

Where Did Your Hamburger Come From?

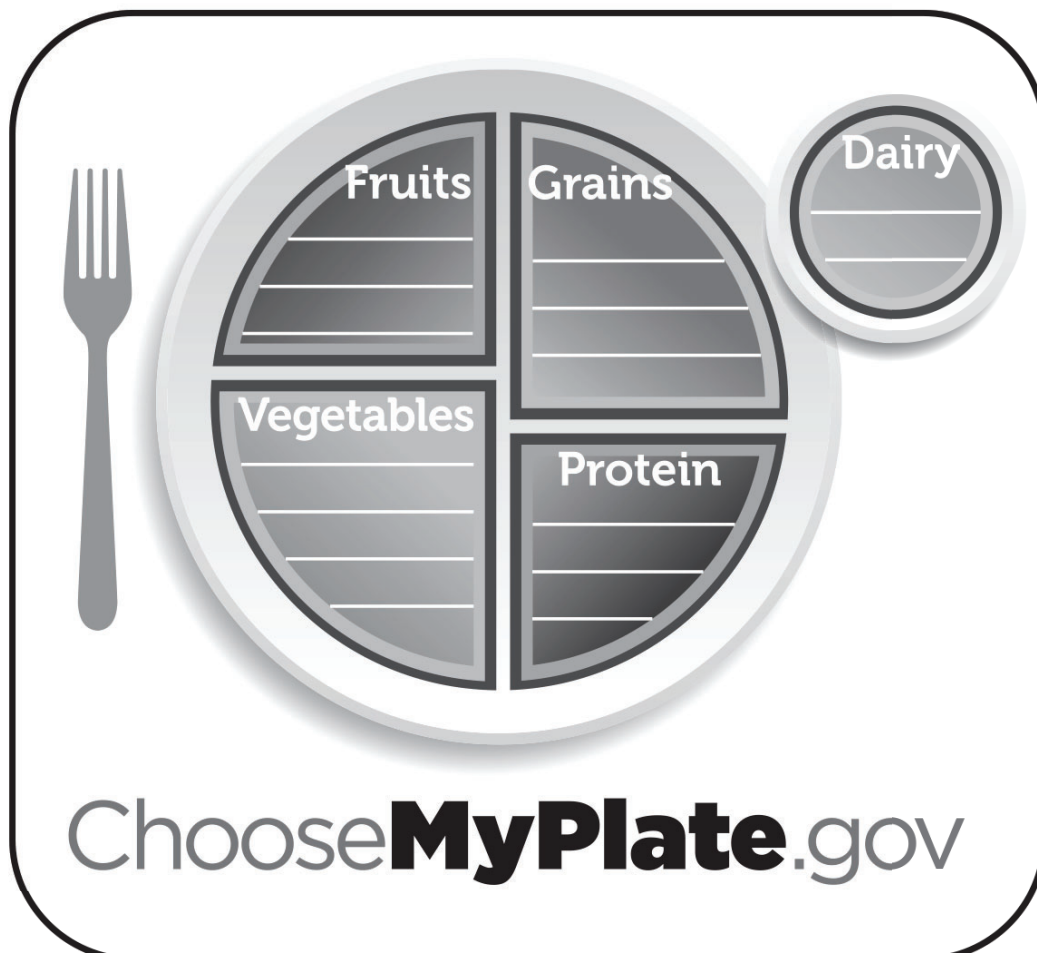
Introduction

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.

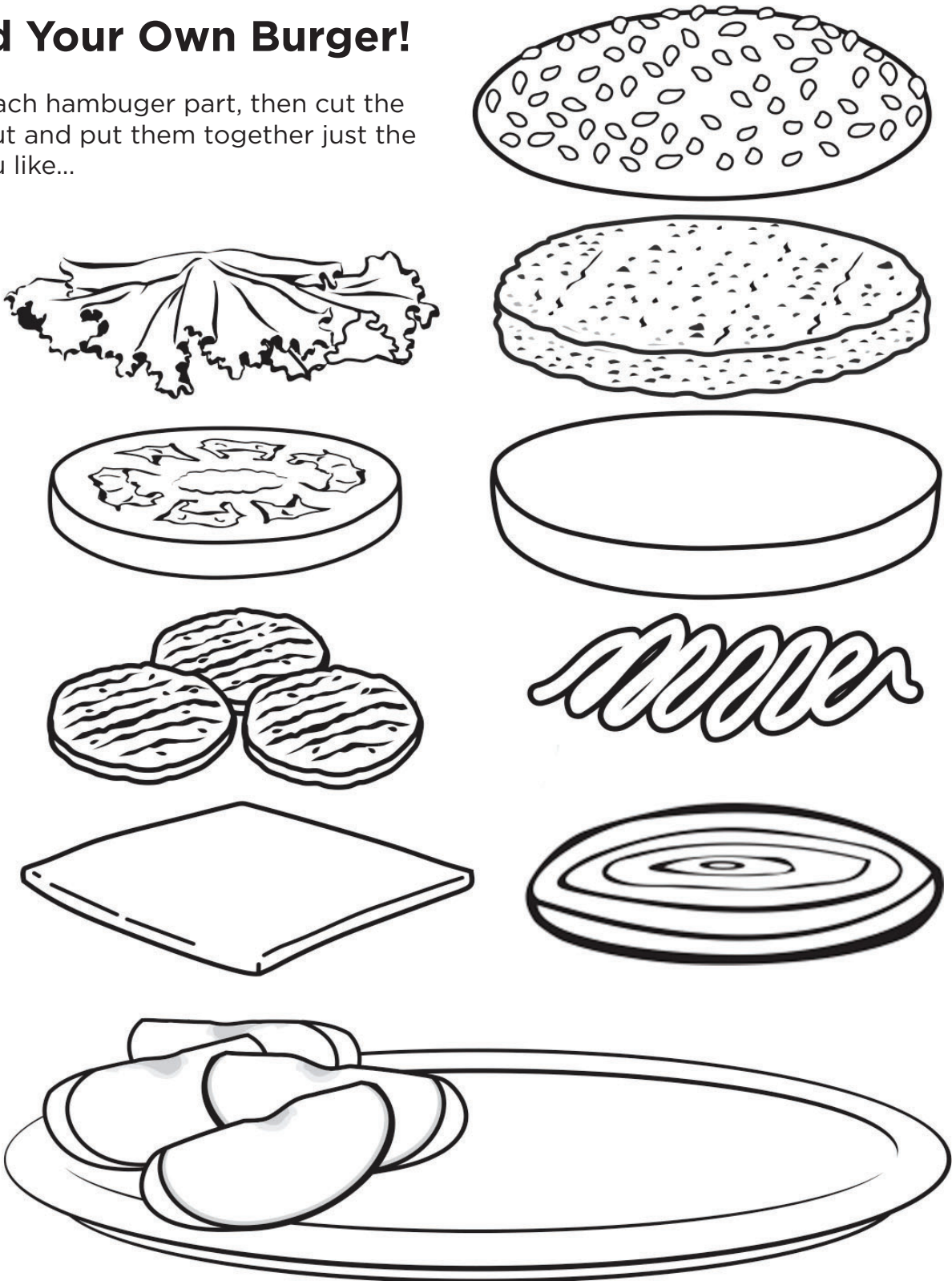
Directions

1. Color the different parts of the hamburger.
2. Cut out each part and glue them onto a paper plate.
3. Write down the food groups that are represented in your hamburger ingredients.



Build Your Own Burger!

Color each hamburger part, then cut the parts out and put them together just the way you like...



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In the chart below, fill in the food group that each part of the hamburger belongs to. Use the MyPlate chart the previous page as a guide.

Hamburger Part	Source	Who Produced It?	Food Group
Beef Patty	Beef Cattle	Cattle Rancher	
Bun	Wheat Kernel	Wheat Farmer	
Ketchup	Tomato Plant	Tomato Farmer	
Cheese	Dairy Cow	Dairy Farmer	
Lettuce	Lettuce Plant	Lettuce Farmer	
Tomato Slice	Tomato Plant	Tomato Farmer	
Pickle	Cucumber Plant	Vegetable Farmer	
Onion Slice	Onion Bulb	Vegetable Farmer	
Apple Slices	Apple Tree	Apple Orchard	