Seasonal eating - should our diet be adopted to different seasons?

Term	Definition	Example Sentence
cultivation (noun)	the process of preparing and tending to land or crops for the purpose of growing plants	*The cultivation of corn involves planting, watering, and fertilizing the seeds.*
chronic (adjective)	persisting for a long time or constantly recurring	*He suffers from chronic back pain that never seems to go away.*
greenhouse gases (noun)	gases that trap heat in the Earth's atmosphere and contribute to the greenhouse effect, such as carbon dioxide and methane	*Burning fossil fuels releases greenhouse gases into the air.*
agricultural (adjective)	related to farming or the cultivation of land	*The agricultural industry plays a vital role in providing food for the population.*
harvest (noun)	the process of gathering ripe crops or fruits from the fields	*Farmers work hard during the harvest season to collect their crops before the weather changes.*

Seasonal eating - should our diet be adopted to different seasons?

Seasonal eating is the practice of eating foods that are naturally grown and harvested during a specific time of year when they are at their freshest and tastiest. When we eat foods that are in season, we are getting the most nutrients and vitamins because they are picked at the peak of their cultivation season. These fresh fruits and vegetables contain the most vitamins, nutrients, and antioxidants because they were grown in the best conditions and at the right temperature. Eating a variety of fruits and vegetables is important for our health because it can decrease the risk of developing chronic diseases like diabetes, heart disease, and some forms of cancer. Plus, eating a wider variety of fresh fruits and vegetables can improve our immunity by including a greater number of vitamins and minerals.

Eating seasonally is not only good for our health, but it also has benefits for the environment. When we buy foods that are in season and locally grown, we are supporting local farmers and our community's economy. It also reduces the amount of packaging required and the greenhouse gases generated from transporting food long distances. By eating seasonally, we can reduce our carbon pollution by as much as one tonne each year. Locally sourced seasonal food often has more flavour and is healthier because it is left on the plant for longer, allowing it to absorb more nutrients. Plus, it's a great way to connect with nature and establish a thankful relationship with the Earth.

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To eat seasonally, it's important to know what fruits and vegetables are in season in your area. You can find a seasonal calendar from your state's agricultural department or extension office. Visiting a local farmers market or farm stand is a great way to find seasonal foods. Farmers markets can be found year-round in most places, and they are a great place to learn about the seasonality of different foods. Another option is to join a Community Supported Agriculture (CSA) program, where you can subscribe to the harvest of a certain farm or group of farms. CSA shares include a variety of seasonal produce and can be picked up at a drop-off site. By eating seasonally, we can enjoy the freshest and most nutritious foods while supporting our local farmers and taking care of the environment.

Reading Summary

- Seasonal eating is the practice of eating foods that are naturally grown and harvested during a specific time of year when they are at their freshest and tastiest.
- Eating seasonally can provide us with the most nutrients and vitamins because the food is picked at its peak.
- Eating seasonally benefits both our health and the environment by supporting local farmers, reducing packaging waste, and decreasing carbon pollution.

Multiple Choice Questions

Question #1	Question #2	Question #3
According to the text, what is one benefit of eating foods that are in season?	How can someone find out what fruits and vegetables are in season in their area?	What is the main idea of this passage?
A. Eating seasonal foods can decrease the risk of developing chronic diseases. B. Eating seasonal foods can improve our immunity. C. Eating seasonal foods can support local farmers and the community's economy. D. Eating seasonal foods	A. By visiting a local farmers market or farm stand B. By subscribing to a Community Supported Agriculture (CSA) program C. By finding a seasonal calendar from the state's agricultural department or extension office D. All of the above	A. Eating seasonally is good for our health and the environment. B. Eating seasonally can decrease the risk of developing chronic diseases. C. Eating seasonally supports local farmers and the community's economy. D. Eating seasonally

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can reduce carbon pollution.		provides the freshest and most nutritious foods.

Short Answer Questions

Question #1	What are the benefits of eating foods that are in season?

Question #2	How does eating seasonally benefit the environment?

Question #3	What are some ways to find seasonal foods?

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