

GROW YOUR PALS PROGRAM GUIDE



THE NATIONAL FFA MENTORING PROGRAM

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LESSON 18

Cheeseburger Storybook

Unit:
AGRICULTURAL AWARENESS

PRECEPTS

- F. Continuous Improvement
 - F5. Acquire new knowledge
- J. Mental Growth
 - J2. Think creatively



Lesson Type:
One-on-one

NATIONAL STANDARDS

NL-ENG.K-12.8 Developing Research Skills

STUDENT LEARNING OBJECTIVES

As a result of this lesson, the student will ...

1. Investigate the components of a bacon cheeseburger.
2. Discover how agricultural products are part of everything we eat.





TIME

Instruction time for this lesson: **30 minutes.**



RESOURCES

The Imagination Station, West Des Moines, Iowa; Iowa Agricultural Awareness Coalition



TOOLS, EQUIPMENT AND SUPPLIES

- ✓ colored pieces of paper to represent the cheeseburger
- ✓ a real cheeseburger (if possible) or a picture of a cheeseburger PALS.18.TM.A
 - one copy
- ✓ colored pencils, crayons or markers
- ✓ PALS.18.TM.B – PALS.18.TM.I
 - one copy (if a real burger is not available)



KEY TEAMS

The following term is presented in this lesson and appears in ***bold italics***:

agricultural products
processed
agriculture

INTEREST APPROACH

Have a real cheeseburger or a detailed picture of a cheeseburger in plain sight to catch their attention. Ask the mentee the following questions: “What is it?” “Where do you find one of these?” “What do you do with it?”



Hi, how are you to day? *Allow them time to respond.*

What is this that we have in front of us?

Response: cheeseburger.



Where does something like this come from? What do you do with it? What does it smell like?

Elicit responses. Remember there are no right or wrong answers. Encourage them to tell you all they know about cheeseburgers.



You are right, it sounds like you know quite a bit about cheeseburgers. Did you know that it is more than just something good to eat? It also represents how **agricultural products** come together to create delicious foods.

SUMMARY OF CONTENT AND TEACHING STRATEGIES

OBJECTIVE 1. | Investigate the components of a bacon cheeseburger.



In this activity we will explore the foods that go into a cheeseburger, where they come from and how they are produced. If you do not have an actual cheeseburger to dissect, print pictures of each of the ingredients- PALS.18.TM.B-PALS.18. TM.I



Let's discuss what foods go into making a cheeseburger.

- First you have the bun, which is made much like bread--from flour, eggs, corn syrup and yeast.



Describe the rest of the items as you can see them and allow your mentee to talk about where each item comes from. If they don't know, be sure to chime in and give them clues.

- Ketchup is made from tomatoes and corn syrup.
- Mayonnaise is made from eggs and soybean oil.
- Pickles are made from cucumbers, vinegar and different types of seasoning, such as dill.
- Lettuce is grown in the ground. The plant grows and we eat it exactly how it is grown. All we do is wash and cut it up. So this is not a **processed food**.
- Bacon comes from pigs (though it can also be made from turkeys), and it is a combination of meat and fat that is sometimes smoked.
- Cheese made from **processed** milk.
- Burger, or hamburger, is another type of meat. It is beef that is ground up and placed into patties for grilling. (Turkey is another type of meat used to make burgers, but they are called turkey burgers.)

Side note:



We never want to eat meat that has not been cooked. It could make us very sick.



As we can see, all of these food items are made from **agricultural products**, some are **processed foods** and some are not.

OBJECTIVE 2. | Discover how agricultural products are part of everything we eat.



Now to help us remember the ingredients in this cheeseburger and from what industry of **agriculture** they come from, we will make our very own Cheeseburger Storybook!

Using different colors of paper to represent each ingredient, let's start with two pieces of tan paper, one for each part of the bun. This will serve as the front and back cover of our Cheeseburger Storybook.

On the tan pieces of paper let's draw pictures of the ingredients that go into making buns and perhaps a picture of an oven, since the ingredients must be baked.

Move down the ingredients list using a different color to represent each ingredient, and allow the mentee to draw pictures of what the product is made of and how it is made.

Colored paper suggestions:

Bun- tan

Ketchup- red

Mayonnaise- white

Pickles- green

Lettuce- light green

Bacon- light brown

Cheese- yellow

Burger- brown

Bun- tan



As the mentee is drawing the pictures, help them to better understand the way each product is made. Work together. Perhaps after they draw each picture, it can be your job to title each page with the food item it is representing.



REVIEW / SUMMARY

Wow, we have really dissected and explored all of the items that make up a bacon cheeseburger. Now that we have created our Cheeseburger Storybook, let's review each piece of paper while you tell me where that food item comes from.

Reflective questions:

What other food items come from milk?

What other types of meat besides hamburger do we get from cattle?

What items on the bacon cheeseburger are vegetables?

What did you learn about a bacon cheeseburger that you didn't know before?

PALS.18.ASS. A | EVALUATION

Match the following items in the cheeseburger with their ingredients. Write the correct letter beside each ingredient.

- | | |
|--------------------|--|
| _____ 1. Bun | A. Wheat, eggs, corn syrup and soybean oil |
| _____ 2. Ketchup | B. Tomatoes and corn syrup |
| _____ 3. Mayo | C. Eggs and soybean oil |
| _____ 4. Pickles | D. hogs (or turkeys) |
| _____ 5. Lettuce | E. Wheat, eggs, corn syrup and soybean oil |
| _____ 6. Bacon | F. Cattle (or turkeys) |
| _____ 7. Cheese | G. Cucumbers, vinegar and seasoning |
| _____ 8. Hamburger | H. Milk |
| _____ 9. Bun | I. Lettuce |

PALS.18. ASSESS. A | EVALUATION - ANSWER KEY

Match the following items in the cheeseburger with their ingredients. Write the correct letter beside each ingredient.

1. A or E
2. B
3. C
4. G
5. I
6. D
7. H
8. F
9. A or E

APPLICATION



Large Group Suggestion:

1. *Work with the entire group to review the USDA Food Guide Pyramid and identify where each cheeseburger ingredient fits.*
2. *Use the e-Moment 10,000 Pyramid to help students remember each ingredient as a fun review.*



Continued One-on-One discussion/ Activity: *Talk about other food items your PAL likes to eat and identify where they come from and how they are produced.*

PALS.18. ASSESS. A

Match the following items in the cheeseburger with their ingredients. Write the correct letter beside each ingredient.

- | | |
|---------------------|--|
| _____ 1. Bun | A. Wheat, eggs, corn syrup and soybean oil |
| _____ 2. Ketchup | B. Tomatoes and corn syrup |
| _____ 3. Mayonnaise | C. Eggs and soybean oil |
| _____ 4. Pickles | D. hogs (or turkeys) |
| _____ 5. Lettuce | E. Wheat, eggs, corn syrup and soybean oil |
| _____ 6. Bacon | F. Cattle (or turkeys) |
| _____ 7. Cheese | G. Cucumbers, vinegar and seasoning |
| _____ 8. Hamburger | H. Milk |
| _____ 9. Bun | I. Lettuce |



PALS.18.TM.A

Insert picture of a complete hamburger



PALS.18.TM.B

Insert ground beef



PALS.18.TM.C

Insert a bun



PALS.18.TM.D

Insert bacon



PALS.18.TM.E

Insert pickles



PALS.18.TM.F

Insert cheese



PALS.18.TM.G

Insert bottle of ketchup



PALS.18.TM.H

Insert head of lettuce



PALS.18.TM.I

Insert jar of mayonnaise