



Design Question

Can you make a burger that is good enough for Five Guys?

Key Knowledge

Know where food comes from

- A burger contains food from each part of the Eatwell Plate.
- Seasons may affect the food available.

Seasonality			
Autumn	Winter	Spring	Summer
Apple, Blackberry, Butternut squash, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Celery, Kale, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Rhubarb, Spinach, Turnip.	Apple, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Leek, Onion, Parsnip, Pear, Potato, Pumpkin, Rhubarb, Swede, Turnip.	Apple, Asparagus, Brussel Sprouts, Cabbage, Carrot, Cauliflower, Cucumber, Lettuce, Onion, Parsley, Potato, Radish, Red Onion, Rhubarb.	Apple, Basil, Beans (Runner & French), Beetroot, Broccoli, Carrot, Cauliflower, Celery, Courgette, Cucumber, Fennel, Lettuce, Onion, Potato, Radish, Raspberry, Red Onion, Rocket, Rhubarb, Strawberry.

Nutrition

- Burger patties can be made from – meat (poultry, beef, pork) or vegetables.
- Spices and herbs can affect the flavour of a burger.

Cooking

- Different food groups (such as raw meat and vegetables) require separate chopping boards to avoid cross-contamination.
- Crushed ream crackers and eggs are used to bind the burger patty together.

Pioneers

Jerry and Janie Murrell gave their five sons a choice, 'Start a business or go to college?' The business route won and the family opened the first Five Guys – named after the five brothers. They pride themselves on 3 main things: **customisation**, **freshness** and **family**.



Vocabulary

seasoning	salt, herbs, or spices added to food to enhance the flavour.	
herbs	any plant with leaves, seeds, or flowers used for flavouring, food, medicine, or perfume.	
spices	an aromatic or pungent vegetable substance used to flavour food,	
cross-contamination	the process by which bacteria are unintentionally transferred from one substance or object to another, with harmful effect.	
customisation	the action of modifying something to suit a particular individual or task.	
bind	stick together or cause to stick together in a single mass.	
seasonality	the quality or fact of varying with or depending on the season or time of year.	