

Overview

In this unit the children will learn about different burgers and how they are cooked. They will analyse different nutrition facts and find out how to check the nutrition fact labels. The children will look at the additional ingredients that may be found in burgers. The children will make and taste burgers.

What should I already know? Vocabulary:

Cooking skills


- How to cut out, shape and mould pastry.
- How to snip (with scissors), cut (with a knife) and shred (with grater) safely.
- To be able to select scales to measure, a sieve to sift, a spoon to mix and a jug to pour.
- To be able to follow a recipe (read and do what is stated) step by step.
- How to modify a simple recipe by changing ingredients.
- Know how to use a hob safely.

Nutrition

- That food can be divided into groups -
 - carbohydrates - they contain sugars that give us energy
 - fruit and vegetables are low in fat and contain natural sugars to give us energy.
 - proteins help our body to grow and repair itself
 - dairy products contain calcium to keep our bones and teeth strong
 - Fats and sugars are necessary but in small amounts.
- A 'food pyramid' shows the proportions of different foods that should be eaten.
- Can understand that a variety and balance of food and drink is needed in a healthy diet.
- Junk foods taste nice but do not contain many nutrients and eating too many is unhealthy.

Food knowledge

- Know about American food and how its customs and culture can affect the food people eat.
- Know that food around the world is prepared in different ways, sometimes because of culture, customs and religion.
- Fast food is convenient and tastes good but it contains lots of fat and sugars. It should only be eaten in small quantities.
- That several changes take place when food is cooked. Cooking makes food soft and easy to eat and digest.

Burger	A flat round cake of minced beef that is fried or grilled and typically served in a bread roll.
Bun	A small bread-based item or roll.
Patties	A flattened serving of ground meat or meat alternatives. 
Nutritious	Good as a food as it provides us with the nutrients that we need.
Nutrition fact/food label	Labels that are on food packets that tell us information about calories, fats, carbohydrates, sugars, proteins and salt.
Calories	A unit of energy used in nutrition.
Energy	Is what is released in our bodies from carbohydrates, fats & proteins.
Pan-fried	Cooked in a shallow pan with oil.
Barbequed	Cooked on a grill over hot coals.
Oven-baked	Placed on a baking tray in the oven.

<p>What will I know by the end of the unit?</p>	<p>Design</p>	<p>A plan to show what is to be made.</p>
<p><u>Cooking skills</u></p> <ul style="list-style-type: none"> • Can weigh and measure accurately. • How to shape and make a burger. • Can measure and mix ingredients correctly. • Can follow a recipe step by step. <p><u>Nutrition</u></p> <ul style="list-style-type: none"> • That fat is a natural oil substance that helps prevents disease in our bodies. • That proteins are large molecules that assists with muscle and hair growth in our bodies. • That carbohydrates are a nutrient that changes into sugar and provides energy for our organs. • That the nutritional facts label gives detailed information about the proteins, carbohydrates, sugars, fats and salts in the food and how many calories it has. • That there are guidelines to tell us if a food is high in fat, sugar and salt. • That energy in food is measured in calories. • The amount of calories our bodies need to power our brain and organs depends on our age, height and weight. 	<p>Evaluate</p>	<p>To judge whether something has been successful.</p>