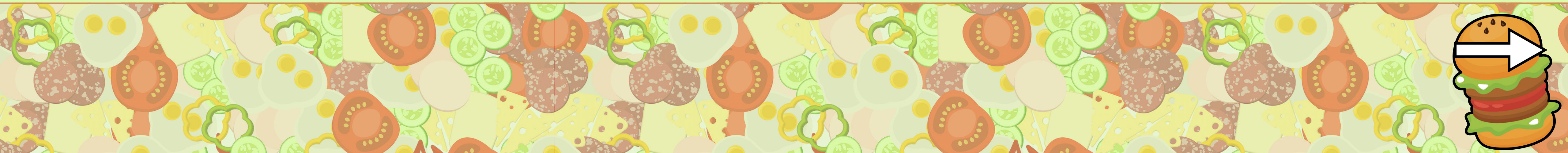


# BURGERS

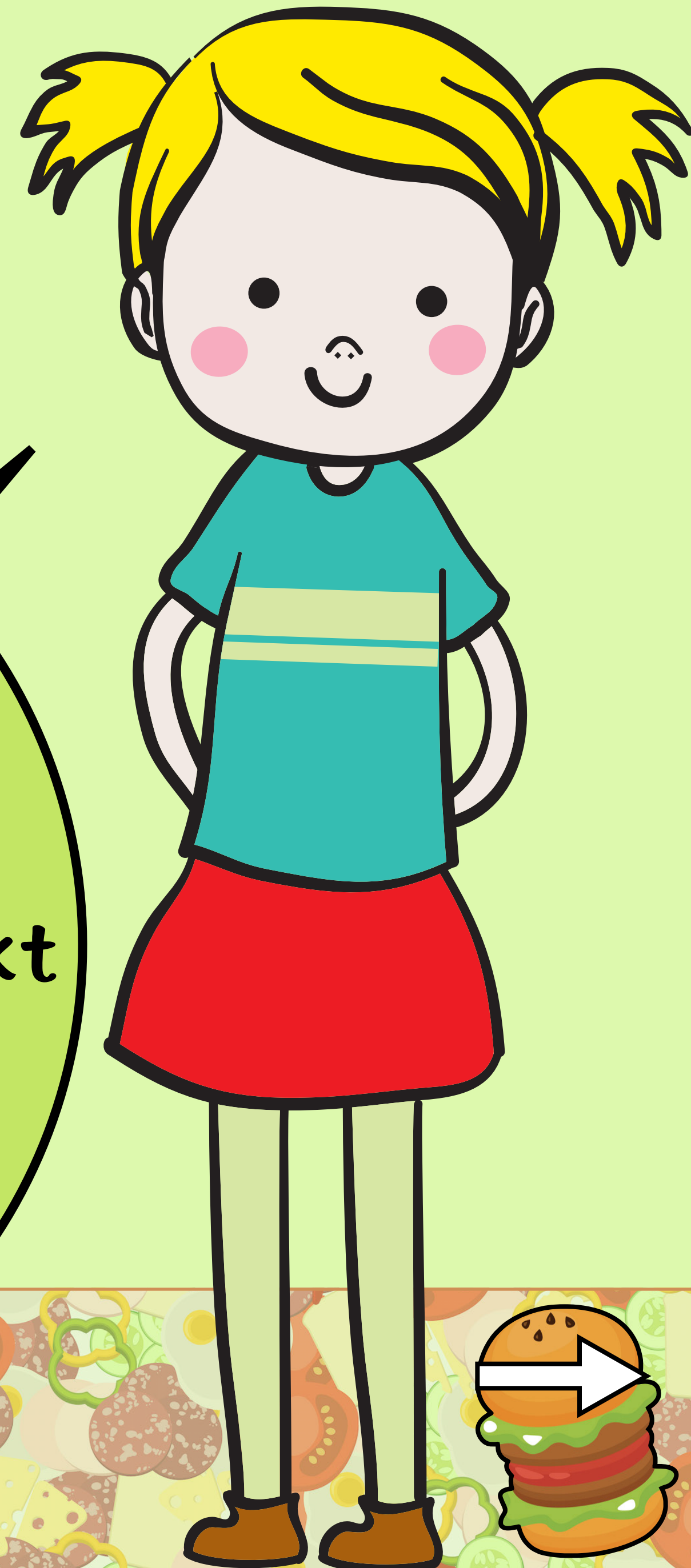
Learning Objective:

To explore different types of burgers and their nutrition facts.





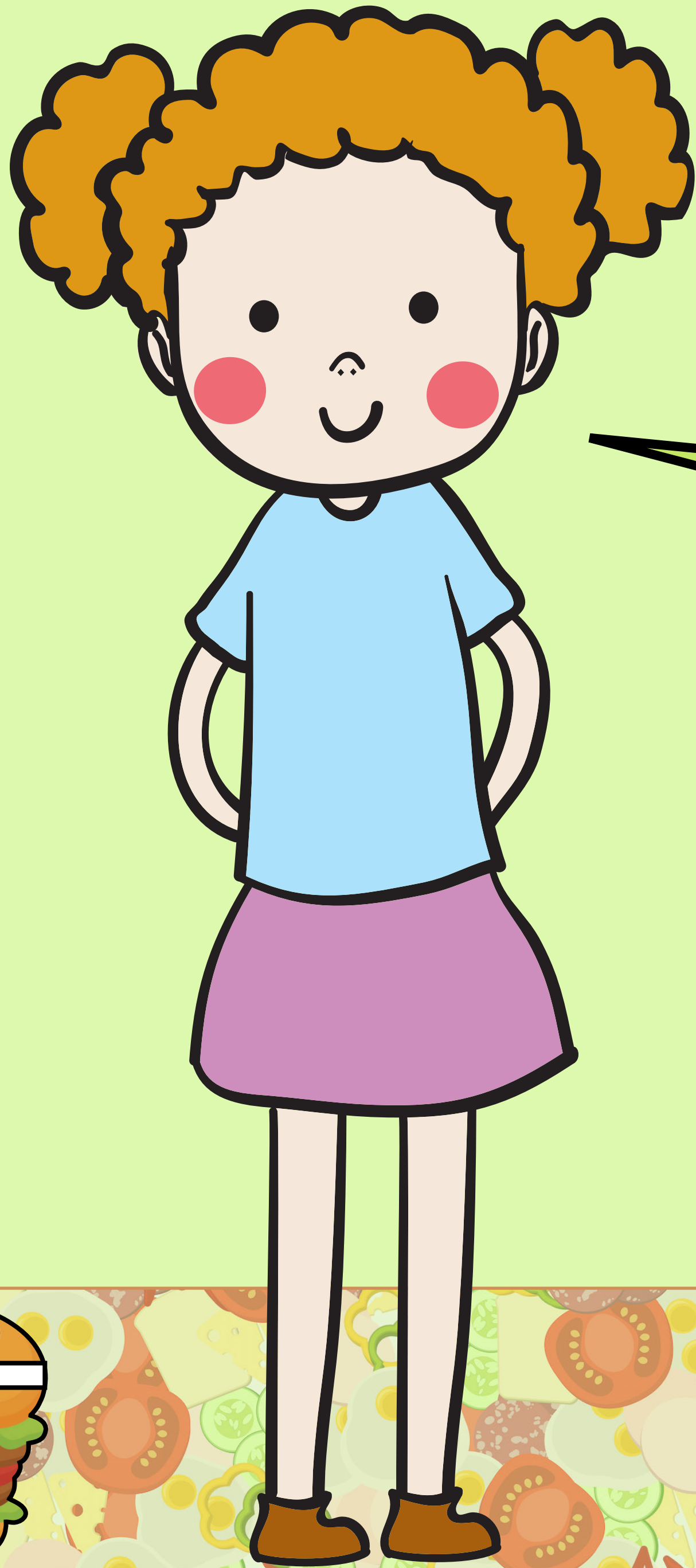
Do you love eating  
burgers?  
Talk to the person next  
to you about your  
favourite burger.



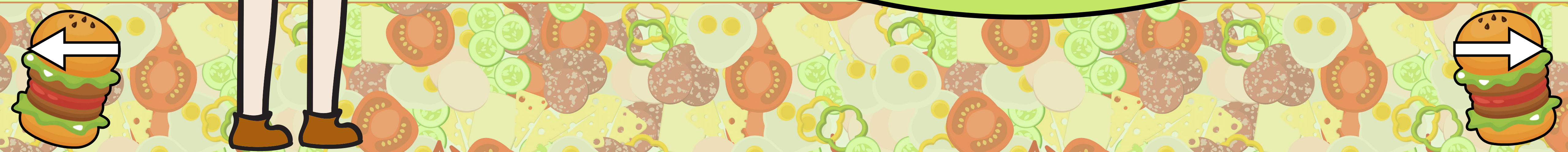
Have you been to  
these burger  
restaurants?

What kind of  
burgers do they  
sell? Which  
restaurant do you  
prefer?



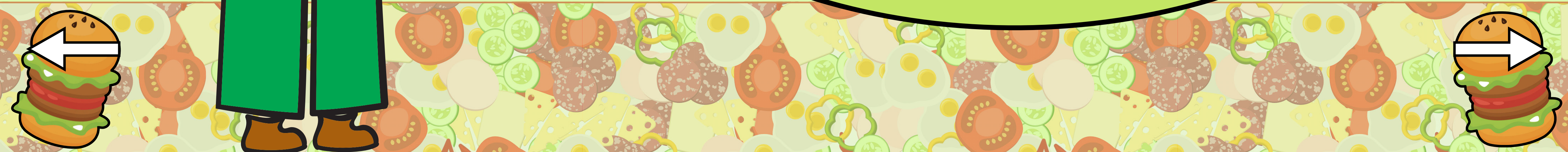


Are burgers a  
healthy meal option?  
Are they nutritious?  
Discuss your thoughts with  
a partner!



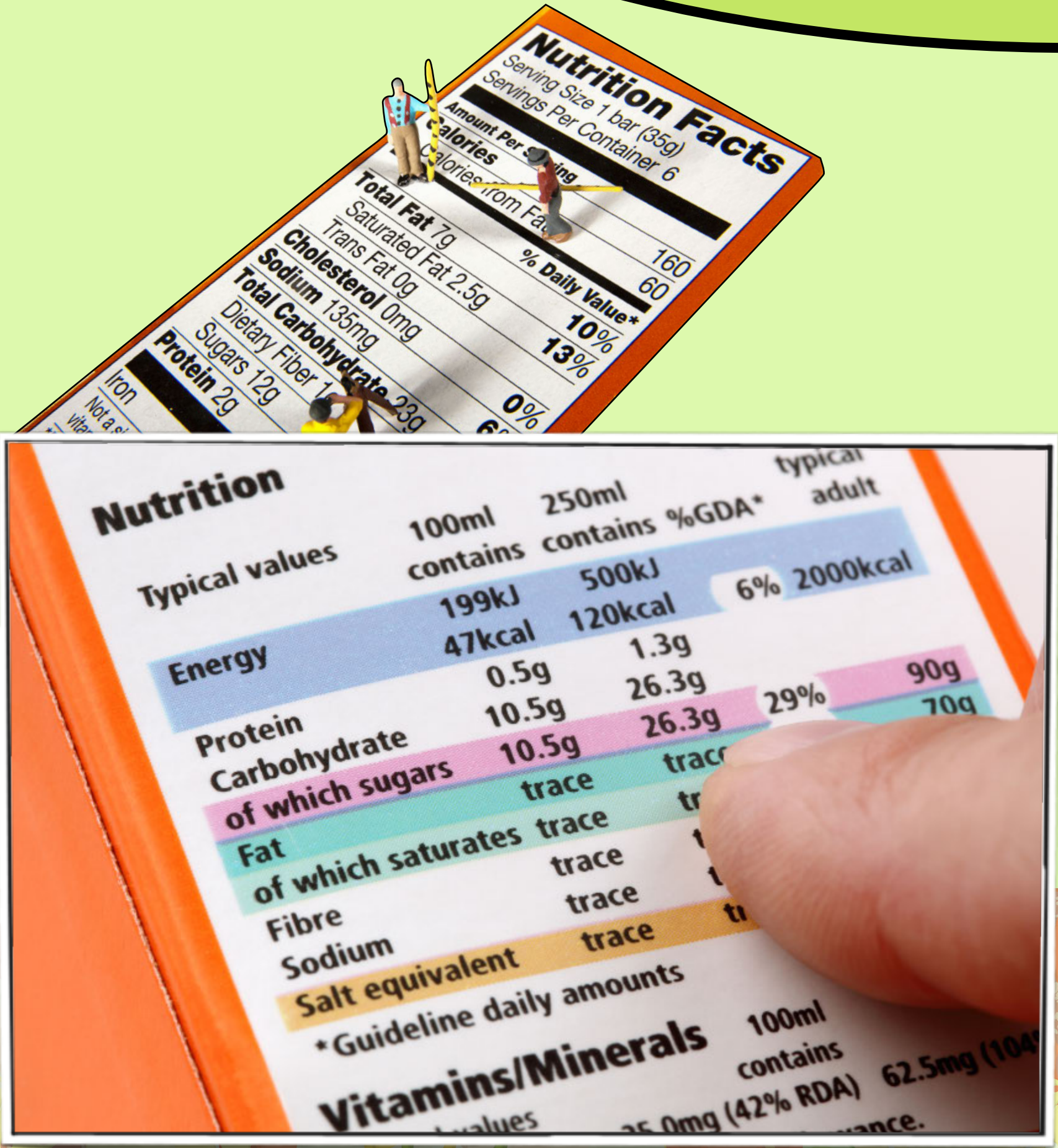
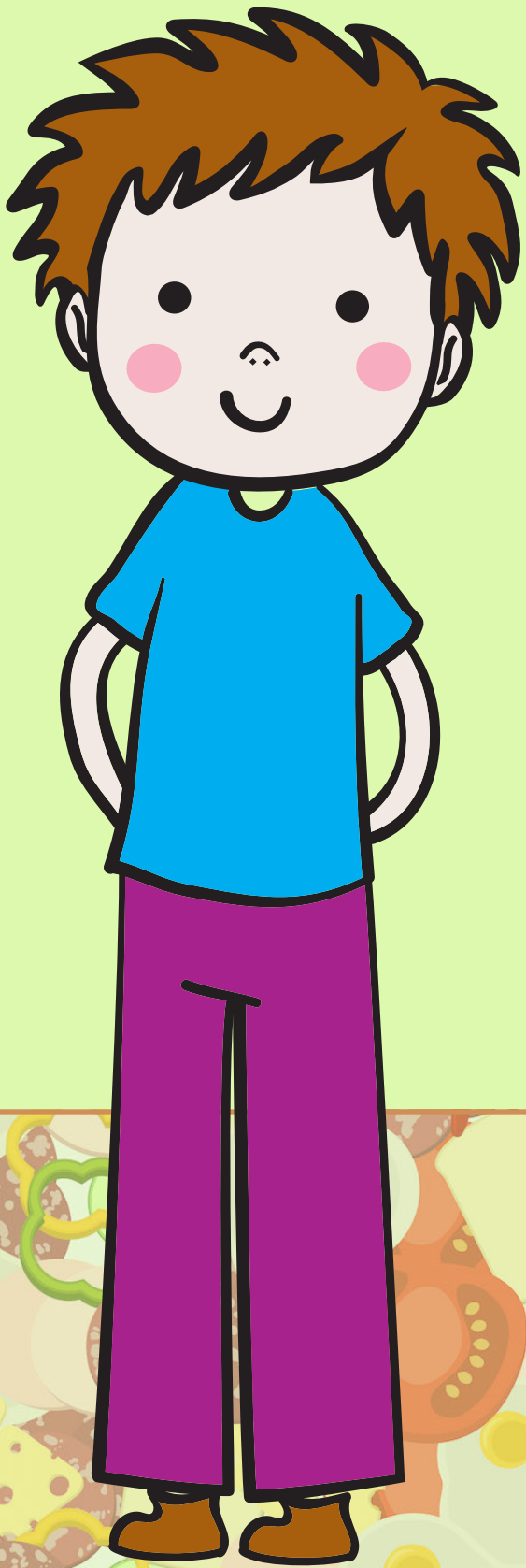


Do you know how  
to check the nutrition  
facts of the food you  
eat?

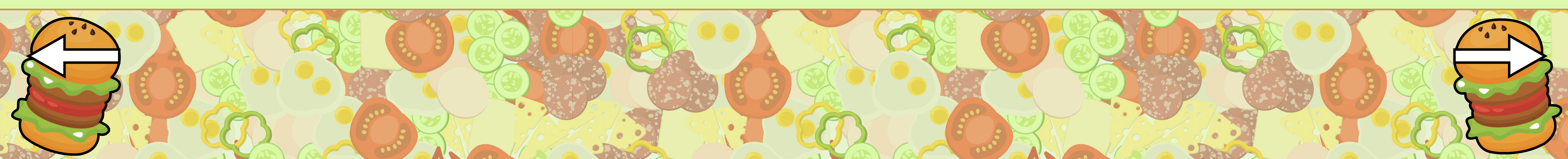


Most food has a nutrition fact label attached. These tell us what the food contains and how many calories it has.

Why do we need to know what is in food? How does this help us?



Nutrition labels tell us how many fats, proteins and carbohydrates there are in the food we eat. They also tell us the salt level, amount of sugar and if there are any traces of nuts or wheat for those people who have allergies. There are guidelines to tell us if food is high in fat, sugar and salt. We can check these guidelines and read the nutrition facts of food to make good food choices.

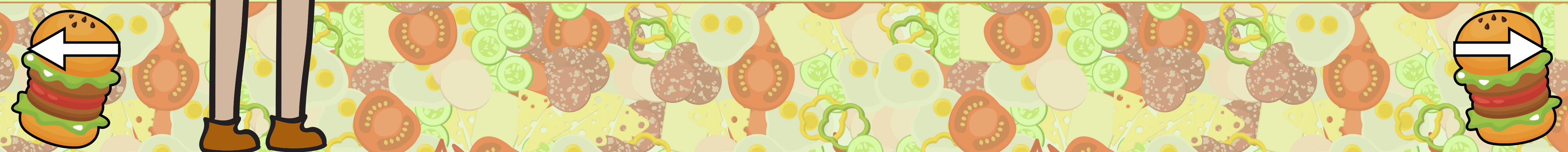




Do you know what  
carbohydrates, fats, proteins and  
calories are?

Why is it important to know how much of  
each is in the food we eat?

Let's find out!



Fats, proteins and carbohydrates are the three main nutrients our body needs for energy. The energy they provide is measured in **CALORIES**.

Fat

A natural, oily substance that helps prevent disease in our body.

Protein

Large molecules that assist muscle and hair growth in our body.

Carbohydrate

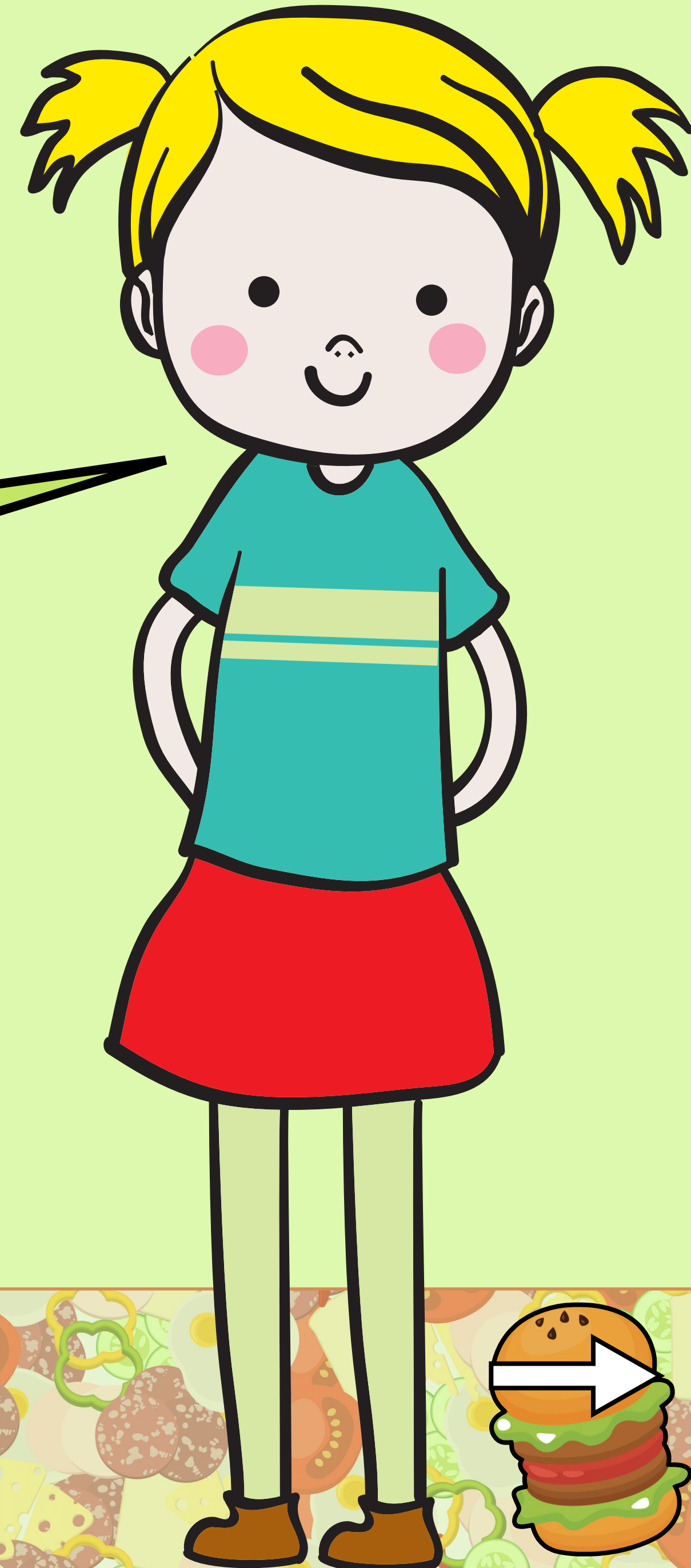
A nutrient that changes into sugar and provides energy for organs.



Calories are energy that fuel our body and they come from fats, proteins and carbohydrates.

The amount of calories your body needs to power the brain and organs depends on your age, height and weight.

I am very active, I play sport nearly everyday.  
I need a substantial amount of calories to give me the energy I need.

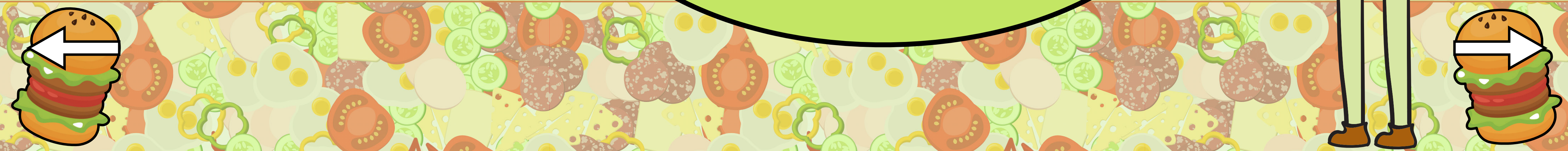


This is a McDonald's Big Mac  
burger nutrition label.

Discuss the four highlighted  
facts.

Nutrition Facts Valeur nutritive	
Per Sandwich (209 g) / par sandwich (209 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 540	
Fat / Lipides 29 g	45 %
Saturated / saturés 10 g + Trans / trans 0.5 g	53 %
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 %

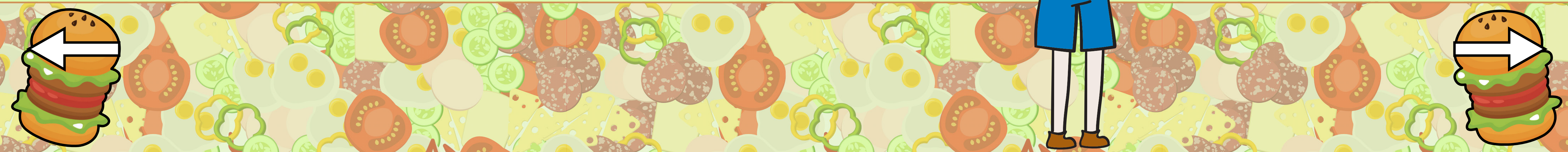
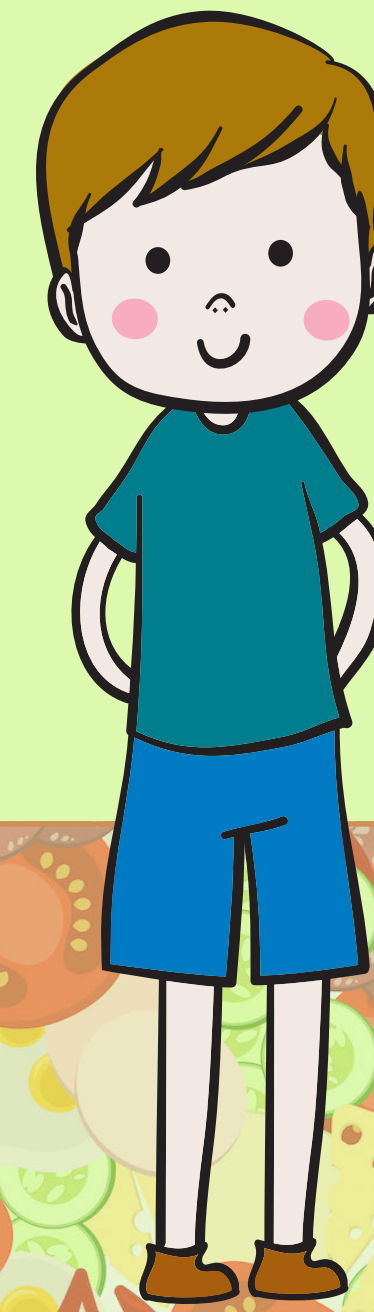
What is this telling  
you? Is this burger good  
for you?



You cannot say whether this burger is good or bad for you. It depends on your general diet and what you usually eat during a day and over the week.

A balanced diet is the key. Trying to balance the amount of sugar, salt, protein and fat in your diet is how you stay healthy.

Fast food burgers are generally high in fat and sugar, so can be unhealthy for you if you eat them regularly.

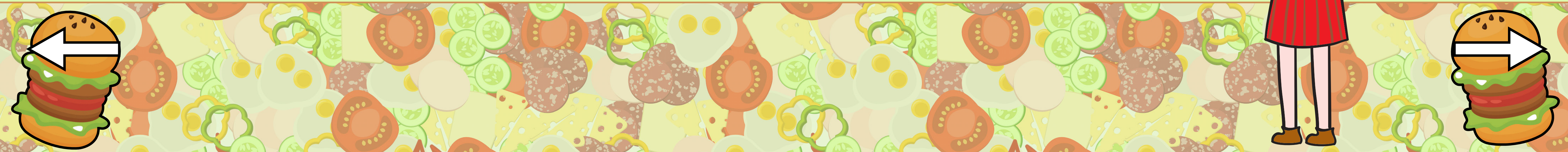




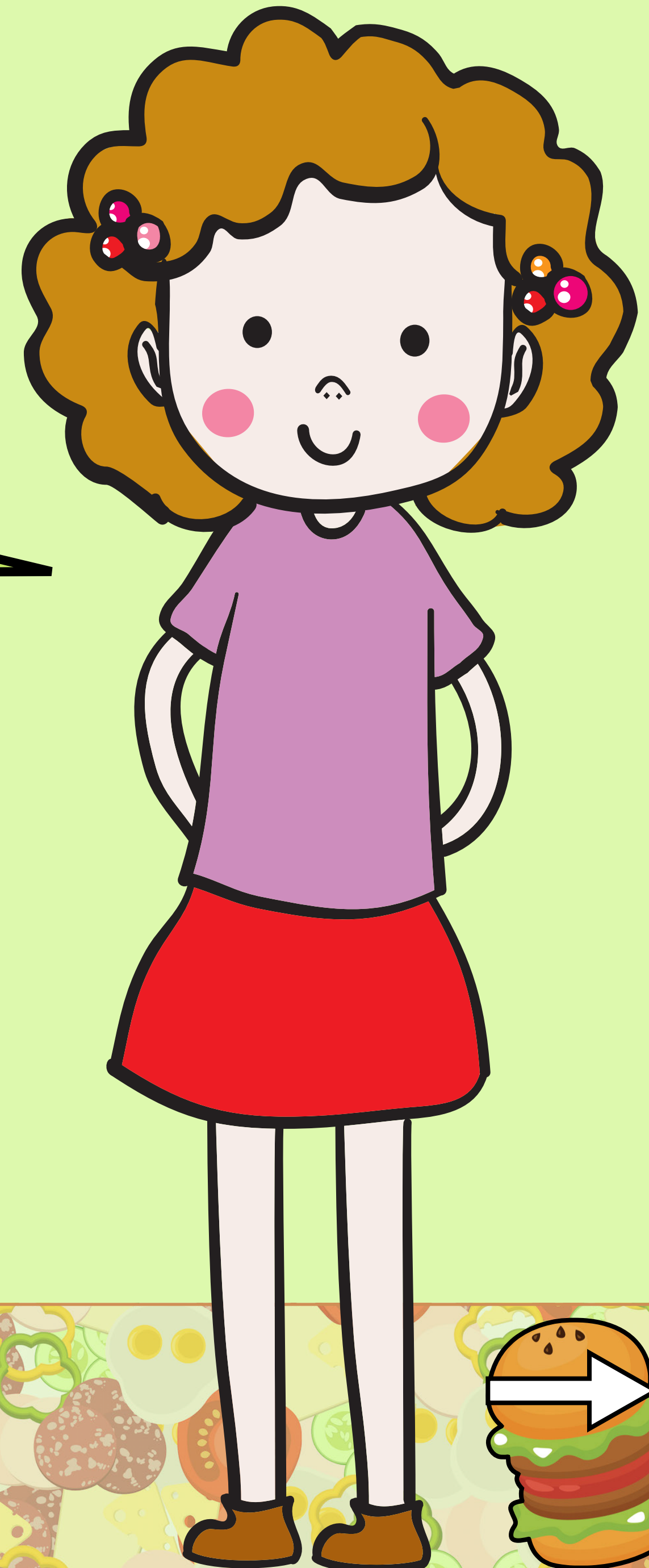
What changes could you make to this Big Mac to make it more nutritious? What would you add? Take away?

### Tip

We get proteins, fats and carbohydrates from all different foods: vegetables, fruits, bread, meats, grains, dairy and eggs.



We can make burgers at home instead of buying them from fast food restaurants. Could this make burgers a healthy meal option?



# Plenary



Remember this Big Mac? It has 540 calories in it. Would it be a good idea to eat a Big Mac everyday?

Why? Why not?

If you did eat one everyday would you be eating a balanced diet? Why? Why not?

