

Where Did Your Hamburger Come From?

Name _____

Introduction

Have you ever taken a bite of a hamburger and wondered where all of the ingredients came from? Depending on what you put on your burger, it may contain foods from every food group. Who are the people who grew the ingredients? A rancher probably raised the beef cattle for the beef patty and a tomato farmer grew the tomatoes for the ketchup and tomato slice, but what about the bun, cheese, onions, mayonnaise, pickles and other ingredients you like on your burger?

In this activity, you will put together your own hamburger and learn about some of the different products farmers and ranchers produce for your dinner. You will also learn about the different food groups that go into this meal.

Directions

1. Color the different parts of the hamburger.
2. Cut out each part and glue them onto a paper plate.
3. Your teacher will provide a map of California that shows some of the top crops grown in each county. As a class, find the county where the source of each of your hamburger ingredients was produced. Next to each of your hamburger ingredients write down the source of the ingredient and the county where it could have been grown.
4. Write down the food groups that are represented in your hamburger ingredients. Health guidelines recommend that we fill half of our plate with fruits and vegetables at each meal. As a class, discuss ways to make this a balanced meal.

Build your own burger!

Cut out the hamburger parts and put them together just the way you like...

