

# Big Big Burger



Eating  
too much food  
can make you  
gain weight.

**Coach Note:** Read this page to yourself, to get ready for the activity.

## Purpose of Activity

To learn how to choose the right amount of meat for a meal

## Teaching Points

1. One pound of hamburger meat can make four patties.
2. The right amount of meat is the same size as a deck of cards.
3. Special burger deals at fast food places and restaurants are too big.
4. A healthy meal with meat includes lots of vegetables; a starch, like a hamburger roll; and a fruit.



## What You Need

**Place these things nearby:**

- Burger model (in kit)
- 1 pound lean hamburger meat in a bowl
- Wax paper, 18-inch piece
- Disposable food service gloves (in kit)
- A boxed deck of cards (in kit)

## Suggestion

Do this game before  
a burger meal!

# Are You Ready to Play the Big Big Burger Game?

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**It's easy to eat too much meat.**

- What kind of burger do you like?  
What do you put on your burger?
- You can get big burgers like this one at a fast food restaurant.
- It looks delicious, especially when you are very hungry.
- This size hamburger is too much meat for a meal.

- Eating a big burger like this one is like eating more than one meal at once.
- Eating a hamburger that is too big can make you gain weight.



# Let's Practice: Make the Right Size Hamburger Patty

- A hamburger patty should be the size of a deck of cards.
- How many patties can you make from 1 pound of hamburger?
- Let's find out together.
- Put gloves on to handle the raw meat.
- Shape a patty to look like the size of a deck of cards.
- Divide the rest of the hamburger into patties until the meat is all gone.
- Place patties on wax paper. Set aside to cook after the activity if you like.
- How many patties did you make?
- Most 1-pound packages of hamburger will make about 4 patties.



Turn the  
page to find  
some helpful  
hints!

# Let's Review: You've Learned About Burgers!

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## Eat Just the Right Size Burger.

### Here's how:

- A serving of meat is about the size of a deck of cards.
- Try it! Put the deck of cards in one hand and the burger model in the other.
- Enjoy your burger with lots of vegetables, a roll and fruit for a balanced meal.

