

Build-a-Burger

Provide children with an opportunity to learn about the food groups while making a favorite food. Burgers are one of the most popular foods in the US. In fact, each year Americans eat about 25 million hamburgers! Most cheeseburgers include products from each of the 5 food groups.

You will need:

Various colors of construction paper
Tape
White paper plates
Yarn
Markers/Crayons
Scissors

How to:

1. Cut the paper plate in half and color tan or brown. This will be the bun.
2. Next, use the construction paper to cut out your patty and favorite toppings (examples: cheese, lettuce, tomatoes, pickles, onions).
3. Line the up vertically and tape to the string of yarn. On the back of each food, write the food group that it belongs in – dairy; protein; vegetables; fruit; grains.

Suggested Books:

How Did That Get in My Lunchbox by Chris Butterworth
Meat and Protein by Nancy Dickmann



For more resources to connect children to agriculture visit AgInTheClass.org.