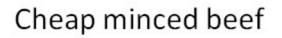
Healthy hamburger patties- Minced (ground) beef





Premium minced beef



Premium mince has less fat but is more expensive

Cheap mince nearly always has lots of fat

Hamburger mince has more fat than premium mince but less than cheap mince. In Australia, you can't make a nutrition claim, like diet or lean, without showing the fat content. If there is no nutrition claim, the fat content doesn't have to be displayed.

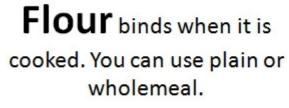


Healthy hamburger patties - Herbs & spices which work well with beef



Healthy hamburger patties - **Binders** - help the patty stick together

Eggs bind (act like a glue) when they are cooked



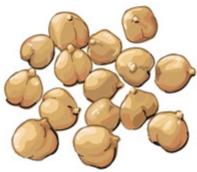


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Version 1.00

Besan also binds when it is cooked. Besan (Gram flour) is made from chickpeas. It gives a nice taste to the patty





Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

Key skills:

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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