

# BURGERS

Learning Objective:

To explore different burger buns  
and their suitability.





Did you know that  
there is a range of bread  
rolls you can use to hold a  
burger together.  
Take a look at the next slide  
to see the different  
options.





These bread rolls can be used to hold a burger together.

Have you tried any? What is different about them?

My  
favourite is the  
brioche bun. It is  
dense and tastes  
sweet.



White bread roll



Sesame bread roll



Crusty bread roll



Wholemeal roll



Poppy seed roll



Brioche bread roll



Oat bread roll



Bagel



English muffin



Mini bread roll





The best burger rolls are ones that have a higher top and rounded shape. These hold the round patties and ingredients together better.

Could you make burgers with these types of bread? Would they be good options? Discuss your reasons with a partner.



French baguette



Focaccia bread



Pitta bread



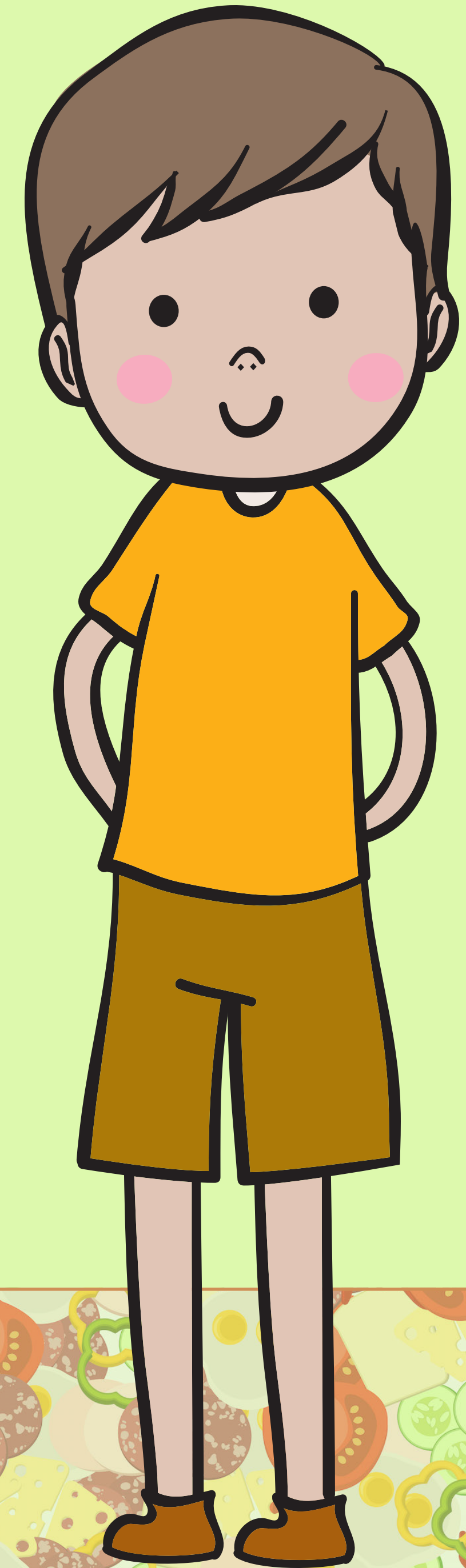
Sandwich bread

Does the shape of the bread make a difference?





Some people have wheat  
and gluten allergies. This means  
they cannot eat bread as bread  
contains wheat and gluten.  
Can these people still eat burgers?  
Discuss how.  
What options do these people  
have?

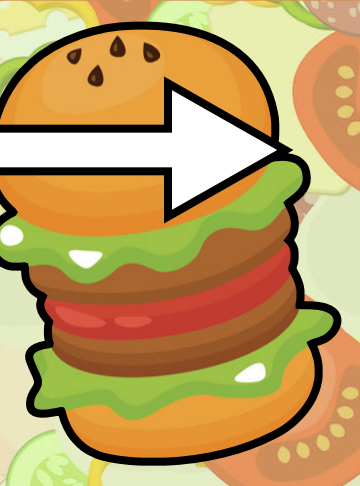




The answer is YES! People with these allergies can still eat a burger.

You can buy or request gluten free bread rolls to make your burger with. Some restaurants provide this option and some don't.

Gluten free bread tastes different to normal bread as it is made from almond, rice or corn flour instead of wheat flour.







Some people are very conscious of their diet and they think that bread contains lots of calories. Most of the time these people would choose not to eat bread because of the calories and because it's processed.

Could these people still eat a burger even if they choose not to eat bread?





YES! Diet conscious people can eat a burger without bread.  
Bread can be substituted by other ingredients when making a burger. These are some of the options. How suitable do you think these are for a burger?



Lettuce  
cups



Cooked  
sweet  
potato  
slices



Cooked  
tomato  
slices



Cooked  
aubergine  
slices



Cooked  
portobello  
mushroom  
cups







Today  
you are going to work  
in small groups to taste and  
analyse different bread roll's.  
You will be testing each rolls  
flavour, texture, appearance, shape  
and suitability to hold a burger  
together.  
Which one will be the  
best?





Plenary

Here are some ingredients  
to layer a burger.

Discuss with a partner the best order for this burger.

Why did you choose  
this particular  
order? Are there  
other options?

