Activity 1

An Eggsceptional Meal

Part 1: Eggs offer nutritional benefits that make them a perfect choice for any meal of the day. Try your hand at these True/False questions to see how much you know about the nutrition found in eggs. Then visit the American Egg Board’s companion site, incredibleegg.org, to learn more amazing facts.

- 1. Eggs are not nutrient dense.
- 2. The egg white contains all of the egg’s protein.
- 3. The egg’s protein is the highest quality protein of any food.
- 4. The protein in eggs helps build muscle.
- 5. Egg whites contain a higher percentage of the egg’s vitamins than the yolks.
- 6. Eggs for breakfast provide protein to give you a short burst of energy that wears off quickly.
- 7. Eggs provide nutrients that improve brain function.
- 8. Eggs are high in cholesterol.
- 9. Scientists often use eggs as the standard for measuring the protein quality of other foods.
- 10. The many pleats of a chef’s hat or “toque,” originated as a way to represent the number of ways a chef knew how to prepare eggs.

Part 2: Eggsceptional eggs make for tasty, eggsceptional meals! List as many ways as you can think of to prepare eggs for the different mealtimes shown.

Part 3: Form a student team to create a nutritionally balanced meal using MyPlate guidelines that incorporates eggs for the core dish. Then visit the Simply Eggs recipe link at incredibleegg.org to find video tutorials, recipes and additional culinary inspiration!

My team is creating a dish for Breakfast Lunch Dinner

Name of Recipe: ____________________________

Ingredients:

________________________________________

________________________________________

________________________________________

________________________________________

Directions: ____________________________________________

________________________________________

________________________________________
Activity 2

An Eggstraordinary Multitasker

Part 1: Beyond their nutritional power, the special properties of eggs make them an essential recipe ingredient that is often key to the flavor, texture or appearance of dishes. From appetizers, to entrées, to desserts, eggs are the ultimate multitaskers!

Crack the Egg Scrambles below to reveal the different functions or culinary roles, that eggs play in food preparation. Then write the number of the function in the blank next to its definition.

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<thead>
<tr>
<th>Egg Culinary Roles</th>
<th>Egg Function Definition</th>
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<tbody>
<tr>
<td>1. ricalyf</td>
<td>A. To thicken and hold ingredients together</td>
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<tr>
<td>2. lezga</td>
<td>B. To inhibit formation of ice in creamy, frozen desserts</td>
</tr>
<tr>
<td>3. nekciht</td>
<td>C. To cover and adhere crumbly mixtures to foods when they are heated</td>
</tr>
<tr>
<td>4. taoc</td>
<td>D. To evenly disperse globules of liquids that otherwise would not mix</td>
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<tr>
<td>5. fuismely</td>
<td>E. To add richness of color</td>
</tr>
<tr>
<td>6. naevle</td>
<td>F. To decorate or embellish a prepared food or drink</td>
</tr>
<tr>
<td>7. nbid</td>
<td>G. To create a shinier food surface</td>
</tr>
<tr>
<td>8. prenvet ryctzilatoainl</td>
<td>H. To provide firmness to foods</td>
</tr>
<tr>
<td>9. lrcoo</td>
<td>I. To cause a cooked food to rise</td>
</tr>
<tr>
<td>10. sigranh</td>
<td>J. To make broth clear</td>
</tr>
</tbody>
</table>

Part 2: Use what you’ve learned about the egg—the ultimate multitasker—to identify the culinary role that eggs play in the preparation of the following dishes. In the blank after the menu item, write the number of the role or function listed above that applies to this item. (Remember that eggs sometimes serve more than one function). You can find many of these featured recipes at incredibleegg.org.

Breakfast Favorites
1. Silver Dollar Corn Pancakes ___
2. Bacon-Cheddar Breakfast Muffins ___
3. PB and Crunchy French Toast ___

Appetizers
1. Muffin Frittatas ___
2. Beef Consumme ___
3. Tomato and Avocado Egg Salad ___

Main Course
1. Seafood Souffle ___
2. Turkey Meatloaf ___

Flavorful Sauces
1. Hollandaise ___
2. Mayonnaise ___

Desserts
1. Angel Food Cake ___
2. Mini Lemon Meringue Pie ___, ___, ___
3. Apple Custard Pie ___, ___
4. Vanilla Frozen Custard Ice Cream ___, ___
Activity 3

A Family Leggacy

Whether it’s the special family recipe for French toast or the platter of delicious deviled eggs at a family picnic, eggs are usually part of a family’s culinary traditions.

Part 1: Is there a traditional recipe featuring eggs that is a favorite in your family? Write the name below. Then interview your parents or older relatives about this special food tradition using the following questions. Be prepared to share their answers in class.

Name of Dish: _____________________________

1. What are the ingredients? _____________________________

2. When do you first remember eating this dish? ______

3. What is your favorite memory associated with this food tradition? _____________________________

4. Have you ever tried to change the recipe? Why or why not? _____________________________

5. Why do you think it’s important that your family keep this food tradition alive? _____________________________

Part 2: Sharing food brings people together, especially families. That’s why so many people have special memories associated with certain foods.

Write about one of your food memories using words and phrases that evoke the sights, aromas, flavors and textures of the food, as well as the emotions behind the experience of preparing and/or eating it. You might also evoke the memory of sharing special food with friends as part of unique experiences.

PARENTS!

Help your student start a new, incredible family food tradition with the incredible edible egg! It doesn’t get any better in the nutrition department than the egg. An all-natural, protein-packed powerhouse, the egg is also an affordable and economical choice for your family’s meal planning.

Visit incredibleegg.org to find exciting recipes to help you put eggs on the menu for any meal of the day!
Dear Educator,

As a Family and Consumer Sciences educator, you know that eggs are not only a tasty, nutrient-rich and economical food choice, but their versatility invites many levels of culinary creativity.

The lessons in this Eggs on the Menu program, created by award-winning curriculum specialists, Young Minds Inspired (YMI) and the American Egg Board (AEB), are designed to supplement the resources already found at the Egg Board’s home site, aeb.org and at the AEB’s companion site, incredibleegg.org, inspiring young chefs in the classroom kitchen to add a taste of world culture to their home menus along with the nutritional benefits provided by eggs.

The “eggstra” good news is that recent USDA nutrition data shows that eggs are lower in cholesterol than previously reported, which makes them just about the closest thing to nutritional perfection on the daily menu.

We hope you will find these lessons helpful in supplementing the valuable resources already available at aeb.org/educators. 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/feedbackegg-board to provide feedback. We look forward to hearing from you.

Sincerely,

Dr. Dominic Kinsley
Editor in Chief
Young Minds Inspired

Target Audience
Middle school students in Family and Consumer Science classes.

Program Objectives
- Educate students on the versatility, function and nutritional benefits of eggs in a healthy diet.
- Inspire students to plan and execute creative, nutritious recipes featuring eggs.
- Increase appreciation of family culture through food traditions that include eggs.

Standards Alignment
This program aligns with Family and Consumer Science, Health and Common Core State Standards for English Language Arts. For details, visit ymiclassroom.com/egg-board.

How to Use This Program
Download and photocopy this teacher’s guide and the three activity sheets. Prepare the materials for each activity in advance. Activity 2 will require additional class sessions for teachers who elect to have student teams prepare their menus.

Activity 1
An Eggstraordinary Meal

Part 1: Have students complete the True/False quiz and then review the answers:

1. False. Eggs have a high nutrient density, especially in proportion to their calorie count. One egg contains 13 essential vitamins and minerals, plus high-quality protein and antioxidants—at just 70 calories per egg!
2. False. Almost half of the egg’s protein is in the yolk.

3. True. Egg protein has all nine essential and all nine non-essential amino acids, making it a complete protein food second only to mother’s milk for human nutrition. A large egg provides 6 grams of protein, 13% of the recommended Daily Value (DV) for protein.


5. False. Egg yolks contain the most nutrients, including vitamins A, B12, D and E.

6. False. The protein from eggs provides sustained energy throughout the morning, making you feel fuller longer and making eggs a top choice for weight control.

7. True. Eggs contain choline, a nutrient that helps maintain brain cell membranes. Choline’s importance to fetal brain development makes eating eggs part of a healthy diet for pregnant women.

8. False. Eggs are lower in cholesterol than previously believed. Recent studies* show that the average amount of cholesterol in one large egg is 185 mg, a 14% decrease from past measurements. The American Heart Association suggests a dietary guideline of less than 300 mg of cholesterol per day, so it is perfectly healthy to enjoy an egg a day without increasing the risk for heart disease.

9. True. This amazing fact proves that eggs do indeed offer the highest protein quality among all foods!

10. True.

For questions, contact us toll-free at 1-800-859-8005 or by email at feedback@ymiclassroom.com.
Part 2: Student responses will vary, but may include Breakfast—scrambled, poached, fried, omelet, boiled, baked, over easy, over hard; Lunch—frittata, quiche, egg salad, egg sandwich; Dinner—deviled eggs, Pad Thai, pasta salad, etc.

Part 3: Assign students to form teams to create a menu for breakfast, lunch or dinner that features eggs in the core dish. Have them share completed menus in class or prepare their meals for a class tasting.

*In 2010, a random sample of regular large-shell eggs was collected from locations across the country to analyze the nutrient content of eggs. According to the resulting USDA nutrition data, eggs are lower in cholesterol than previously recorded. The USDA results show the average amount of cholesterol in one large egg is 185 mg, down from 215 mg—a 14 percent decrease.

Activity 2
An Eggstraordinary Multitasker

Part 1: Have students unscramble the egg functions and match them to their definitions.

Answers:
1. clarify – J
2. glaze – G
3. thicken – H
4. coat – C
5. emulsify – D
6. leaven – I
7. bind – A
8. prevent crystallization – B
9. color – E
10. garnish – F

Part 2: Students will find most recipes by name on incredibleegg.org if they need help determining how eggs are used in the recipe’s preparation.

Answers:

<table>
<thead>
<tr>
<th>Breakfast Favorites</th>
<th>Flavorful Sauces</th>
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<tbody>
<tr>
<td>leaven</td>
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<tr>
<th>Appetizers</th>
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<tbody>
<tr>
<td>bind</td>
<td>leaven</td>
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<tr>
<td>clarify</td>
<td>leaven, thicken, color</td>
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<td>color, garnish</td>
<td>thicken, glaze</td>
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<table>
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<tr>
<th>Main Course</th>
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<tbody>
<tr>
<td>leaven</td>
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<td>bind</td>
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Activity 3
A Family Leggacy

Part 1: Have students complete the questionnaire at home and share family responses in class.

Part 2: Have students record their food memories on the activity sheet and/or on additional paper. Encourage students to think like a food writer and use vivid descriptions of the qualities of the food that trigger the memory. Then have students share their memories in class and bring their recipes to create a special class “Food Memory” recipe collection.

Resources
- ymiclassroom.com/egg-board
- American Egg Board: aeb.org
- The Incredible Egg: incredibleegg.org
- USDA: choosemyplate.gov

Get the latest cholesterol reports about eggs, as well as recipes, games and other eggsciting resources, at incredibleegg.org!
## EGGS ON THE MENU

### GRADE 6 STANDARDS ALIGNMENT

#### Activity 1

**Family and Consumer Science Standards**

1.2 Demonstrate transferable and employability skills in school, community and workplace settings.

2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time and human capital.

6.1 Analyze the effects of family as a system on individuals and society.

6.2 Evaluate the effects of diverse perspectives, needs and characteristics of individuals and families.

9.1 Analyze career paths within food science, food technology, dietetics and nutrition industries.

9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.

#### National Health Standards

1.8.1 Analyze the relationship between healthy behaviors and personal health.

3.8.2 Access valid health information from home, school and community.

#### Common Core English Language Arts Standards

**Reading Informational Text**

1. **Craft and Structure**

   RI.6.4 Determine the meaning of words and phrases as they are used in a text, including figurative, connotative and technical meanings.

2. **Integration of Knowledge and Ideas**

   RI.6.7 Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.

**Writing**

1. **Text Types and Purposes**

   W.6.3 Write narratives to develop real or imagined experiences or events using effective technique, relevant descriptive details, and well-structured event sequences.

2. **Production and Distribution of Writing**

   W.6.4 Produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.

3. **Speaking and Listening**

   **Comprehension and Collaboration**

   SL.6.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts and issues, building on others' ideas and expressing their own clearly.

   SL.6.2 Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text or issue under study.
Eggs on the Menu

Family and Consumer Science

1.2 Demonstrate transferable and employability skills in school, community and workplace settings.

2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time and human capital.

6.1 Analyze the effects of family as a system on individuals and society.

6.2 Evaluate the effects of diverse perspectives, needs and characteristics of individuals and families.

9.1 Analyze career paths within food science, food technology, dietetics and nutrition industries.

9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.

National Health Standards

1.8.1 Analyze the relationship between healthy behaviors and personal health.

3.8.2 Access valid health information from home, school and community.

Common Core English Language Arts Standards

Reading Informational Text

Craft and Structure
RI.7.4 Determine the meaning of words and phrases as they are used in a text, including figurative, connotative and technical meanings; analyze the impact of a specific word choice on meaning and tone.

Integration of Knowledge and Ideas
RI.7.7 Compare and contrast a text to an audio, video or multimedia version of the text, analyzing each medium's portrayal of the subject.

Writing

Text Types and Purposes
W.7.3 Write narratives to develop real or imaginary experiences or events using effective technique, relevant descriptive details, and well-structured event sequences.

Production and Distribution of Writing
W.7.4 Produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose and audience.

Speaking and Listening

Comprehension and Collaboration
SL.7.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts and issues, building on others' ideas and expressing their own clearly.

SL.7.2 Analyze the main ideas and supporting details presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how the ideas clarify a topic, text or issue under study.
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