



Lesson 2: Nutrition

No single food contains all the nutrients needed for good health, so our aim should be to include a wide variety of food in our diet. As demonstrated in the Eatwell Guide, balance is the key – www.foodstandards.gov.scot/consumers/healthy-eating/eatwell.

Red meat is a nutrient-rich protein and can be included as part of a healthy balanced diet. For those that choose not to eat meat, it is important to consider any potential nutritional deficiencies that could result and whether supplementation is required.

Watch 'The Meat we Eat' video which explains the role of red meat as part of a healthy balanced diet: <https://youtu.be/-EYQ8OTsKgA>.
Use your findings to answer the questions below.

1. What nutrients do we get from red meat?

2. Select one of these nutrients and explain the benefits of it.

3. Around half of teenage girls and a quarter of adult women in the UK don't get enough of which nutrient in their diet?

4. What is the recommended allowance of red meat (cooked weight) per week? Tick the correct answer

around 200g		around 500g		around 800g	
-------------	--	-------------	--	-------------	--

Making Healthier Burgers (class discussion or individual task)

This project involves creating your own burger recipe and the knowledge from these worksheets will help you.

Use the space below to list possible techniques that could be used to make a burger healthier.

Will there be any negative impacts if you were to make these changes?

Write down any ideas you'd like to use in your own burger recipe development.

Nutrition Considerations in Producing Burgers

Minced meat is normally used in producing burgers. Mincing is commonly used to tenderize tougher cuts of meat, such as the neck and shoulder.

Nutrition is an important issue in manufacturing and companies are often encouraged to make their products more nutritious, or less unhealthy, to meet national guidelines, such as reducing fat, sugar and salt. https://www.foodstandards.gov.scot/downloads/Scottish_Dietary_Goals_-_Adapt_it_sheet.pdf

Fat Content of Red Meat

Over the last few decades, the fat content of red meat has reduced considerably, due to improved animal husbandry (breeding) and butchery techniques. Manufacturers can ask their butchers to use leaner cuts to reduce the fat content and consumers can even choose mince with varying fat percentages. However, fat does play a role in the development of a burger - impacting taste and juiciness - so you will need to consider this when making your burgers.



Name:	Class:	Date:
-------	--------	-------

Task

1. Investigate mince that you can purchase in the supermarket or from a butcher. Look at the colour difference between beef, pork and lamb mince initially - why do you think there is a difference?

2. Next, look at beef mince and the fat content. You will usually find at least 3 different varieties, for example, 20%, 12% and 5%. Write down what you visually notice about the mince. Then look at the nutritional label and compare the fat content per 100g. (You can find these online if you can't visit a supermarket)

3. Which mince will you choose to use to create your burgers? Explain the reason why.

Careers

To find out more about the jobs, careers and related further and higher education courses involved in health and nutrition visit British Nutrition Foundation's Food a Fact of Life careers page:

<https://www.foodaffectoflife.org.uk/whole-school/careers-in-food>

More information and case studies can be found at FDF Scotland's Food & Drink Careers Wakelet:

<https://wke.lt/w/s/tEcyMw>

Go Further

- Make it a Match - Interactive Game - <https://education.qmscotland.co.uk/FarmingFoodsteps/26>
- Farming Foodsteps - To Health Quiz - <https://education.qmscotland.co.uk/FarmingFoodsteps/29>
- To find out more about which part of the animal our meat comes from play the game "Know Your Cuts" at <https://education.qmscotland.co.uk/FarmingFoodsteps/32>

Name:

Class:

Date: