



KidsGrow KidsCook



Calendar



Eating according to the seasons is an important part of a healthy, sustainable diet; it has many more benefits for your health and environment.



Please note: This calendar template will allow you to add in your own dates to align with the calendar year, which will allow you to use it each and every year.

January

- It is important to eat a variety of foods and include lots of fruit and vegetables in order to have a balanced diet.
- Include lots of colours in each meal.
- Lots of colours means lots of nutrients which means a happier, healthier you!
- Avocados are rich in nutrients, great for skin, hair, heart and liver.



The above fruits are in season!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

February

- Did you know that fruits and vegetables contain up to 95% water?
- Water is vital for all our body processes.
- Strawberries are rich in vitamin C, which prevents us from getting sick.
- Vitamin C also helps our body absorb other nutrients, like Iron.



The above fruit & vegetables are in season!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

March

- Pumpkin is packed full of goodness. You can tell by its lovely, rich orange colour.
- Pumpkins are high in vitamin A and E, which keep our immune system healthy.
- The word pumpkin originated from the Greek word pepon, which means large melon.



The above fruit & vegetables are in season!

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>

April

- Tomatoes, kiwi fruits and oranges, like strawberries, are also great sources of vitamin C.
- Kiwi fruit was once known as 'Chinese Gooseberry', as it originated from China.
- Potatoes are a starchy vegetable and a good source of carbohydrate.
- Your meals should contain a source of carbohydrate, protein and lots of vegetables.



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May

- Broccoli is one of the richest vegetable sources of calcium, iron and magnesium.
- Calcium keeps your bones and teeth strong and healthy.
- The best source of calcium is low-fat dairy products.



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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>

June

- A beetroot is another vegetable with a very bright colour. It contains nutrients, which protect the cells in our bodies.
- Spinach, for a vegetable, contains a relatively high amount of iron.
- For your best sources of iron eat plenty of meat, fish and legumes.
- Lots of delicious recipes can be made using spinach.



The above vegetables are in season!

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>

July

- Carrots contain a compound called beta-carotene that makes vitamin A.
- Vitamin A is very good for many things in our bodies especially our eyesight.
- The more orange your carrot, the more beta-carotene they contain.
- Carrots really do make you see better in the dark.
- Pumpkins also contain beta-carotene.



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August

- Herbs, like coriander and chives are a great way to flavour foods, try to use herbs in place of salt.
- Too much salt is not good for our heart, we don't need to add salt to our food as it is naturally found in most foods.



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September

- Mushrooms are a great source of fibre.
- When you are walking through the bush you may see mushrooms growing on the ground. Never eat these mushrooms as some of them are poisonous.



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October

- Snowpeas like a cool climate to grow in.
- Snowpeas are ready to pick and add to your stir-frys and many other recipes in October.



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November

- Grapefruits are part of the citrus family along with oranges, lemons and limes.
- It is thought that grapefruits originated in Jamaica.



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December

- Cherries are part of the Rosalae family, which also includes peaches, almonds, apricots and plums.
- The rich red colour of cherries reflects it high vitamin C content.
- Sweetcorn, like all fruits and vegetables, is a great source of fibre and tastes delicious on a summer barbeque.



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