

Name: _____

Season Your Food

Directions: Read the article “To Everything There Is a Season” (page 22). Then use almanacs, reference books, or the Internet as needed to help you answer the questions below.

Part 1

1. What was the last fresh fruit or vegetable you had? (Frozen and canned don't count.)

2. When is its normal growing season?

3. How far do you think it traveled between the farm and your plate?

4. How flavorful and fresh did it taste?

5. After reading the article, do you think it is more important to try to eat seasonally, or to have any fruit or vegetable you want when you want it? Why?

Part 2

What is one thing you can do to promote seasonal eating? Think about your own eating habits and those of your family, your school, and your community.
