

# Build a Burger

## Integrated Pre-K—2 Core



### Materials

- ◆ Build a Burger worksheets A and B

### Background

In which food group does a hamburger belong? Depending on what you like on your burger, it could have something from every food group. What do you like on your hamburger? In which food group does it belong?

Most hamburgers consist of ground beef and some kind of bread, but there are other kinds of burgers, too. What animal is the source of a porkburger? What about a lambburger or a buffaloburger? Some burgers are even made without meat. Have you ever heard of a soyburger? It's made from ground soybeans, which have been mixed with other ingredients, shaped, cooked and flavored so it tastes almost like a hamburger.

Ground beef can be made from just about any part of the beef animal. Ground round or ground sirloin has the least amount of fat. The next time you go shopping with your mother or father, pay attention to the different kinds of ground beef at the meat counter. The average hamburger patty contains between 16 and 19 grams of fat. Your hamburger will have more fat if you add cheese and even more fat if you use mayonnaise. Using low-fat cheese and mustard or ketchup will help keep the fat content down.

Ground beef is high in protein, containing eighteen amino acids—eight that 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 add nutritional value. Raw spinach, or bean or alfalfa sprouts can be added to your burger for good nutrition and a new taste.

The average American eats about 67 pounds of beef each year, more than the people of any other country in the world. Nearly one-half of that comes from ground beef and about one-fourth is in the form of hamburgers.

### Activity Procedures

1. Share background material.
2. Hand out “Build a Burger Worksheet A.” Have students match the clues to the products used in making hamburgers by gluing the correct picture next to the matching clue.
3. Hand out “Build a Burger Worksheet B.” Have students write the burger parts listed in the word bank and the corresponding food group on the line next to the burger parts. This activity may be done as a class rather than an individual activity.
4. Determine if a hamburger can be a part of a balanced diet.
5. Determine the functions of basic nutrient groups seen in a hamburger (e.g., proteins, fats, carbohydrates, vitamins, minerals).

**Time:** 1 hour

**Grade Levels:** Pre-K—2

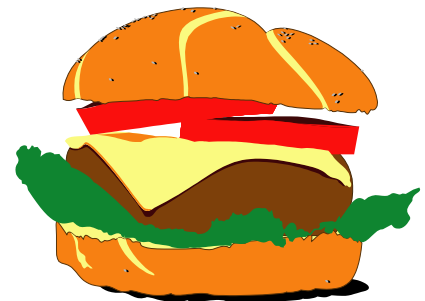
### Standard 1

Students will develop a sense of self.

### Objective 1

Describe, practice, and adopt responsible behaviors for health and safety.

- Explain the importance of balance in diet.
- Recognize that food is fuel for the body and describe the benefits of eating a variety of nutritious foods.



**Make a hamburger a part of your healthy diet!**

**Results**

Correct answers for “Build a Burger Worksheet A” are as follows:


- 1. bun 2. cheese 3. ketchup 4. mayonnaise

Correct answers for “Build a Burger Worksheet B” are as follows, from top to bottom:

- bun / grains
- lettuce / vegetables
- pickles / vegetables
- tomato / fruits
- cheese / milk
- onion / vegetables
- ground beef / meat & beans
- bun / grains

**More Activities, What’s Next?**

- 1. 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 students compile the data and graph the results.
- 2. 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 out the total calorie count of each of their burgers. Have students share information.



*Teacher Notes:*

# Build a Burger

# A

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.

1

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.

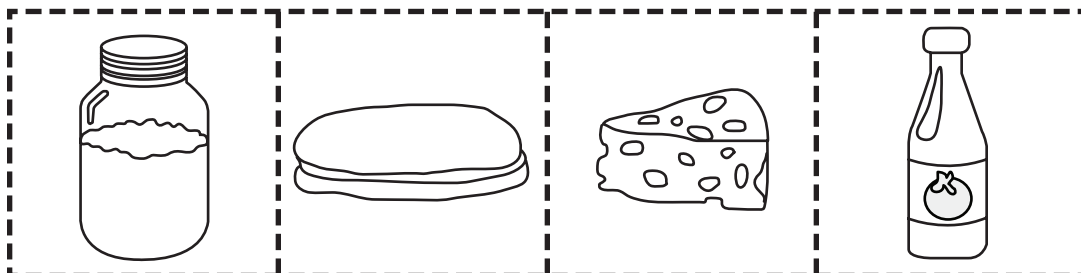
2

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

3

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 supermarket.

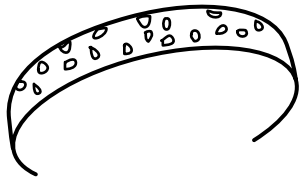
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Name \_\_\_\_\_

# Build a Burger

# B



bun

grains

