

High Five Burger: Lesson for Fifth Grade

Purpose

To help students understand that all food has an agricultural source which has a particular geographic origin

Desired Outcomes

The learner will make connections through the use of oral and written language, media and technology.

The learner will apply key geographic concepts to the United States. The learner will apply knowledge and behavior self-management skills to areas of nutrition and physical activity for healthy growth, development, and maintenance.

The learner will exhibit a physically active lifestyle.

Vocabulary

beef cattle condiments geography nutrition

Materials Provided

- “Have a Hamburger and See the USA”
- “United States Map”
- “Build a Burger Fact Sheet”
- “Run the Rainbow Challenge: Burger Bunny Relay”
- “Components for Burger Bunny Relay”

Materials Needed

- Manipulatives located in “Main Course” lesson
- Poster or Chalk Board
- Copy of [How to Make an Apple Pie and See the World](#) (Marjorie Priceman, 1994, ISBN 0-679-88083-6).
- Class sized map of United States
- Copies of “Where’s the Fat?” from “Level 3, Lesson Plan 2” from *MyPyramid for Kids* located at http://teamnutrition.usda.gov/resources/mpk3_lesson2.pdf
- A package of hamburger buns, label from packaged ground beef, package of sliced cheese, a jar of mayonnaise, a jar of pickles, a packaged head of lettuce, a tomato, a bottle of ketchup, an onion, a jar of mustard
- 2 dozen large, plastic Easter eggs, bunny ears (optional), bags or baskets for gathering eggs

Instructional Procedures

Preparation

- Make necessary preparations as outlined in “Main Course” lesson.
- Makes copies of “Where’s the Fat?” from “Level 3, Lesson Plan 2” from *MyPyramid for Kids*
- Print and cut out “Components for Burger Bunny Relay,” place one of these cut outs in each of the Easter eggs.
- Have available bags/baskets for “Run the Rainbow Challenge: Burger Bunny Relay.”

1. Teach “Main Course” lesson.
2. Read aloud to the class How to Make an Apple Pie and See the World.
3. Tell the class that you have a slightly different story; you’d rather make a hamburger than an apple pie and you’d like to get all the ingredients from the United States. You may wish to prepare the story as a Power Point™ presentation or as a series of transparencies for the overhead projector. Provide United States maps for all students. Have students locate each state mentioned in the story as it is read. They should write the name of each component of the burger inside the outline of the appropriate state. Read the story, “Have a Hamburger and See the USA,” to the class. Allow students to check their work by locating each state on a class sized United States map. If your classroom does not have a wall map, you can make one by projecting a transparency of a United States map onto a large tarp or plastic sheet and trace with a permanent marker.
4. Once the story is completed, make work assignments to individuals or small teams of 2-3 students. Give each group one of the following burger components: bun, burger, cheese, mayonnaise, pickles, lettuce, tomatoes, ketchup, onions. Individuals/Teams should fill out a “Build a Burger Fact Sheet” for their assigned component. They may consult reference books or appropriate websites to gather their information. Have individual/teams report their findings to the class. Encourage the use of visuals and graphic organizers.
5. To address the concept of nutritional analysis of various foods, utilize activities found in Level 3, Lesson Plan 2 of “MyPyramid for Kids.”
6. Next, challenge students to rewrite the story using alternative main ingredients. For example, replacing beef with turkey or soy as their burger. Or challenge students to rewrite the story for another food item (i.e., club sandwich, chicken wrap).
7. Work with the entire class on a logic lesson to determine how many different combinations of ingredients can be made for an individual burger.
8. As an extension of the hamburger ingredient activity, share with students that the number of calories contained in a hamburger is far greater than the number of calories in a tossed salad. Therefore, more physical activity is required to accommodate the number of calories consumed with a hamburger than a tossed salad. For an overview of the number of calories burned while participating a variety of activities, have students go to

<http://www.primusweb.com/fitnesspartner/jumpsite/calculat.htm>. By putting in their personal information, they can receive a personalized activity guide.

9. Have class participate in “Run the Rainbow Challenge: Burger Bunny Relay” for physical activity.

Teacher Notes

In the “Have a Hamburger and See the USA” story, the states chosen for each of the hamburger components are the actual states that rank number one nationally in the production of that particular food item. It is suggested that you check annually to determine if the states cited in the story are still the top producers of each item. Amend the story as changes occur. A source for verifying information about top producing states is the current version of *Farm Facts* (©American Farm Bureau Federation).

Background Information

With 86% of America’s population ordering them in the last year, hamburgers are America’s favorite sandwiches.

For more information about the nutritional value of a hamburger, visit Oklahoma Ag in the Classroom’s “Build a Burger” lesson at <http://www.clover.okstate.edu/fourh/aitc/lessons/primary/burger.pdf>.

If you would like to enrich this lesson, make, or ask someone who is a good seamstress to make, an oversized hamburger using the pattern and directions found at <http://www.clover.okstate.edu/fourh/aitc/lessons/extras/recipes/burger.pdf>. This hamburger will be a big hit with your students as you talk about the sources of the components of a hamburger. Thanks to Oklahoma Ag in the Classroom for this neat classroom addition!

United States Map



Build a Burger Fact Sheet

Burger ingredient

Top producing US state for this ingredient

Geographic region(s) in which this product is produced

Steps involved in growing/ processing/ transporting/ marketing this item

Ways to prepare and enjoy this ingredient other than on a burger

Have a Hamburger and See the USA

Making a delicious hamburger is really very easy. Simply get all the ingredients at the market, prepare them safely, pile on your favorite condiments, and enjoy!

Unless, of course, the market is closed.

In that case, go home and pack a bag. Take your shopping list and some walking shoes. Then catch an Amtrak train bound for Texas. Use your time on board to familiarize yourself with all the breeds of beef cattle raised there and determine which breeds provide the leanest beef. Brush up on your branding and roping skills.

If you time it right, you'll arrive next in Kansas at harvest time. Kansas is the top wheat growing state in the United States. Find a large field out in the countryside. Gather up several armloads of wheat. It must be ground into flour for the bun for your burger. Do you like whole-wheat buns? With seeds or without?

Next, take a bike ride to Florida. Here's where you will find the largest fields of tomatoes growing in the good old USA. Tomatoes add a nutritious zest to America's favorite sandwich and provide the primary ingredient for everyone's favorite condiment, ketchup. Or is that catsup??

A long, brisk walk will take you across Florida, America's number one cucumber state. Do you put cucumbers on your burger? You do if you like to add a pickle for tangy flavor.

Hop a jet to Wisconsin for some cheese. That is, if you like for your burger to be a cheeseburger.

Head west to California for the crisp, cool lettuce that will complete your burger masterpiece. While in California, make a new friend who will host a barbecue for your beautiful burger creation. Invite a few folks to enjoy with you!

Run the Rainbow Challenge: Burger Bunny Relay

Who says that the Bunny only hops at Easter? And who says he only brings eggs? Add to the benefits of MyPyramid with this burger building relay. Have students form teams of 4-6 members. Mark a running track, which represents an appropriate distance for a relay race. Teams line up at the start line. Across the finish line, scatter plastic Easter eggs filled with laminated pictures of commonly used burger components (beef patty, bun, ketchup, pickle, lettuce, tomato, mustard). The race begins with the starting signal. The first member of each team must run over to the "egg line," pick up an egg, place it in a basket and hop back to the starting line. Team members open the egg and note which component is contained within. The second team member runs to the egg line, collects an egg, and hops back to the team. Team members reveal the new component. The race progresses until the first team has built a complete burger. If a team member hops over with a duplicate burger component, s/he must run it back to the egg line and get another egg. This process continues until one team has a complete burger with no duplicates.

Components for Burger Bunny Relay

