

## Dear Educator,

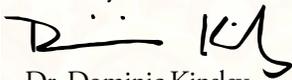
The 2015-2020 USDA Dietary Guidelines provide consumers with a welcome new approach to nutrition choices that emphasizes healthy eating patterns that span the lifetime, along with new goals that include increased nutrient density, less sodium, and reduced calories from added sugars and saturated fats.

The American Egg Board and the award-winning curriculum specialists at Young Minds Inspired (YMI) have teamed up to create this special teaching program to help you introduce the new dietary guidelines to your students. They will learn how eggs contribute to healthy eating patterns and how they support smart nutrition choices, because they are versatile, dense in nutrients, and low in calories.

We hope you will find these lessons helpful in supplementing the valuable resources already available at [aeb.org/educators](http://aeb.org/educators) and at the AEB's companion site, [incredibleegg.org](http://incredibleegg.org). Be sure to check back periodically for updates. Although the materials are copyrighted, you may make as many copies as needed for educational purposes.

Please comment online at [ymiclassroom.com/feedback-egg-board](http://ymiclassroom.com/feedback-egg-board) to provide feedback. We look forward to hearing from you.

Sincerely,



Dr. Dominic Kinsley  
Editor in Chief  
Young Minds Inspired

 For questions, contact us toll-free at 1-800-859-8005 or by email at [feedback@ymiclassroom.com](mailto:feedback@ymiclassroom.com).



## Target Audience

Middle school students in Health and Nutrition classes.

## Program Objectives

- Introduce students to health and nutrition concepts supported by the new 2015-2020 USDA Dietary Guidelines.
- Educate students on the versatility, function, and nutritional benefits of eggs as part of developing a healthy eating pattern.
- Engage families in re-thinking the family diet by including eggs in pursuit of the goal of maintaining healthy eating patterns for life.

## Standards Alignment

This program aligns with Health and Common Core State Standards for English Language Arts. For details, visit [ymiclassroom.com/egg-board](http://ymiclassroom.com/egg-board).

## How to Use This Program

Download and photocopy this teacher's guide and the three activity sheets, and review the materials for each activity in advance.

### Activity 1

#### What's Your Pattern?

Review with students the highlights of the Dietary Guidelines found at <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/about/>. Then have them complete the self-inventory to determine their current eating habits. Lead a class discussion about the ways in which the statements provide insight into the choices that build a healthier eating pattern. Students should take the activity sheet home to share their self-inventory with parents as they work toward increasing awareness of establishing healthy eating patterns for the whole family.

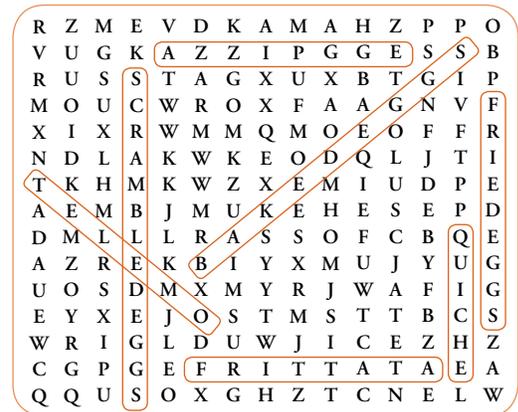
### Activity 2

#### Egg-tastic Upgrades

Explain to students that they will choose nutrition upgrade options that support the italicized words listed under the Dietary Guidelines Tips on the activity sheet for the breakfast and lunch scenarios shown.

Help students consider what each option would add with regard to nutrient density, food variety, limiting sugar and salt, etc.

Explain that students may choose any of the options, since each represents a sound nutrition upgrade. However, students must defend their personal choice by explaining how it supports at least one of the italicized words (e.g., *I chose the microwave scrambled egg with chopped veggies because eggs are nutrient dense and veggies add variety.*) Finally, have students complete the word search.



### Activity 3

#### Eggspress Yourself!

Use these online resources to help students learn how the nutrition found in eggs aligns with the new USDA Dietary Guidelines, as well as within the **MyPlate** framework:

- [eggnutritioncenter.org/egg-101/](http://eggnutritioncenter.org/egg-101/)
- [choosemyplate.gov/2015-2020-dietary-guidelines-answers-your-questions](http://choosemyplate.gov/2015-2020-dietary-guidelines-answers-your-questions)
- [choosemyplate.gov/dietary-guidelines](http://choosemyplate.gov/dietary-guidelines)

Have students share their combinations with one another before taking the activity sheet home to share with parents.

## Resources

- [ymiclassroom.com/egg-board](http://ymiclassroom.com/egg-board)
- American Egg Board: [aeb.org](http://aeb.org)
- Egg Nutrition Center: [eggnutritioncenter.org](http://eggnutritioncenter.org)
- Incredible Egg: [incredibleegg.org](http://incredibleegg.org)
- USDA: [choosemyplate.gov](http://choosemyplate.gov)

# What's Your Pattern?

**WE ALL HAVE EATING PATTERNS** – favorite foods we like, snacks we go to when we're on the run, and choices that turn into habits. Is your eating pattern healthy, or could it use a nutrition upgrade? Thanks to new USDA Dietary Guidelines, it's now easier to make those upgrades, because the guidelines are based on helping you build a pattern of healthy eating to span your lifetime.

Find out how your current eating pattern stacks up by checking the degree to which you follow each practice listed below. Then take this self-inventory home to share with your family so you can help one another build a healthier eating pattern.



## My Eating Pattern

**Always**  
**1**      **Most of the Time**  
**2**      **Rarely**  
**3**      **Never**  
**4**

I eat vegetables with at least one meal a day.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I fill half my plate with fruit and veggies at each meal. <sup>1</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My family uses cooking methods like roasting, baking, grilling, boiling, or microwaving to prepare foods at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I limit sweets to weekends and special occasions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try to stay away from packaged foods containing more than 140 mg of sodium per serving. <sup>2</sup>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not eat processed foods and try to stay away from vending machines.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I do not drink sodas.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I drink water.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I pay attention to food portion sizes and try not to eat more than one serving of the food on my plate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Now figure your score:

**9-18: Congratulations!** If you have a total of more checks in the **Always** and **Most of the Time** boxes, you are doing a great job in following a healthy eating pattern!

**18-27: Room for Improvement.** If your checked-boxes total falls between **Most of the Time** and **Rarely**, looks like it's not all bad news, but there is room for improvement.

**27-36: Wake-Up Call!** If you checked mostly **Rarely** and **Never**, it's time to make some improvements in your eating patterns:

- Use the statements in the chart to plan better nutritional choices with your parents at home.
- Shift to healthier foods and beverages.
- Start small. Focus on improving one meal a day. Slowly build toward more.

**PARENTS!** Your child is participating in a special health and nutrition program presented by the American Egg Board and curriculum specialists Young Minds Inspired, designed to help students establish healthy eating patterns to span their lifetimes, as advised by the new 2015-2020 USDA Dietary Guidelines.

Review your child's answers to the self-inventory and get the family together to discuss plans for continuing or improving a healthy eating pattern. Eggs are a perfect choice to help you — they offer versatility, high-quality protein, economical value, and they are dense in nutrients. Learn more about egg nutrition, and find tons of delicious recipes, at [incredibleegg.org](http://incredibleegg.org).

<sup>1</sup>[www.choosemyplate.gov/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf](http://www.choosemyplate.gov/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf)

<sup>2</sup>[www.cdc.gov/salt/pdfs/Sodium\\_Dietary\\_Guidelines.pdf](http://www.cdc.gov/salt/pdfs/Sodium_Dietary_Guidelines.pdf)

# Egg-tastic Upgrades

**THE NEW 2015-2020 USDA DIETARY GUIDELINES** recommend new and exciting ways to eat healthy by establishing healthy eating patterns across your lifespan. No food gimmicks or tricky diets! Check out these tips:

### Dietary Guidelines Tips

1. Choose foods that are *nutrient dense*, i.e., foods that have few calories but are loaded with nutrients.
2. Include a *variety of foods* from among all of the **MyPlate** groups.
3. *Limit* foods with added *sugars* and *saturated fats*.
4. *Reduce sodium* intake to less than 2,300 mg per day.<sup>3</sup>
5. *Shift to healthier* food and beverage choices.

Here are two meal scenarios, for breakfast and lunch, that you might face on any given day. Choose the nutrition option you like best for each. Record it on the lines provided, along with how it supports one of the italicized words in the guidelines above. Use these references to help you fill in the “because”:

- [incredibleegg.org/egg-nutrition/](http://incredibleegg.org/egg-nutrition/)
- [choosemyplate.gov/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf](http://choosemyplate.gov/sites/default/files/misc/dietaryguidelines/MyPlateMyWins.pdf)

### Breakfast Run

You’re running late for school. Instead of grabbing a breakfast bar to go with your milk, you could choose one of these egg-tastic ideas:

- frozen microwaveable egg sandwich
- hard-boiled egg prepared the night before
- microwaved scrambled egg with chopped veggies in a mug

I chose \_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_

### Lunch Crunch

Your lunchbox meal already includes an egg-tastic protein-packed egg salad sandwich. Make a healthy choice even healthier by replacing a bag of chips with:

- celery sticks
- an orange
- pretzels

I chose \_\_\_\_\_  
because \_\_\_\_\_  
\_\_\_\_\_



### Dinner Search

It’s been a long day and your family can barely think of what to pair with a salad for dinner. Your mom opens the refrigerator and thinks — eggs, the ultimate nutrition upgrade!

Complete this word search to find seven ways to make the ultimate in egg-tastic upgrades for any dinner, not to mention for other meals too! Then check out [incredibleegg.org/recipe/](http://incredibleegg.org/recipe/) to find recipes to enjoy.

### Word Bank

- Baked eggs
- Egg pizza
- Fried eggs
- Frittata
- Omelet
- Quiche
- Scrambled eggs

R Z M E V D K A M A H Z P P O  
V U G K A Z Z I P G G E S S B  
R U S S T A G X U X B T G I P  
M O U C W R O X F A A G N V F  
X I X R W M M Q M O E O F F R  
N D L A K W K E O D Q L J T I  
T K H M K W Z X E M I U D P E  
A E M B J M U K E H E S E P D  
D M L L L R A S S O F C B Q E  
A Z R E K B I Y X M U J Y U G  
U O S D M X M Y R J W A F I G  
E Y X E J O S T M S T T B C S  
W R I G L D U W J I C E Z H Z  
C G P G E F R I T T A T A E A  
Q Q U S O X G H Z T C N E L W

<sup>3</sup>[www.cdc.gov/salt/pdfs/Sodium\\_Dietary\\_Guidelines.pdf](http://www.cdc.gov/salt/pdfs/Sodium_Dietary_Guidelines.pdf)

# Eggspress Yourself!

**“You are what you eat.”**

**“Eat to live, don’t live to eat.”**

You may have heard these expressions before. They reflect how our eating habits are often an expression of our identity. What does your eating pattern express about you?

When you make eggs part of a healthy eating pattern, you express yourself as knowledgeable about good health. And when you explore the versatility of eggs through the many different ways to prepare and serve them, you express yourself creatively in the kitchen!



**Eggs-press yourself by creating combinations of ways to prepare and serve eggs.** Select options from among the categories below to develop your own version of an egg-straordinary dish that will support your own healthy eating pattern. Then try it out at home with your parents’ help!

### Preparation Method

- Baked
- Fried
- Hard-boiled
- Poached
- Scrambled
- Other \_\_\_\_\_
- \_\_\_\_\_

### Pairing Options

- Beans
- Cheese
- Chicken
- Cooked veggies (list at least two)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- English muffin
- Ham
- Potatoes
- Rice
- Salad
- Toast
- Tortilla
- Turkey sausage
- Other \_\_\_\_\_

### Flavor and Spice

- Basil
- Chiles
- Cinnamon
- Curry
- Dill
- Garlic
- Ginger
- Oregano
- Rosemary
- Sriracha
- Tabasco
- Other \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



### Egg Combo Dish #1

Preparation Method: \_\_\_\_\_

Pairing Options: \_\_\_\_\_

Flavor and Spice: \_\_\_\_\_

### Egg Combo Dish #2

Preparation Method: \_\_\_\_\_

Pairing Options: \_\_\_\_\_

Flavor and Spice: \_\_\_\_\_



**Get crackin’ with egg nutrition!** Visit [incredibleegg.org](http://incredibleegg.org) with your parents to find lots more delicious recipes featuring the versatile and economical egg to try at home for any meal of the day!