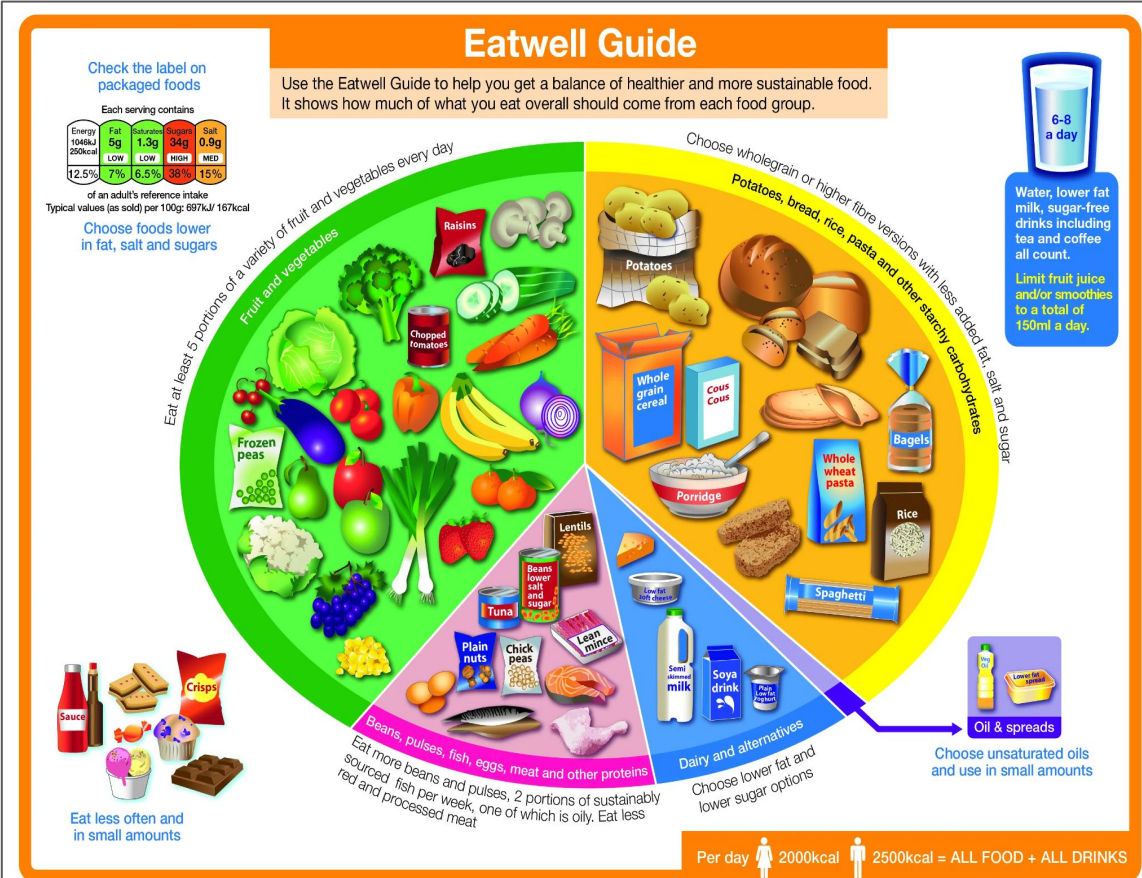


# Key Question: Can you create a better burger?

## Explore the impact of meat eating and how alternatives can be used.



In this topic, **we are learning to:**

**Explore** Begin to use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose using knowledge of healthy eating and a balanced diet.

**Generate** Start to generate, develop, model and communicate their ideas through discussion, annotated sketches.

**Decide** Start to understand how much products cost to make, how sustainable and innovative they are and the impact products have beyond their intended purpose when deciding on a product specification.

**Create** using appropriate materials, tools, ingredients, technique and information of food substances, create a sustainable product.

**Evaluate** design and product during and after creation and seek feedback from others to ensure we are always developing.

### Skills required:

- Weighing and Measuring
- Peeling, chopping, cutting and slicing
- Mixing
- Counting money
- Measuring time
- Food safety and hygiene



## Key Question: Can you create a better burger?

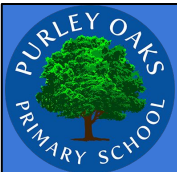
### Explore the impact of meat eating and how alternatives can be used.

#### Vocabulary

<b>Sustainability</b>	Sustainability is the idea that humans must interact with the environment in a way that ensures there will be enough resources left for future generations.
<b>Cost and price</b>	The amount you pay for something.
<b>Healthy</b>	To be in good physical condition.
<b>Balanced diet</b>	Eating a wide variety of foods and drinks in the right proportions to achieve and maintain health.
<b>Nutrition</b>	Nutrition is the process of taking in food and converting it into energy and other vital nutrients required for life.
<b>Calories</b>	A calorie is a unit of measurement of energy.
<b>Ingredients</b>	Ingredients are used to make a meal.
<b>Rear/Reared</b>	To care for young animals or children until they are able to care for themselves.
<b>Substitutions</b>	To use something else in place of a specific ingredient.

## 5 Steps to FOOD SAFETY

- 1 Be Clean, Be Healthy**  
  
Wash hand when necessary  
  
Do not work with food if you are ill  
  
Never touch ready-to-eat food with bare hands
- 2 Keep It Cool, Keep it Hot**  
  
Keep cold foods at 41°F / 5°C or below  
  
Keep hot foods at 135°F / 60°C or above
- 3 Don't Cross-Contaminate**  
  
Don't store raw foods over cooked or ready-to-eat foods.  
Never prepare ready-to-eat foods on the same surface or with the same utensils used to prepare raw animal proteins.
- 4 Wash, Rinse, & Sanitize**  
  
1. Wash  
  
2. Rinse  
  
3. Sanitize  
Properly wash, rinse and sanitize all food contact utensils and equipment
- 5 Cook It & Chill It**  
  
Cook food until it reaches a proper internal temperature.  
  
Rapidly cool food to 41°F / 5°C or below.

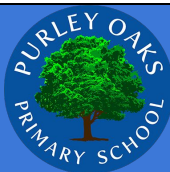


### Key Question: Can you build a better burger?

Explore the impact of meat eating and how alternatives can be used.

What are the benefits of eating sustainably? What are the cons/barriers to eating sustainably?

What impact does non-sustainable diets have on the population?



#### Assessment Focus:

##### **Explore**

Understand that food is reared (such as pigs, chickens and cattle) in the UK, Europe and the wider world.

Begin to understand that different food and drink contain different substances – nutrients, water and fibre – that are needed for health.

Begin to evaluate existing products and meat alternatives and seek evaluation from others.

Begin to use research and develop design criteria to inform the design of innovative, functional, appealing products that are fit for purpose.

##### **Generate:**

Start to generate, develop, model and communicate their ideas through discussion, annotated sketches.

Draw up a specification for their design with links to Mathematics and Science.

##### **Decide:**

Start to understand how much products cost to make, how sustainable and innovative they are and the impact products have beyond their intended purpose.

##### **Create:**

With growing confidence select appropriate materials, tools, ingredients and techniques according to their functional properties and aesthetic qualities.

Weigh and measure accurately (time, dry ingredients, liquids).

##### **Evaluate:**

Evaluate their work both during and at the end of the assignment.

Start to evaluate a product against the original design specification and by carrying out tests.