

Burger worksheet

Label the food from your burger in the correct food group on the eatwell guide



The meat, fish, poultry and other protein foods section of the Eatwell guide provide protein needed for growth and repair of cells. Vegetarians do not eat meat. Circle the foods below that a vegetarian could include in a burger:

- Pork Beef Nuts Salmon Lentils
- Beans Chicken Egg Quorn Soya
- Lamb Milk

The nutrition labels below show the fat content of 3 different types of minced beef. Which would be healthiest and why?



Tesco Beef Lean Steak Mince 500G 5% Fat



Tesco Beef Steak Mince 750G 15% Fat



Boswell Farms Beef Mince 500G 20% Fat

Raw meat contains food poisoning bacteria which are destroyed during cooking. It is crucial that this bacteria is not passed onto the salad and bread on a burger as these are not cooked before eating. This is known as **cross contamination** and is a big cause of food poisoning. List 4 rules that would help prevent cross contamination of bacteria from raw meat onto other foods:

1. _____
2. _____
3. _____
4. _____

Eating vegetarian and vegan food has become more popular in recent years. Use the internet to find out why this might be. Explain 4 reasons why some people might choose to be vegetarian.

1. _____
2. _____
3. _____
4. _____