

**Why not try encouraging your child to think about when British fruit is in season?**

- Ask your child to think about fruit that grows in this country.
- Make a list of their answers.
- Go through the list of UK grown fruit and discuss with your child when they think the fruit is ready to eat, or 'in season'
- Research using websites / gardening books etc to find out when the fruit is in season
- Divide a paper plate (or draw a circle on a piece of paper). Label each section into the four different seasons e.g. spring, summer, autumn, winter.

Ask your child to draw or cut out photos of the fruit and place them in the right season section on the calendar to create their own harvest calendar

