



# Food in Season



**A** Read about seasonal food. Write the missing words. Use the word box.

year	Ireland	best	jam	vegetables	winter	fruits
nutrients	supermarkets	warmer	greenhouse	flavour		

Fruit and v\_\_\_\_\_ grow and ripen naturally at certain times of the \_\_\_\_\_. When food is ripe, it is full of nutrients. Your body needs n\_\_\_\_\_ to grow. Nutrients are the building blocks of food. Ripe food also has more fl\_\_\_\_\_, so 'eating seasonal food' means you are eating food when it is at its \_\_\_\_\_.

Different foods are 'in season' in l\_\_\_\_\_ at different times. Asparagus ripens in the spring, summer brings berries, apples follow in the autumn and root vegetables such as carrots are at their best during the \_\_\_\_\_. People store seasonal food to last them through the rest of the year. Some people make \_\_\_\_\_ from fruit that is in season during the summer and then eat it in winter.

We can buy \_\_\_\_\_ such as strawberries and apples in the s\_\_\_\_\_ all year round. This is because they are either grown in a g\_\_\_\_\_ that provides shelter, light and heat, or brought into Ireland from a w\_\_\_\_\_ country. Some apples in Irish shops have come all the way from Australia.





**B** True or False? The table will show you what is in season.

Food	Spring	Summer	Autumn	Winter
Apples			✓	
Asparagus	✓			
Blackberries		✓	✓	
Broad beans		✓		
Cabbage	✓	✓	✓	✓
Cauliflower	✓	✓	✓	✓
Pumpkins			✓	
Strawberries		✓		
Tomatoes		✓		
Turnips				✓

1. Strawberries are in season in summer.

True

False

2. Pumpkins are in season in winter.

True

False

3. Tomatoes are in season in spring.

True

False

4. Cabbage is in season all year round.

True

False

5. Turnips are in season in winter.

True

False

6. Blackberries are in season in winter.

True

False

**C** Write the correct sentence under each picture. Draw the last picture.

The apples are delivered to the shop.

The fruit picker collects the apples.

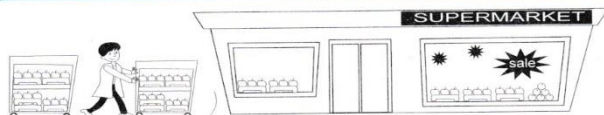
1



2



3



4

I buy an apple in the shop.



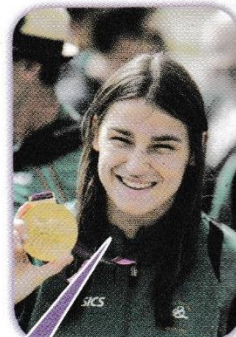


# Sporting Hero

## New Words

camogie    Olympic    inspire    interview    idol    competition    positive

Katie Taylor was born on 2nd July 1986 in Bray, Co. Wicklow. Katie played lots of different sports when she was young. She liked running, camogie, Gaelic football and soccer. One day Katie's dad brought her and her two brothers to his boxing club. When Katie saw her brothers boxing, she wanted to box as well. She dreamed of winning an Olympic medal one day, but girls weren't able to take part in boxing competitions at that time. Katie didn't give up. She went to Bray Boxing Club and trained very hard. When she was fifteen years old, girls were allowed to box in competitions. Katie won her first fight and has been winning ever since. She has won many gold medals. Katie was Irish Sportsperson of the Year in 2012, which was the year she won a gold medal at the Olympics.



Every child is born for greatness, they just need the support to draw that greatness out of themselves. Hopefully I can inspire them to be the best they can be. Taking up sport is a hugely positive thing for any kid.

**A** Watch the video of an interview with Katie Taylor or listen to your teacher read what Katie said. Tick the correct box for each question.

1. What is Katie's earliest boxing memory?

Watching her dad box ☐  
 Boxing with her brothers ☐  
 Watching boxing on TV ☐

2. What would she be doing if she wasn't an Olympic boxer?

Sports presenter ☐  
 Teacher ☐  
 Professional footballer ☐

3. What is her favourite meal?

Italian food ☐  
 Chinese food ☐  
 Indian food ☐

4. What does she find tough about being an Olympic boxer?

Training every day ☐  
 Getting hit in the ring ☐  
 Travelling to competitions ☐

5. Who was her first sporting idol?

Sonia O'Sullivan ☐  
 Robbie Keane ☐  
 Francie Barrett ☐

6. What is the best advice she has been given?

Go to bed early ☐  
 Eat all your vegetables ☐  
 Never give up ☐



**A** Write the missing words and learn about wildebeest.

gnus Africa water brown twenty lions manes metres



Wildebeest live in \_\_\_\_\_. They are also called \_\_\_\_\_. They need to drink lots of \_\_\_\_\_ every day. A wildebeest is about two \_\_\_\_\_ long. Wildebeest are dark \_\_\_\_\_ in colour and have horns. They have black \_\_\_\_\_, tails and faces. They can live to \_\_\_\_\_ years of age. Their enemies are \_\_\_\_\_, cheetahs, hyenas and crocodiles.

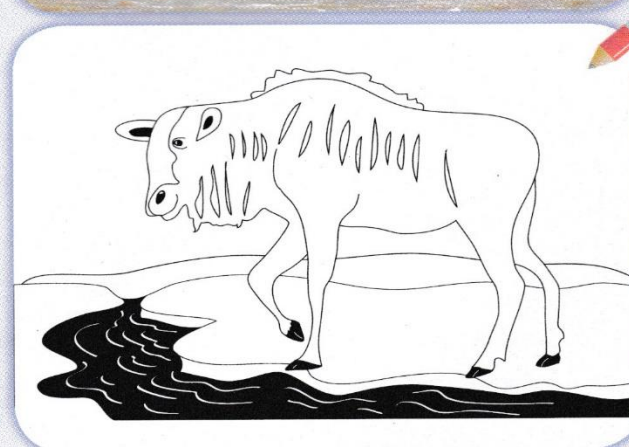


**B** Read about the wildebeest migration. Finish the picture.



Wildebeest migrate when they feel the weather changing and realise that their supply of food and water will soon run out. Wildebeest spend most of the year in a huge grassy area called the Serengeti, in Africa. It gets lots of heavy rain from December to March. When the rain stops, the grass stops growing. The wildebeest must begin to move in May or June or they will starve.

Over one million wildebeest migrate north each year to a game reserve called the Masai Mara. Thousands of zebras migrate with them. Lake Victoria is in the Masai Mara and it gives the wildebeest the water they need. The journey can be very dangerous as the wildebeest have to cross lots of rivers, most of them filled with giant Nile crocodiles. They are usually back in the Serengeti in October, but the timing of their journey depends on the rain.



Find out and write about the giant Nile crocodile.

