamin C in **oranges** helps your body stay healthy, so you can build a snowman.



The calcium in **broccoli** makes you strong, so you can ski all day long.



It's hard to enjoy the winter weather with a tummy ache. **Artichokes** help your stomach work well so you can play in the snow.



The sweet **kiwi** keeps your heart strong and your blood pumping, which helps you stay warm in the cold.

Spring foods



Cherries have potassium, which strengthens your muscles so that you can climb trees!



Carrots make a fun crunching sound as you eat them. They also help your eyes to see so you can catch a ball.



Asparagus is full of Vitamin K, which helps you heal if you get hurt at the playground.



Juicy **strawberries** help your body fight off germs, so you can play with your friends.

Summer foods



Watermelons are full of water and nutrients to keep you refreshed on hot days.



Peaches strengthen your eyesight so you can hunt for shells at the beach.



Eggplants will give you more brainpower, so you can remember your ABCs and 123s.



Tomatoes will make your heart strong, so you'll have lots of energy to go swimming.

Autumn foods



Eating a **pear** will give you healthy teeth, so you can smile big for pictures!



The Vitamin A in **pumpkins** helps you stay healthy, so you'll be able to go for a hike.



Chestnuts give you a boost of energy to splash outside on rainy days.



Mushrooms help you grow healthy bones, so you can jump in piles of autumn leaves.

5 ways to make eating in season fun:

- 1. Plant a garden** in your yard or in containers. Kids are more willing to eat veggies if they helped grow them!
- 2. Visit your local farmer's market.** It's a great way to learn where food comes from and what foods are in season.
- 3. Jazz them up!** Use cookie cutters to cut fruit and vegetables into fun shapes. Or, when you include them in a meal, ask your child to name the colors and guess the ingredients.
- 4. Use your freezer.** Homemade smoothies, popsicles, and frozen fruits are delicious treats.
- 5. Find a good hiding spot.** You can sneak fruits or veggies in your child's favorite meals. Add blended veggies into pasta sauce or use cauliflower as "rice." The possibilities are endless!

Spanish: Para leer esta hoja informativa en español, vaya a:

French: Pour lire cette fiche d'information en français, rendez-vous sur:

For additional info for parents and educators, go to:

<https://adventerragamesUSA.com/Guides-for-Parents/Eating-in-Season/>

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10 Putnam St., Suite 2, Boston, MA 02128
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