

## 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