

Key People and Events

1880	Fletcher Davis - put ground beef between two pieces of Texas toast when one of his customers was in too much of a hurry to sit down. (Texas, USA)
1900	Louis Lassen - put scraps of ground beef between slices of bread for fast, easy eating. (USA)
1921	White Castle became the first fast food chain to sell burgers.
1940	McDonalds - Richard and Maurice McDonald open their first drive-in restaurant.

Impact of burgers

Environmental - Meat production causes habitat loss, land and water pollution and greenhouse gas emissions. Furthermore, millions of wild animals are killed every year at the behest of the livestock industry. Eating less meat is one of the most powerful ways to protect wildlife and the planet.

Financial - There are over 200,000 fast food restaurants in the United States and it is estimated that 50 million Americans eat at one of them every single day, which generates revenue of over \$570 billion per year. Fast food restaurants create many jobs, employing over 4 million people.

Health - high in fats, sugar and sodium that can damage your overall health. They weaken your immune system, which further puts you at risk of other health problems. High calorie content causes weight gain and high cholesterol can lead to issues with the heart.



Key Knowledge and Skills

	Bind meat together by adding an egg and mixing together. Season with salt, pepper and any spices.
	Shape the burgers into equally sized patties
	Make an indentation in the centre to prevent the burgers from puffing up.
	Grill both sides of the burger to the required tenderness.
	Assemble burger by slicing vegetables, cheese and adding sauce.

A Healthy Balance Diet

Fruit and vegetables	A good source of vitamins, minerals and fibre. Eat 5 portions a day.
Carbohydrates	Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.
Proteins	For growth and repair, vitamins and minerals.
Dairy	Good sources of protein and some vitamins, and they're also an important source of calcium, which helps to keep our bones healthy
Fats and sugars	Good for energy and fat reserves in small amounts.

Key Vocabulary

obesity	A condition in which you have too much body fat for your height.
consumption	To eat or drink something.
organic	Food that is produced without the use of chemical fertilizers, pesticides or other artificial chemicals.
saturates	A type of fat which needs to be limited within the diet as too much can lead to obesity and heart disease.
dietary	The kinds and amounts of food available to or eaten by an individual, group or population.
bind	To cause to stick together.
tenderness	A quality of meat gauging how easily it is chewed or cut.
appetizing	Appealing to one's taste.

Language for evaluation

acrid acerbic bland greasy burned/charred unpalatable insipid	appetizing culinary masterpiece delectable hearty juicy succulent zesty
---	---