

## SMART CONSUMER LAB REPORT: *Choosing Seasonal Foods*

When life gives you *apples....?*

\*Instructions: Use the course website (UNIT 3 content), to help you complete this Lab report.

### DUE WEDNESDAY NOV 12.

1. Go to the course website and find the beginning of Unit 3. Click on “Benefits of Eating In-Season”, and read the article, noting the important points.

ANSWER QUESTION:

*Explain why you think many people DO NOT choose seasonal foods?*

2. Click on the “Harvest Ontario” link, and check out when foods are in-season.

ANSWER QUESTION:

*List 3 items that are currently in-season in our area.*

3. Using the information from the article and the [Harvest Ontario website](#), *write a 200 word paragraph on the benefits of choosing seasonal foods on your health, wallet and the environment.*

See next page for tips to consider for writing...

Some things to consider for your response:

- Cost of in-season vs. off-season (**Google it!**)
- Availability of produce year-round – ex. How is it we can get strawberries in December? What are the pros and cons of this?
- Freshness & quality (in-season, vs. off-season)
- The impact of shipping produce internationally

4. Look up recipes for **two meals** that would be a smart choice for **November/December** based on the availability of local produce.

*Describe the two recipes in your own words.*

5. Look up recipes for **two meals** that would be a smart choice for **June/July** based on the availability of local produce. *Describe the two recipes in your own words.*

All answers should be typed and submitted on the due date.

Please make sure your name is on your submission.

*We will be completing a Seasonal Foods Lab MONDAY NOV 10 using apples!*