



What should I already know?

- that food is grown (such as tomatoes, wheat and potatoes), reared (such as pigs, chickens and cattle) and caught (such as fish) in the UK, Europe and the wider world
- that seasons may affect the food available
- how food is processed into ingredients that can be eaten or used in cooking
- that a healthy diet is made up from a variety and balance of different foods.

What will I know at the end of the unit?

- To explore different types of burgers and their nutrition facts.
- How to make burger patties: vegetarian, beef and turkey.
- Explore side dishes and sauces for burgers.
- To explore burger buns and their suitability.
- that recipes can be adapted to change the appearance, taste, texture and aroma
- that different food and drink contain different substances – nutrients, water and fibre – that are needed for health

Key Vocabulary

Advertisement
Nutrition
Evaluate
Investigate
Seasoning
Modifications
Patty
Ingredients

Progression through unit

Designing

I can understand and apply the principles of a healthy and varied diet
I can understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

Think about these points when designing your burger

- The name of your burger and the type of cuisine.
- The ingredients and equipment you will need.
- A picture of how your burger will look.
- The method of how you will make the burger.
- A list of ingredients you may need to get yourself.
- A picture and description of a side dish to complement your burger
- Food safety and hygiene points.
- Possible challenges you may face and how you might overcome them.

Nutrition Facts	
Valeur nutritive	
Par Sandwich (209 g) / par sandwich (209 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 540	
Fat / Lipides 29 g	45 %
Saturated / saturés 10 g	53 %
+ Trans / trans 0.5 g	
Cholesterol / Cholestérol 70 mg	
Sodium / Sodium 1,020 mg	43 %
Carbohydrate / Glucides 44 g	15 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 9 g	
Protein / Protéines 24 g	
Vitamin A / Vitamine A	10 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	25 %
Iron / Fer	35 %

Pan-fried 	Oven-baked 	Barbecued 	Steamed 
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Making and Evaluating

I can prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
I can evaluate my ideas and products against my own design criteria and consider the views of others to improve my work

2. Imagine a chef from a famous burger restaurant tasted your burger. What would he/she say about the appearance, presentation, taste and quality of the burger you made?

Restaurants



I can understand how key events and individuals in design and technology have helped shape the world.

Cross curricular links.

PE – Healthy Week



Recommended books

