

## Answers

1. What are Mexican Bean Burgers packed with? Tick **one**.

- fat
- meat
- goodness**
- badness

2. What makes Mexican food fiery sometimes?

**Mexican food is sometimes fiery because it uses spicy chillies.**

3. Only two of the following ingredients are correct. Tick the **two** that are correct.

- 6 400g cans of baked beans (rinsed and drained)
- 100g of breadcrumbs**
- 2 tsp of mild chilli powder**
- 4 eggs

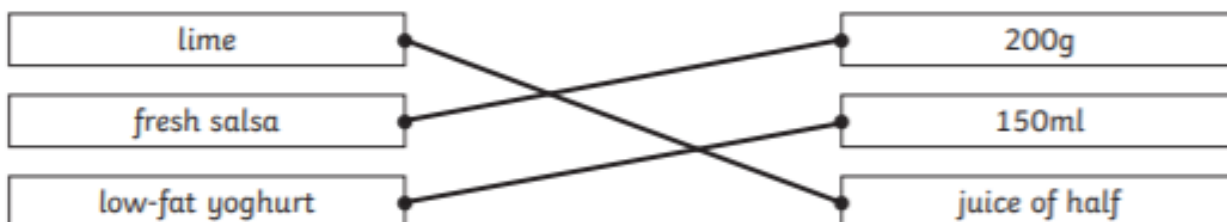
4. Number these steps to show the order that they should happen in. The first one has been done for you.

- 4** With an adult's help, turn on the grill.
- 3** Use your fingers to shape the mixture into six burgers.
- 1** Place the kidney beans into a large bowl.
- 2** Add salt and pepper if you like.
- 5** Enjoy your delicious Mexican Bean Burger!

5. What should you do while the burgers are cooking?

**Mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl.**

6. Draw a line to join the food with the amount needed in the recipe.



7. Which part of the instructions do you think you would enjoy the most? Explain your answer.

**Pupils' own responses, such as: I think I would enjoy shaping the mixture because it would be fun to stick your hands in and get messy.**

# Answers

1. According to the text, write **one** difference between Bean Burgers and regular meat burgers.  
**Pupil's own responses, such as: Bean Burgers are healthy and don't have as much fat in them as burgers made from meat.**
2. Which of these foods did the Maya people eat? Tick **two**.
  - burgers
  - corn**
  - cheese
  - beans**
3. Which of these ingredients do you need two teaspoons of for this recipe? Tick **one**.
  - kidney beans
  - breadcrumbs
  - mild chilli powder**
  - salsa
4. Number these steps to show the order that they appear in the recipe. The first one has been done for you.
  - Sprinkle in a pinch of salt and pepper (optional).
  - Slide the burgers onto a non-stick baking tray.
  - Serve with salad of your choice.
  - With an adult's help, turn on the grill to a medium heat.
  - Mash the kidney beans with a potato masher.
5. What important thing must you do when turning on the grill? Explain why this is important.  
**Pupils' own response, such as: You must get an adult's help when turning on the grill. This is because using gas or electric cookers can be dangerous and you can get burnt.**
6. Which imperative verbs are used in the recipe? Tick **three**.
  - divide**
  - half
  - sprinkle**
  - wet**
7. Explain why you think you would need to wet your hands before dividing the mixture into burgers.  
**Pupils' own responses, such as: I think wetting your hands would make the mixture easier to divide as it would help to separate it.**
8. What should you do while the burgers are under the grill? In your answer, explain why this is a good time to do it.  
**Pupils' own response, such as: You must mix the remaining coriander leaves, yoghurt and lime juice together in a separate bowl to make the sauce. Doing this now is a good idea as you have time while the burgers are cooking.**

# Answers

1. Tick **two** statements that are true. According to the text, Mexican cooking...
  - goes back 10,000 years.
  - has been influenced by Spain.**
  - had garlic and spices added to it in the 16<sup>th</sup> century.**
  - is known for its dullness in flavour.
2. Find and copy **two** adjectives used to describe the Mexican Bean Burgers.  
**Accept any two of the following: healthy; super-easy; delicious; scrumptious.**
3. Find and copy **one** fact and **one** opinion from the description.  
**Accept any one of the following answers as a fact: Mexican dish; healthy alternative to burgers made from meat; naturally low in fat; packed with protein.**  
**Accept any one of the following answers as an opinion: super-easy to make; mouth-wateringly delicious.**
4. **Garlic, spices and dairy products, such as cheese, were then merged into what we know as Mexican food today.**  
What similar word or phrase could the writer have used instead of **merged**?  
**Pupils' own responses, such as: mixed; infused; put; combined.**
5. 2 tsp of **mild** chilli powder  
Why do you think the word **mild** is written in bold in the recipe?  
**Pupils' own responses, such as: The word mild is written in bold because it is stressing that it has to be the mild type. It is a warning not to get the hot chilli powder.**
6. **Once the ingredients are all blended, wet your hands and prepare to get messy!**  
Explain what you think it will be like to carry out this part of the recipe.  
**Pupils' own responses (positive or negative) that show understanding of the step and pupils' own opinion, such as: It will be horrible as I hate getting my hands gooey. The mixture might stick to my fingers as well but it might be fun to shape the burgers.**
7. Which word from the text describes the dollop of sauce added to the burgers? Tick **one**.
  - delicious
  - generous**
  - mouth-watering
  - scrumptious
8. If you made the Mexican Bean Burger, do you think you would enjoy eating it? Explain your answer below and include any changes to the recipe you might make.  
**Pupils' own responses, such as: I think I'd love the Bean Burger, especially the sauce as I think the yoghurt and lime will make it zingy. I might leave out the avocado though as I don't like them. I also might add tomato ketchup!**