

Exploding Cheeseburger

Integrated Pre-K—2 Core



Materials

- ◆ 2 brown paper plates for each student or sponge paint white paper plates brown
- ◆ Red and yellow yarn, an arm-length strand for each student
- ◆ Construction paper (colors needed: brown, green, yellow, red, white)
- ◆ Paper hamburger ingredient patterns
- ◆ Hole punch
- ◆ Stapler
- ◆ Scissors, enough for more than one student to use at one time

Background

Eating a cheeseburger every day may not be a part of a healthy diet, but eating one occasionally certainly could be! Everyone enjoys eating their favorite foods. Maybe your favorite food is very nutritious and maybe it is not. Being able to determine which foods should be eaten every day and which should only be eaten once in a while is an important part of being responsible for one's health.

This lesson demonstrates that a cheeseburger contains many different food groups. Each food group is important and eating from a variety of food groups helps a body maintain its health and strength. It is important to share the message with your students that choosing to eat a variety of foods is the best diet.

Activity Procedures

1. Duplicate the paper patterns onto the construction paper, using the appropriate colors. Cut them out and punch a hole in the top of each one, except for the hamburger buns.
2. Have each student paste the picture of the hamburger buns onto the bottom of one of the paper plates.
3. Staple the paper plates together around the edges with the bottom sides facing outward; this will allow a large space between the two plates. Make sure to leave enough space on one side of the paper plates to pull the hamburger ingredients out with a piece of yarn.
4. Thread the piece of yarn through the holes punched in the newly created paper patterns. (You may need to tie a simple knot carefully at the top of each one.)* The burger, cheese, lettuce, tomato, onion, and pickles should be tied together.
5. Carefully slide the string of hamburger ingredients into the center of the paper plate.

* Rather than punching a hole and threading the yarn, have the students put all of the ingredients in order upside down, lay the yarn across all of the ingredients, and then tape the yarn to the ingredient.

Time: 1 hour

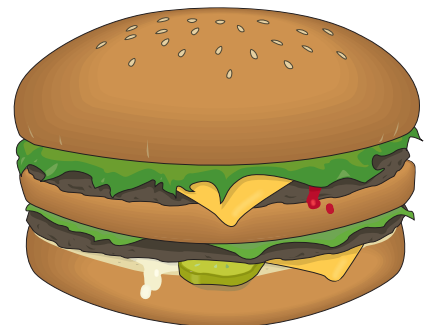
Grade Levels: Pre-K—2

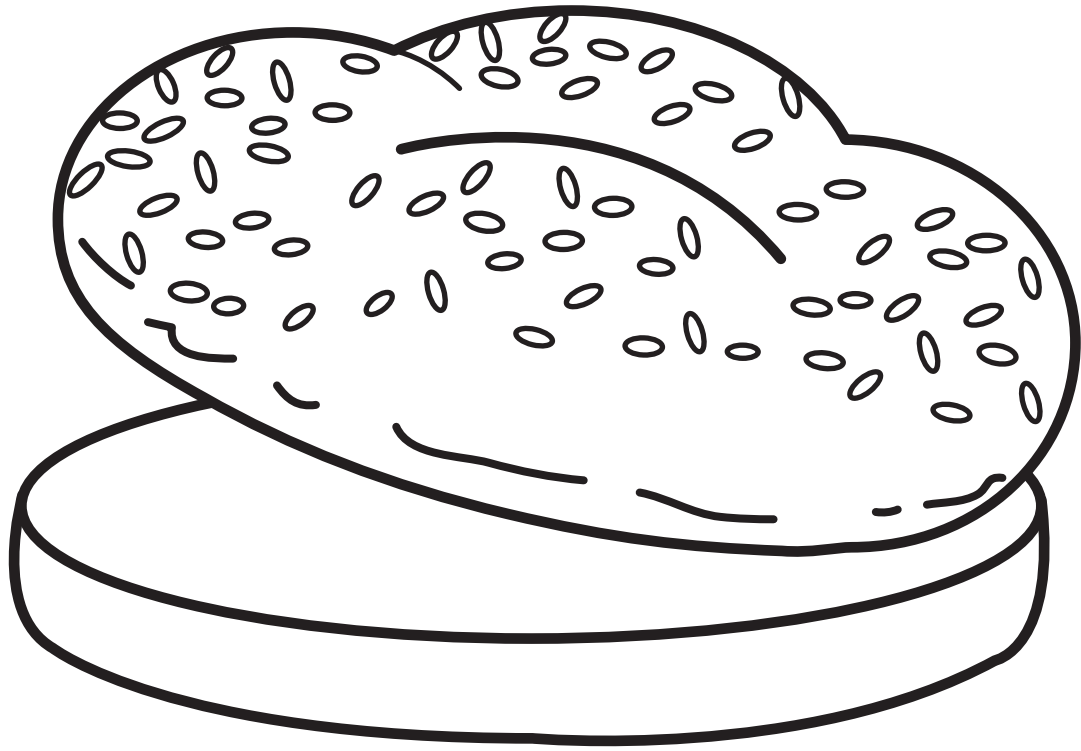
Standard 1

Objective 1

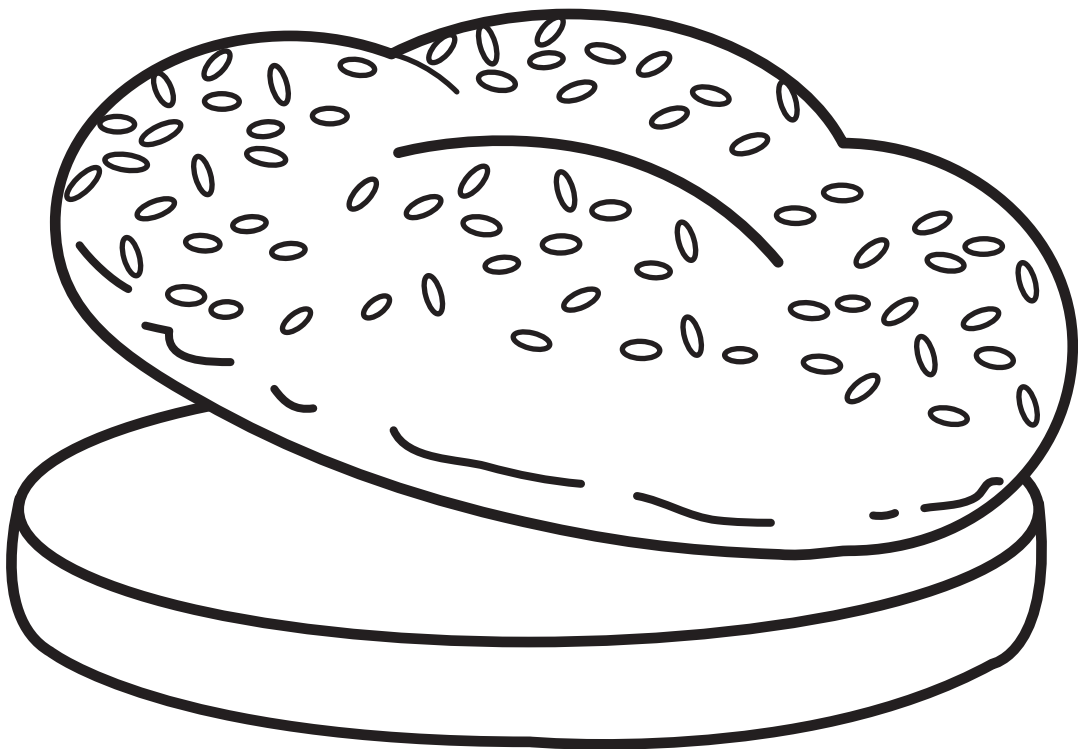
Describe, practice, and adopt responsible behaviors for health and safety.

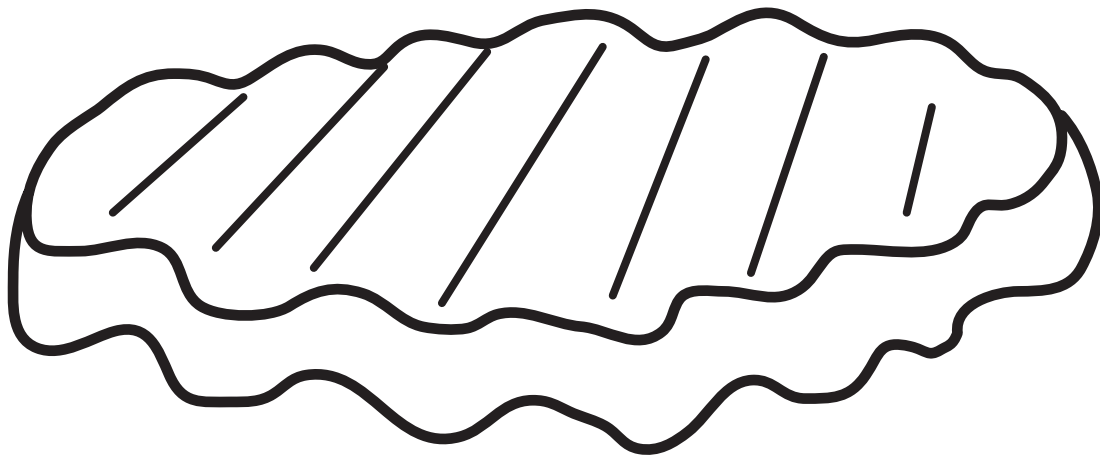
- a. Explain the importance of balance in diet.
- b. Recognize that food is fuel for the body and describe the benefits of eating a variety of nutritious foods.



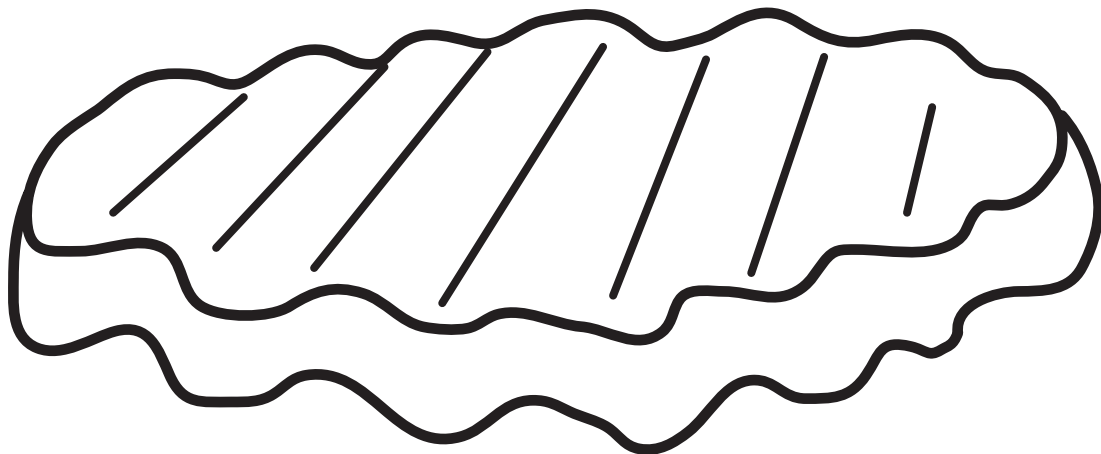


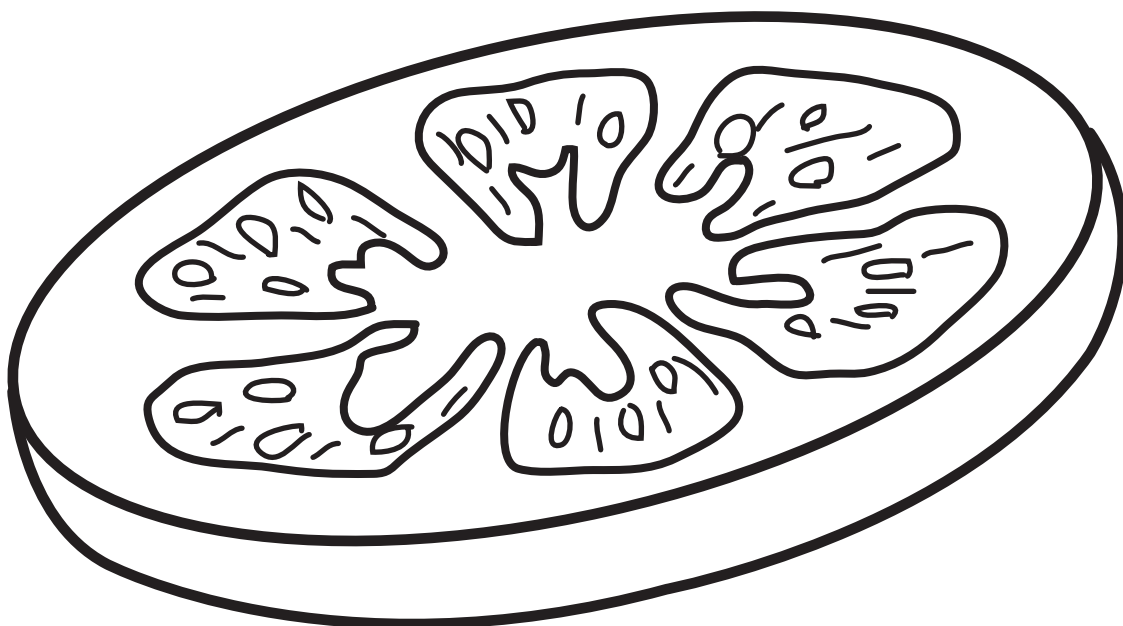
Hamburger Buns—Brown Paper



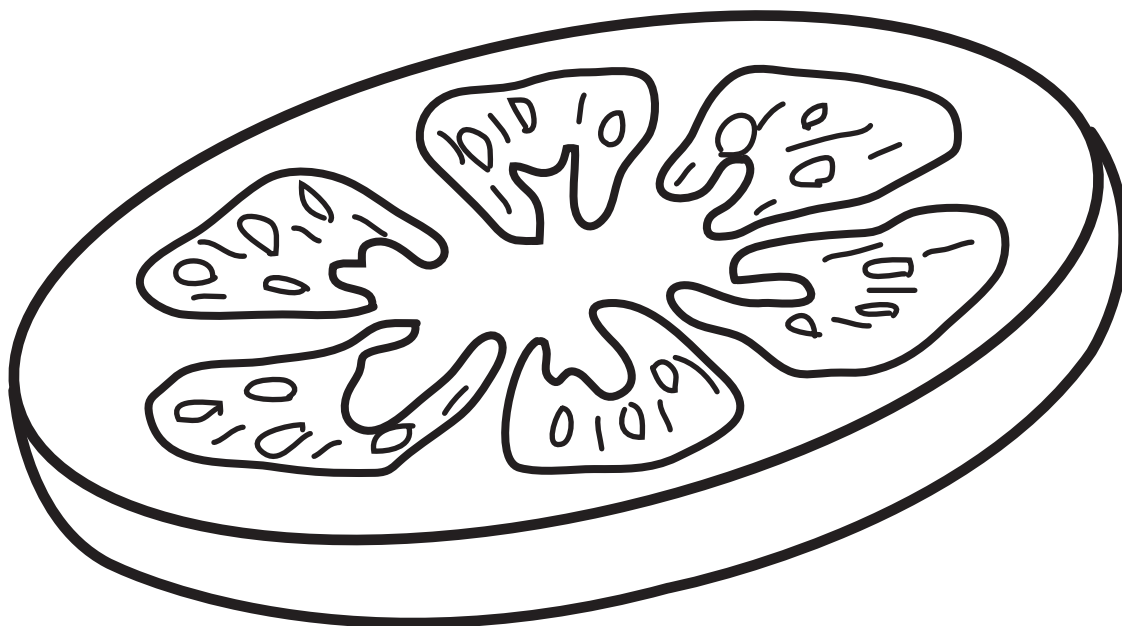


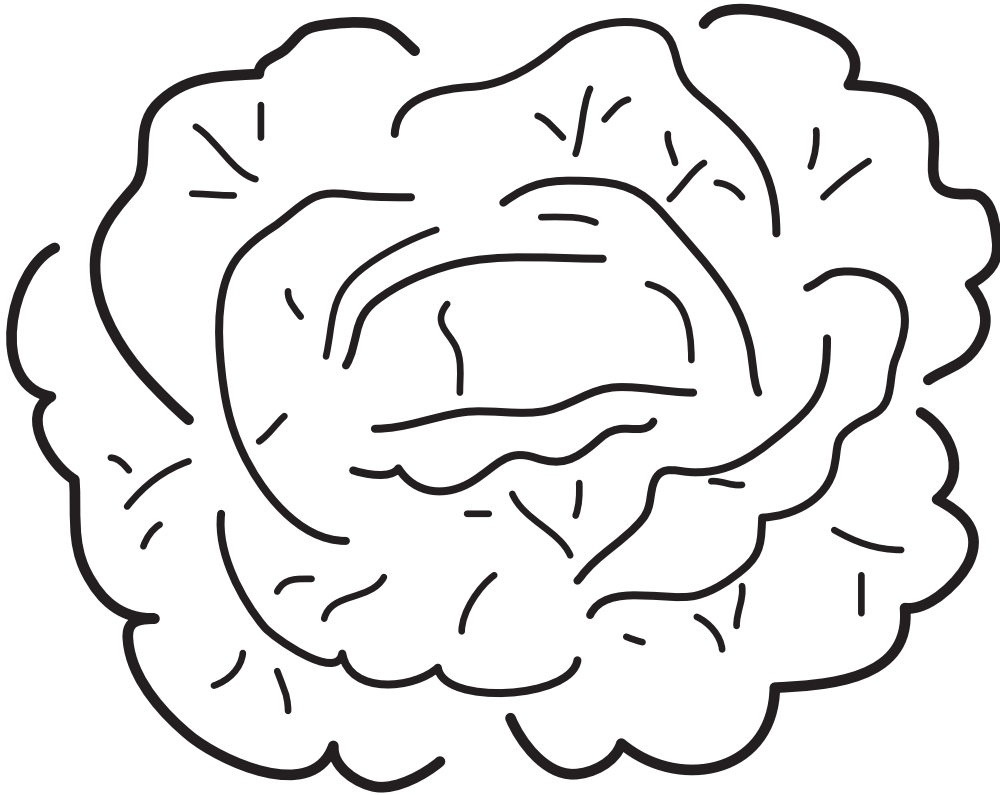
Burger—Brown Paper



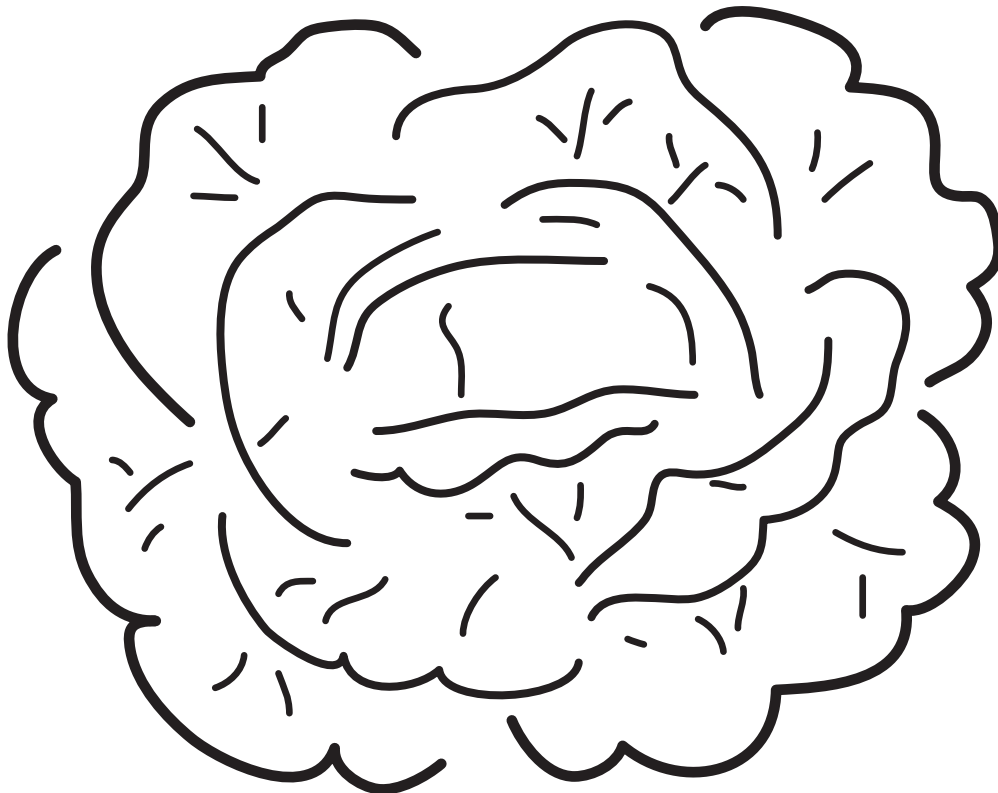


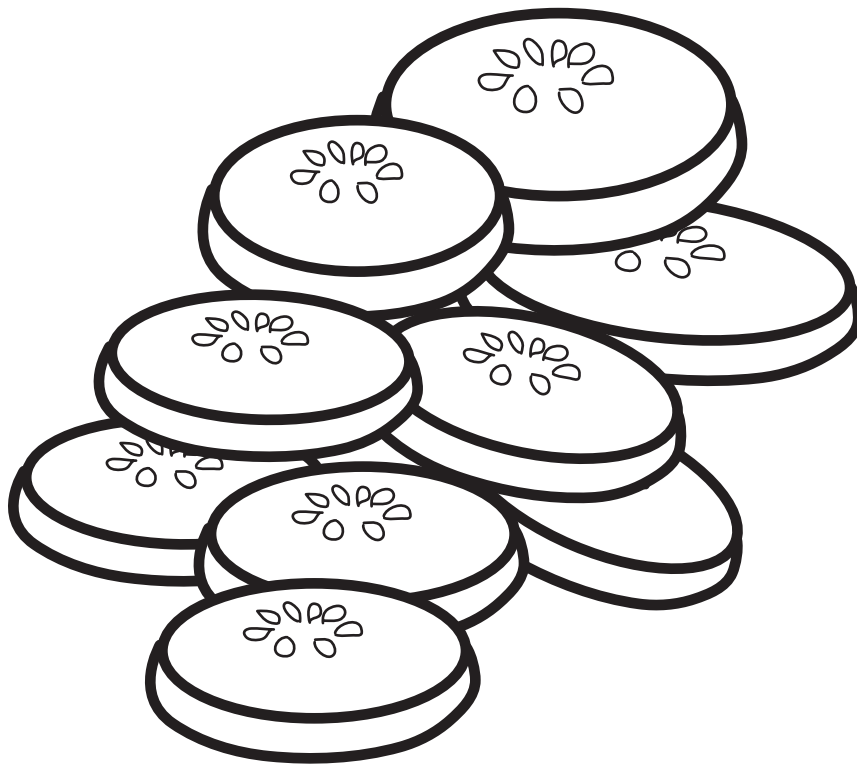
Tomato—Red Paper



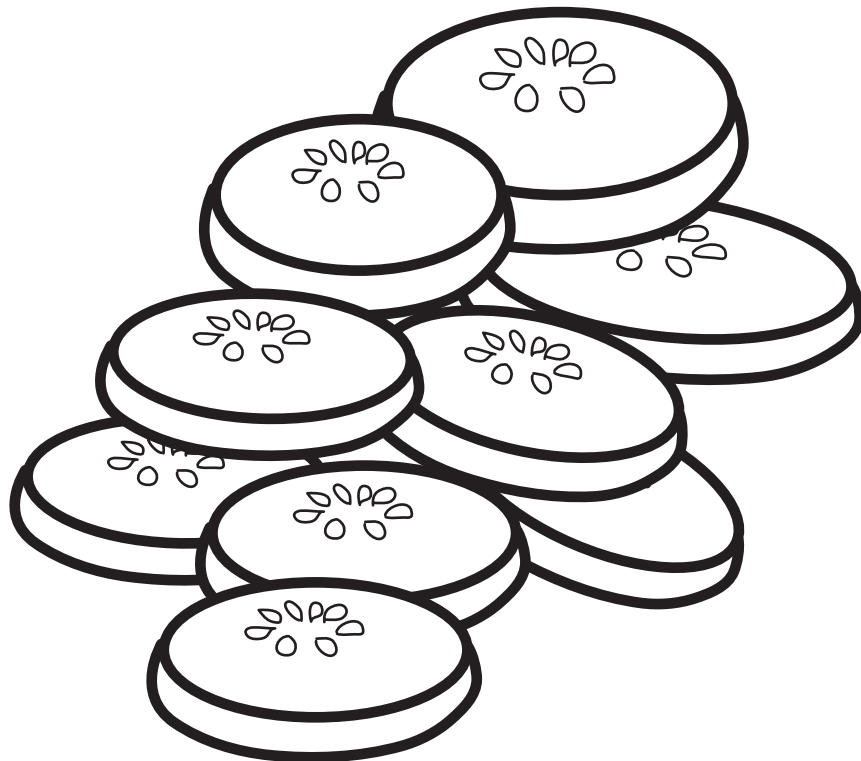


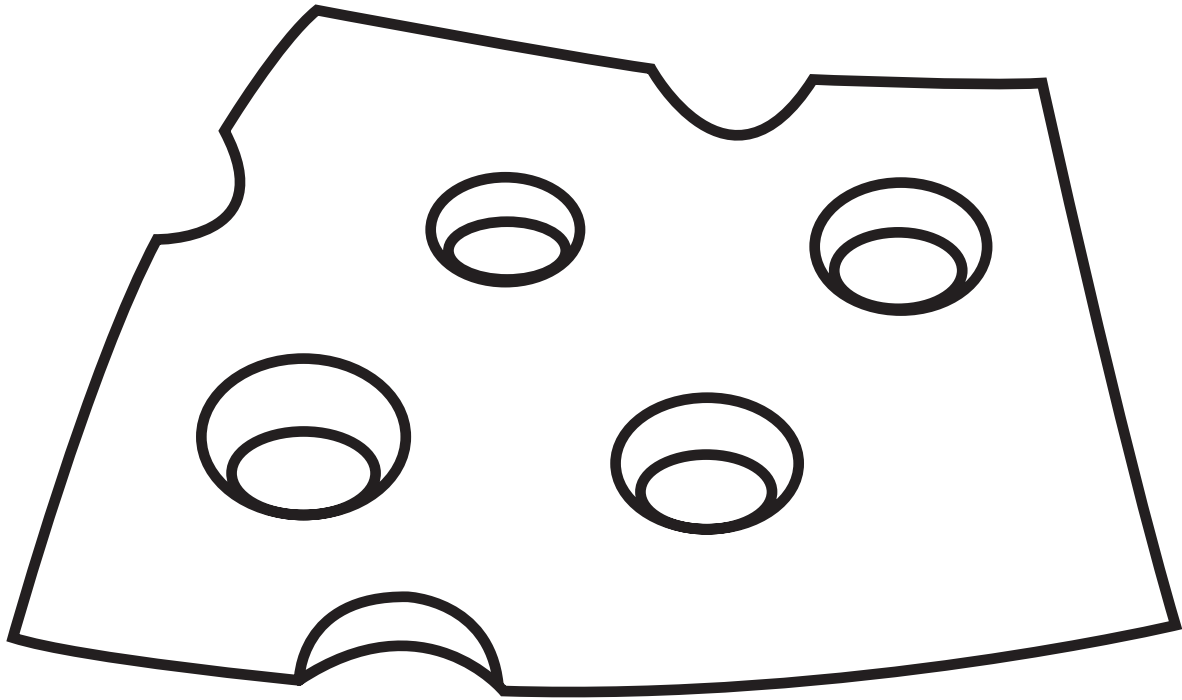
Lettuce—Green Paper



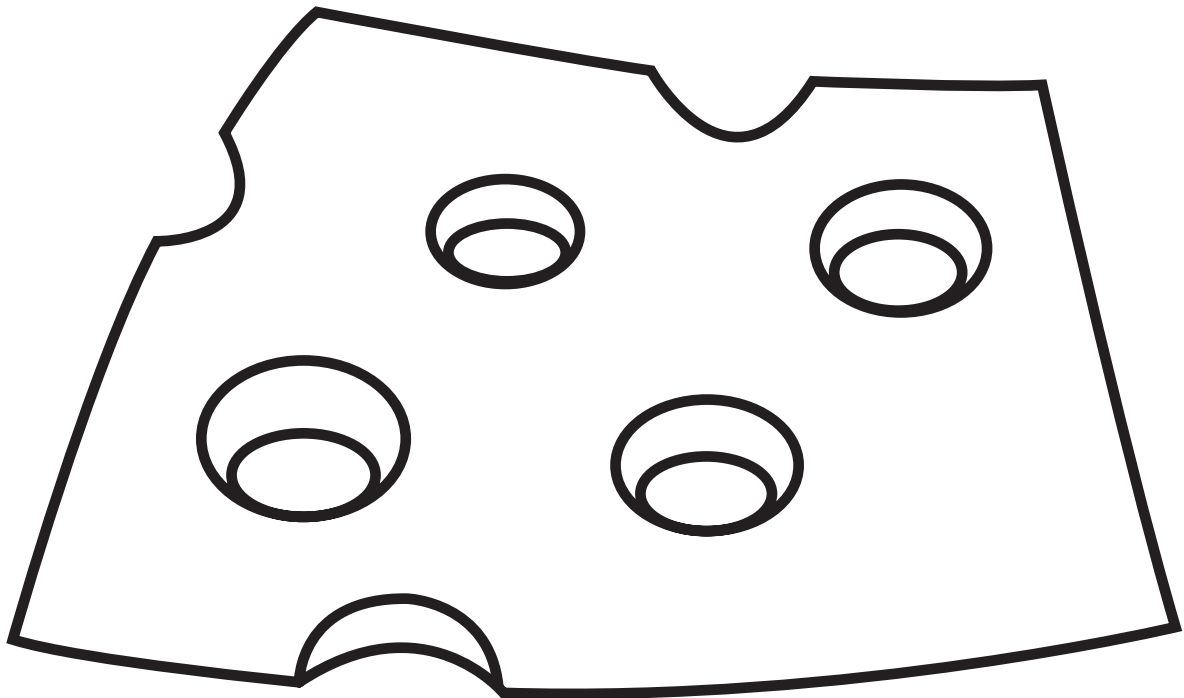


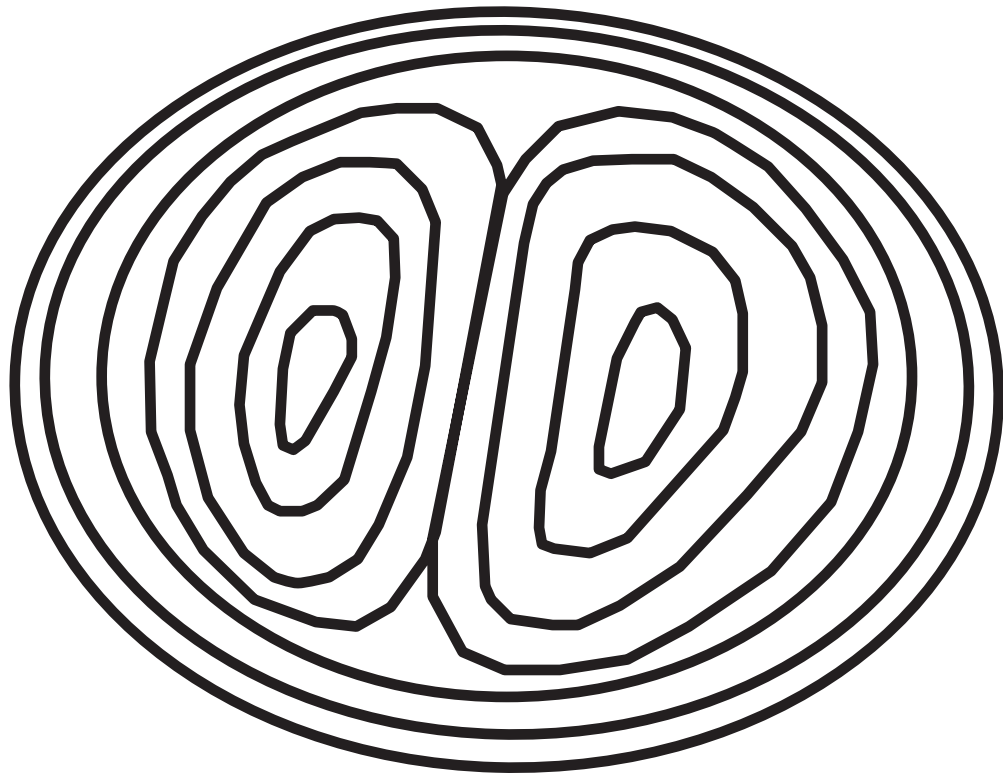
Pickles—Green Paper





Cheese—Yellow Paper





Onion—White Paper

