

# Key Question: Can you create a better burger?

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

### Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy	Fat	Saturated	Sugar	Salt
1046kJ 250kcal	5g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
12.5%	7%	6.5%	36%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives

Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

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:

- Measure
- Peel
- Cut
- Mix

# 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

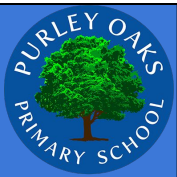
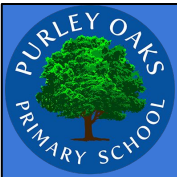
2. Rinse

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.