



The Sunshine Burger



2T5

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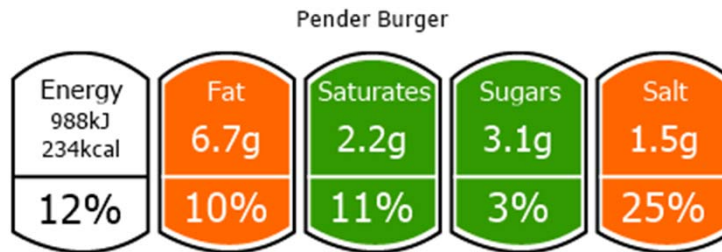
BY SOPHIE HUNTER AND MOLLY GRIBBEN

Production

The Sunshine Burger



Food Labels



of an adult's Reference Intake.
Typical values per 100g: Energy 610kJ/145kcal

Nutrition Information Typical Values

	Per 100g	Per portion (162g)
Energy (kJ)	610	988
Energy (kcal)	145	234
Fat (g)	4.1	6.7
Saturates (g)	1.4	2.2
Carbohydrate (g)	12	19
Sugars (g)	1.9	3.1
Fibre (g)	1.1	1.8
Protein (g)	16	25
Salt (g)	0.93	1.5

Calories and Food Mile

You would need to run for:

- 1 minutes to burn 10 calories
- 4.5 minutes to burn 50 calories
- 9 minutes to burn 100 calories

You would need to cycle for:

- 1.3 minutes to burn 10 calories
- 6.3 minutes to burn 50 calories
- 13 minutes to burn 100 calories

You would need to row for:

- 1 minute to burn 10 calories
- 6 minutes to burn 50 calories
- 13 minutes to burn 100 calories



Costing



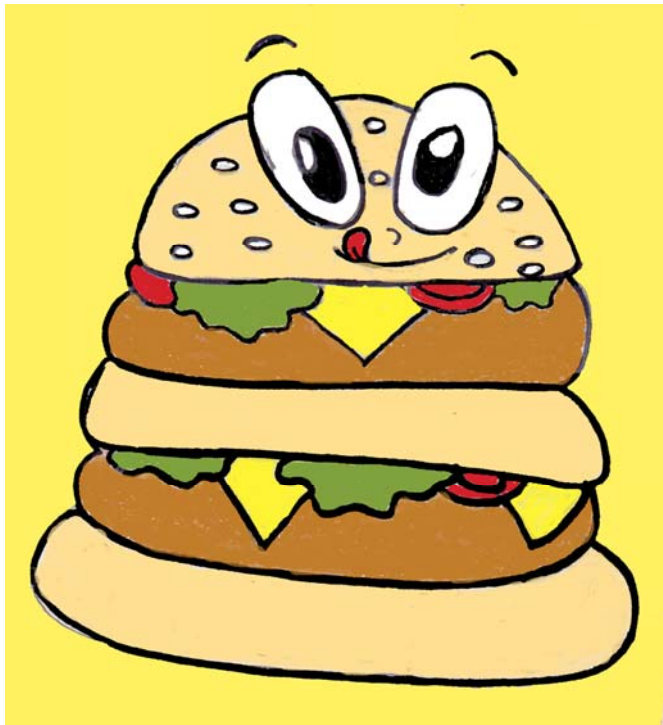
Ingredient	Amount per pack	Cost per pack	Cost per g/ml	Cost of Ingredient
Bacon	300g	£2.55	£0.0085	£0.21
Chicken Breast	715g	£5.00	£0.00693	£0.52
Orange	-	£0.30	-	£0.30
Burger Bun	4 buns	£0.65	£0.16	£0.16
Lettuce	-	£0.80	-	£0.80
1 Slice of Wholemeal Bread	800g	£0.78	£0.039	£0.40
Total Cost To Make			£2.03	

Packaging



Promotions

This is the logo for 'The Sunshine Burger'



'The Sunshine Burger' Advert:

'The Sunshine Burger' will brighten your day! It is made from succulent chicken and carefully wrapped in delicious, crispy bacon. It has a hint of juicy orange and is perfectly seasoned with salt and pepper. Smothered in fine breadcrumbs it is topped with fresh, crispy lettuce. It is enough to make anyone's mouth water.

Try 'The Sunshine Burger' for a taste sensation!

Translation

75g du poulet hache

25g du bacon hache

Une orange

Une tranche de pain
complet



1. Râper le pain
2. Râper le zeste d'orange et ajoutez a la chapelure
3. Pressez un orange
4. Mélangez tous les ingrédients
5. Forme le burger
6. Préchauffez le gril a feu moyen
7. Cuire les burgers pour dix minutes et les remettre lors de la cuisson
8. Place dans hamburger bun

Conclusion

- We created the burger in Home Economics
- We worked out how many calories to burn in P.E.
- We worked out the costing in Maths
- We created the packaging in Technical
- Rebecca Clifford created the logo in Art
- We wrote the advert in English
- We translated the recipe in French
- We created the jingle in music
- We worked out the calories in science
- We made this presentation in I.T.



- Thank you for listening to our presentation