



Season Menu: 3 Days Taking Care of the Soil

OBJECTIVE

Understand the importance of choosing **seasonal foods and pulses** as part of a sustainable diet, recognizing the positive impact of these choices on the health of the soil and the planet.

YOUR MISSION

Create a **3-day menu** (3 main meals per day) using **only seasonal foods**.

On each day, you should include **at least one legume** (e.g., beans, chickpeas, lentils, peas, broad beans).

Step 1- Plan your menu

Day	Lunch	Dinner	Pulse included
Day 1			
Day 2			
Day 3			

(You can add breakfast and snacks if you want.)

Step 2 - Check your choices

Before you move on to reflection, confirm:

- All foods are **in season**
- You included **a legume each day**
- You used a variety of foods over the 3 days



FINAL REFLECTION

Answer with your words:

How do these choices help protect the soil?

Clues to help you:

- Less need for fertilizers and pesticides
- Improved soil fertility
- Lower environmental impact
- Promotion of agricultural biodiversity

Answer:

Extra challenge (optional)

Mark in your menu:

- what foods **could be produced locally**;
- and which ones **replace more processed products**.