

## 2 Exploring seasonal and regional fruit and vegetables in Europe

### A couscous bowl for lunch!



The following ingredients are needed for the bowl:

- ✓ Couscous
  - ✓ Salad leaves
  - ✓ Avocado
  - ✓ Tomato
  - ✓ Pear
  - ✓ Mango
  - ✓ some sliced beef
  - ✓ some feta cheese
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1. Check whether the fruit and vegetables you need are seasonal and regional.

Pay attention! You must first specify a country from the project (Hungary, Spain, France, Austria or Germany).

You can compare which country has the greatest variety of fruit and vegetables in October.



<https://www.eufic.org/en>

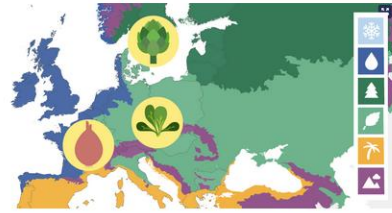
Home (the language (German, French, Spanish, etc.) can be set in the top right-hand corner.)

Select the following rubric!

- healthy living
- Food choices

- Eating sustainably (scroll down a bit here, then an interactive map appears; you can select the country, season and month and switch from fruits to vegetables)

**EUROPEAN SEASONAL FRUIT AND VEGETABLE INTERACTIVE MAP**  
 Check out examples of seasonal and local fruit and vegetables in countries around Europe.



2. On Sunday, we will have a bowl (see above) for a midday snack. You can do the shopping on your way home on Friday and save an extra trip.

a) Where do you store the groceries?

	fridge	cupboard	specialty
Couscous			
Salad leaves			
Avocado			
Tomato			
Pear			
Mango			
some sliced beef			
some feta cheese			

b) Checking the supplies shows that there is still enough sheep's cheese in the fridge with the **best-before date** of today (Thursday). Can you still use it on Sunday?

c) What is the right way to act with a **use-by date**?



[fw lib best before en.pdf \(europa.eu\)](http://fw_lib_best_before_en.pdf(europa.eu))

d) You only need half of the avocado. What are you going to do with the other half?