

Build a Burger

Grade Level: 1-3

Approximate Length of Activity: One class period

Objective

Teacher

1. Describe the products of a hamburger.
2. Encourage the consumption of healthy burgers.

Students

1. Recognize and name the products used to build a hamburger as they associate to agriculture.
2. Learn the nutritious value of hamburger components.

Michigan Content Standards: (Health) First Grade: Strand 1-Standard 1-1.1,1.4; Strand 1-Standard 3 -1.6; Second Grade: Strand1-Standard 1-1.1,1.2; Third Grade: Strand 1-Standard 1-1.1

Vocabulary

- **Beef**- a food product, the flesh of a steer, cow or bull.
- **Bun**- a sweet or plain small bread.
- **Ketchup**-a thick seasoned sauce usually made from tomatoes (also spelled catsup).
- **Cheese**-a food made from milk usually by separating out the curd and molding it.
- **Hamburger**-a sandwich consisting of a ground beef patty.
- **Lettuce**- a common garden vegetable related to the daisies that have crisp juicy leaves used especially in salads.
- **Mustard**- a yellow sharp-tasting powder of the seeds of a common mustard used in food seasonings or in medicine.
- **Onion**- a widely grown Asian herb related to the lilies and having edible bulbs that have a sharp odor and taste and are used as a vegetable and to season foods.
- **Pickle**- an article of food (as a cucumber) preserved in a saltwater or vinegar solution.

Background

Which food group does a hamburger belong to? Depending on what you like on your burger, it could have something from every food group. What do you like on your hamburger? What food group does it come from? Most hamburgers consist of ground beef and some kind of bread. Ground beef can be made from just about any part of the beef animal. The next time you go shopping with your mother or father, pay attention to the different kinds of ground beef at the meat counter.

Ground beef is high in protein, containing 18 amino acids. Eight of those are essential for human life. Niacin, vitamin B12, thiamin and zinc are other vitamins and minerals provided by a beef patty. You can make your hamburger even more nutritious by choosing different breads and condiments. Whole wheat buns have more fiber and nutrients than buns made from white flour. Raw spinach or leafy lettuce, onions and tomatoes also provide nutrients.

Materials Needed

- Copies of student Worksheets A and B
- Calorie Guide
- 3 types of buns (whole wheat, white and sesame seed)
- 3 types of cheese (American, swiss, cheddar)

Activity Outline

1. Read and discuss background material.
2. Hand out student Worksheet A. Have students match the clues to the products used in making hamburgers.
3. Hand out student Worksheet B. Have students match the burger parts to the picture parts.
4. Conduct a taste test on samples of the products that make up a hamburger.
 - Set up booths and have another class come in and taste the products.
 - Instruct students to wash hands and prepare samples.
 - Have three types of buns available (whole wheat, white, sesame seed), three kinds of cheese (American, swiss, cheddar), etc.
 - Have the visiting students rate products according to which they like best, second best and least.
 - Have your students compile the data and graph the results.
5. Bring in a calorie guide.
 - Have students list all the things they like on their hamburgers.
 - Help students look up the hamburger parts and add them up to find the total calorie count on each of their burgers.

Discussion Questions

1. What animal does hamburger come from?
2. What food groups do the ingredients on a burger come from?
3. How could you make your burger healthy?

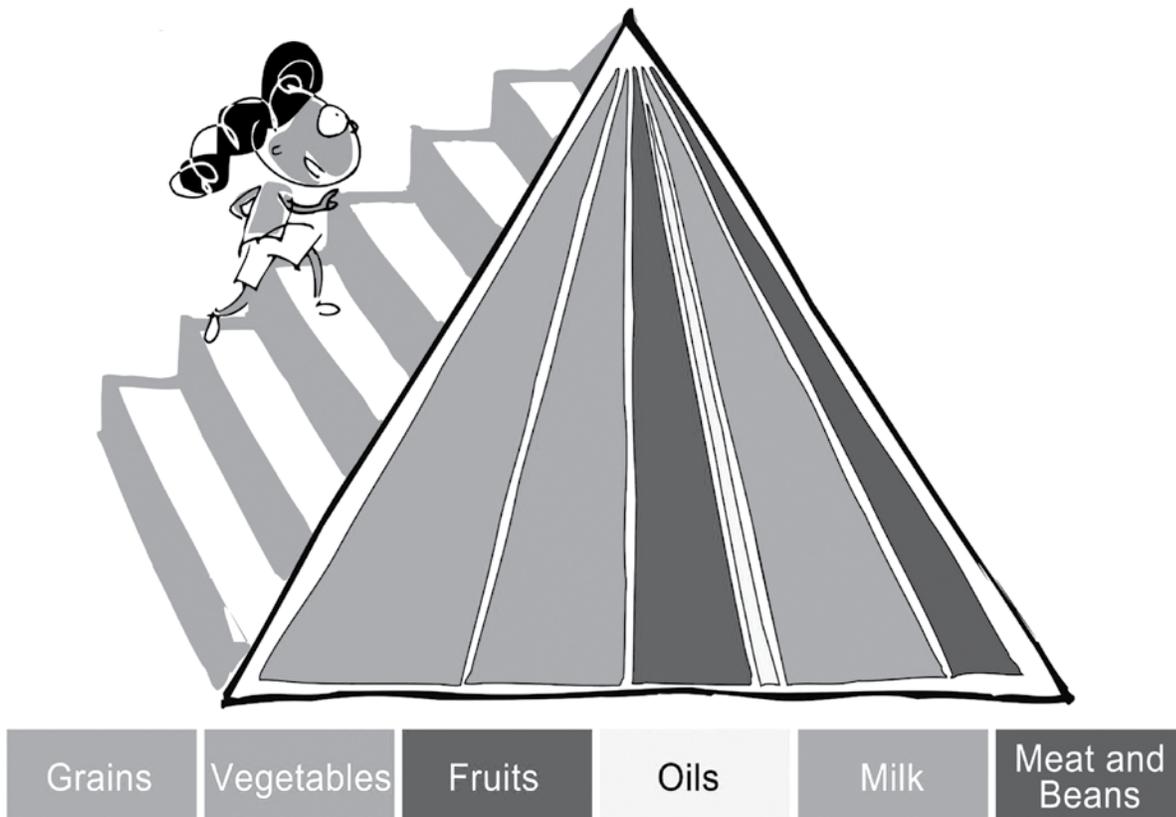
Related Activities

1. The lesson "Chew it Twice" found in the science section of this curriculum guide.
2. The lessons included in "The Farmer Grows a Rainbow" found in the health section of this curriculum guide.
3. The lesson "Food...Can You Handle It?" found in the health section of this curriculum guide.
4. Have a Hamburger Tasting Party
 - Ask parents to help provide a variety of ingredients, so students can build healthburgers.
 - Invite a nutritionist to act as a judge and give a prize for the healthiest burger.

Book Resources

1. "The Picky Eater" by Marc Brown and D.W. Tolon
2. "Where Food Comes From" by Dorothy Hinshaw Patent and William Munoz
3. "Sam's Sandwich" by David Pelham
4. "Eating, Red Leaf" by Gwenyth Swain

Acknowledgement: Adapted from "Build a Burger," Oklahoma Agriculture in the Classroom.

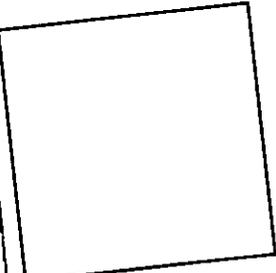


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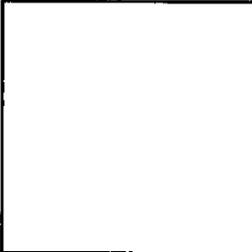
Worksheet A

Directions: Read the recipes on the recipe cards. Cut out the burger parts pictured below and match them to the correct recipe. Paste the burger parts in the boxes.

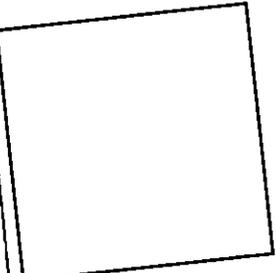
1. Mill wheat into flour. Mix the flour with yeast, water and other ingredients. Bake the dough in an oven. Put it in a package and place it on a shelf at the grocery store to sell.



2. Add a culture to milk to separate it into curds and whey. Pour off the whey and press the curds together. Add flavorings or spices, if desired. Age the solid block to allow the flavor to develop.



4. Crush soybeans to remove their oil. Carefully mix the soybean oil with eggs, spices and other ingredients to make a white topping you can spread with a knife. Seal it in jars and send it to the super-market.



3. Cook tomatoes into a sauce. Add spice and flavorings. Pour it into a bottle and send it to the supermarket.

