Activity 1

Start with Eggstra Energy

PART 1: Crack open these eggs for some breakfast eggducation. If you need help, visit the Health and Nutrition and Eggsyclopedia links at the American Egg Board’s website, incredibleegg.org, to find the answers to these questions. Add a fact about egg nutrition that you find interesting for fact #6.

EGGS...

1. ...help maintain energy levels and ability to focus throughout the morning. Why? ____________________________________________________________________________________________

2. ...contain all nine essential amino acids. How is that important? ____________________________________________________________________________________________

3. ...contribute to building muscle mass and strength. Why? ____________________________________________________________________________________________

4. ...support weight management. Why? ____________________________________________________________________________________________

5. ...aid brain function. How? ____________________________________________________________________________________________

6. ...

PART 2: An egg may be small, but it packs lots of power. One egg is the equivalent of one ounce of lean, high-quality protein and USDA MyPlate guidelines include protein as one of the main building blocks for a healthy diet. The USDA Recommended Daily Amount of protein for boys and girls ages 9-18 is between 5 to 7 ounce-equivalent servings.

So, how’s that cereal bar for breakfast working out for you lately? Odds are, you are running out of energy before the first bell. Find out why by comparing the food energy found in an egg to that provided by a cereal bar.

Use the egg nutrition label found at www.eggnutritioncenter.org/wp-content/uploads/2012/04/Large-Egg-Nutrition.pdf and a label from a package of cereal bars to complete the chart below by comparing their nutritional value. Remember that the protein in a cereal bar can never compare to the high-quality protein found in eggs. By the time you are finished, you will see that eggs are all they are racked up to be!

<table>
<thead>
<tr>
<th>AMOUNT PER SERVING</th>
<th>EGGS</th>
<th>CEREAL BAR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>G/Mg</td>
<td>%DV</td>
</tr>
<tr>
<td>Total Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Number of Vitamins and Minerals</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

PARENTS! Here’s a breakfast wake-up call to good nutrition for your child. Whether you choose a two-minute microwave egg scramble or a hard-boiled egg cooked and packed the night before, eggs can be prepared almost as quickly as your child can grab a breakfast bar. One large egg is packed with 6 grams of high-quality protein, 13 vitamins and minerals and other important nutrients.

To learn more, visit incredibleegg.org for quick, easy and delicious egg recipes and www.choosemyplate.gov/healthy-eating-tips/ten-tips.html for great nutrition tips.
Eat Like an Egghead

Your Brain on Eggs
Everyone knows an egghead is a braniac. And when you eat like an egghead—with eggs as part of your healthy diet—you literally increase your brain power! That’s because eggs contain choline, which helps your brain maintain the structure of cell membranes and relay messages from the brain through the nerves to the muscles.

Test your egghead power with these brain teasers to identify lunch, snack and dinner dishes that feature eggs. Then find out how to prepare each dish at the recipe link at incredibleegg.org.

### Egghead Lunch Codes:
Replace each letter of the code with the letter that comes after it (A = B, Z = A, etc.)

1. O Z C S G Z H
   -- ----

   -- -- --- -- ---- -- --- ----

3. D F F R Z K Z C R Z M C V H B G
   -- ---- -- ----

### Egghead Snack Ciphers
The section of the box or the “V” part of the “X” shown to the left represents the letter you are decoding. The second letter in the box or in the “V” has a dot in the middle.

For example, “eggs” are represented as \[L \overline{O} \underline{F} \underline{R} \underline{O} \underline{E} \underline{L} \underline{U} \underline{L} \underline{D} \underline{J} \underline{V}\]

1. Snacks:
   \[\underline{L} \underline{O} \underline{D} \underline{L} \underline{U} \underline{L} \underline{O} \underline{D} \underline{J} \underline{V}\]
   -- --

2. Snack:
   \[\underline{V} \underline{U} \underline{R} \underline{J} \underline{D} \underline{L} \underline{D} \underline{J} \underline{C}\]
   -- --
   \[\underline{T} \underline{O} \underline{O} \underline{A} \underline{A} \underline{A} \underline{J} \underline{L}\]
   -- --

3. Snack:
   \[\underline{D} \underline{U} \underline{R} \underline{J} \underline{D} \underline{L} \underline{D} \underline{J} \underline{C}\]
   -- --

### Egghead Dinner Mysteries
These recipes are missing some vowels. Fill them in to reveal the recipe name.

1. Bkd ggs nd Spnch:
   
   
   

2. Crmy Pst nd gg Sklt:
   
   
   

3. Hm nd sprgs Strt:
   
   
   

Now choose one of the dishes featured in the lunch or dinner word games. Use it to create a menu that meets MyPlate guidelines for a balanced lunch or dinner. Write your menu on the other side of this sheet to take home and enjoy with your parents.
Activity 3

Cracking the Media

“The Incredible Edible Egg” phrase and jingle made its debut in 1977 and is still recognized today. (Go ahead, ask your parents!) Listen to the latest version at www.incredibleegg.org/egg-facts/incredible-edible-egg-jingle. This is an example of eggducation that is creative and fun!

How well can you convince other kids to include eggs in their diet?

Use this organizer to plan your own peer-targeted eggducation campaign.

Your presentation must incorporate three egg nutrition facts and include multimedia elements. Use the other side of this sheet for your planning notes.

**Egg Nutrition Fact #1**

______________________
______________________
______________________
______________________

Source:
______________________
______________________

**Egg Nutrition Fact #2**

______________________
______________________
______________________
______________________

Source:
______________________
______________________

**Egg Nutrition Fact #3**

______________________
______________________
______________________
______________________

Source:
______________________
______________________

**Eggstra Presentation Pointers**

1. Make it factual; use evidence.
   - Research eggs and nutrition at incredibleegg.org, eggnutritioncenter.org and aeb.org.
   - Use the Dietary Guidelines for Americans and other nutrition resources found at USDA's MyPlate, www.choosemyplate.gov/food-groups.

2. Make it personal.
   - Collaborate with group partners to share ideas.
   - Interview family and friends to include their thoughts.

3. Make it fun!
   - How about a rap, a series of photographs or egg-related selfies, or even a script for a debate between an egg and a breakfast bar?
   - Be creative! Use egg idioms or phrases to help give a “spokesegg” a personality.
Dear Educator,

Help your students turn an ordinary day into an eggstra good one with this nutrition program from award-winning curriculum specialists Young Minds Inspired (YMI) and the American Egg Board (AEB).

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, this program will help students explore how the protein power of eggs provides long-lasting, mood-boosting energy, making eggs an especially good choice as part of a balanced breakfast. In fact, the combined nutrients found in eggs cover a spectrum of health benefits—from weight management to brain health, eye health and building muscle mass.

Add to all this recent USDA nutrition data proving that eggs are lower in dietary cholesterol than previously reported—a full 29 mg, or 14% less dietary cholesterol per single, large egg—and it’s safe to say that the nutritional benefits of eggs are, simply, incredible!

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/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.

Target Audience
Middle school students in Health and Nutrition classes.

Program Objectives
• Educate students about the nutritional benefits of eggs for the human body.
• Encourage students to eat a healthy breakfast daily.
• Provide resources to assist with developing and maintaining a healthy diet.

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

How to Use This Program
Download and photocopy this teacher’s guide and the three activity sheets. Review the materials to incorporate the lessons into your existing plans. Activity 3 will require as many sessions as necessary for students to complete and make their presentations.

Activity 1
Start with Eggstra Energy

Part 1:
Have students research the Incredible Egg website to learn more about egg nutrition, then discuss their findings in class. Ask students to volunteer their ideas for a sixth fact.

1. High-quality protein in eggs balances blood glucose levels and is absorbed gradually over time to avoid energy lows.
2. Amino acids support healthy metabolic function that helps prevent disease. Essential amino acids are those the body cannot produce by itself. Eggs are one of the few foods that contain all nine essential amino acids.
3. The high-quality protein found in eggs is all-natural and contains many important nutrients that are essential to building strong muscles.
4. The protein in eggs strengthens lean muscle tissue and increases fat loss. Eating eggs for breakfast helps you feel fuller longer, reducing the temptation to snack and the consumption of excess calories as a result.
5. Eggs contain choline, an essential nutrient that helps maintain the structure of brain cell membranes and assists in relaying messages from the brain to the muscles.

Part 2:
Provide or have students bring in enough food labels from egg cartons and also from cereal bar boxes to accommodate student teams or groups before beginning the activity. Additionally, you may wish to screen one or more of the fun food nutrition label videos found at www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm275409.htm in class to help students understand how to read labels. Then direct students to complete the activity. Use the label reference at www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm to guide students in making comparisons of the ingredients found on the labels, as well as in interpreting the DV percentages. Students will find that eggs have more protein, no sugar, and fewer calories and include a large variety of vitamins and minerals that are missing from cereal bars—and they are all-natural. Additionally, the cholesterol count in large eggs has been recalculated from 215 mg. to 185 mg. Direct students to take the completed activity sheet home to share with parents.

Answer Key

1. High-quality protein in eggs balances blood glucose levels and is absorbed gradually over time to avoid energy lows.
2. Amino acids support healthy metabolic function that helps prevent disease. Essential amino acids are those the body cannot produce by itself. Eggs are one of the few foods that contain all nine essential amino acids.
3. The high-quality protein found in eggs is all-natural and contains many important nutrients that are essential to building strong muscles.
4. The protein in eggs strengthens lean muscle tissue and increases fat loss. Eating eggs for breakfast helps you feel fuller longer, reducing the temptation to snack and the consumption of excess calories as a result.
5. Eggs contain choline, an essential nutrient that helps maintain the structure of brain cell membranes and assists in relaying messages from the brain to the muscles.
Activity 2
Eat Like an Egghead
Answers:

Egghead Lunch Codes
1. Pad Thai
2. Broccoli Cheddar Frittata
3. Egg Salad Sandwich

Egghead Snack Ciphers
1. Deviled Eggs
2. Scrambled Egg Mini Pizza
3. Hard-boiled Egg

Egghead Dinner Mysteries
1. Baked Eggs and Spinach
2. Creamy Pasta and Egg Skillet
3. Ham and Asparagus Strata

Have students work individually or with a partner to develop a meal menu based on MyPlate guidelines featuring an egg dish from the lunch or dinner brain teasers.

Activity 3
Cracking the Media
Assign student groups to work on their presentations as outlined on the activity sheet, allowing for class time in the library or computer room for students to access online resources. Plan a special day for group presentations. You may also wish to invite other classes, as well as administrators and parents, to attend.

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

Learn more about the science behind the nutrition found in eggs, including the latest cholesterol reports, at www.eggnutritioncenter.org/
Make it an Eggstra Good Day

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.
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.
2.8.5 Analyze how messages from media influence health behaviors.
3.8.2 Access valid health information from home, school and community.
4.8.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.
8.8.1 State a health-enhancing position on a topic and support it with accurate information.
8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.

Common Core English Language Arts Standards
Reading Informational Text
Key Ideas and Details
RI.6.1 Cite textual evidence and details to support analysis of what the text says explicitly as well as inferences drawn from the text.
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.
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
Text Types and Purposes
W.6.2 Write informative/explanatory texts to examine a topic and convey ideas, concepts and information through the selection, organization, and analysis of relevant content.
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.
W.6.6 Use technology, including the internet, to produce and publish writing as well as to interact and collaborate with others.
### Research to Build and Present Knowledge

<table>
<thead>
<tr>
<th><strong>W.6.7</strong> Conduct short research projects to answer a question, drawing on several sources and refocusing the inquiry where appropriate.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>W.6.8</strong> Gather relevant information from multiple print and digital sources; assess the credibility of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and providing basic bibliographic information for sources.</td>
</tr>
</tbody>
</table>

### Speaking and Listening

<table>
<thead>
<tr>
<th><strong>SL.6.1</strong> Engage effectively in a range of collaborative discussions (one-on-one, in groups and teacher-led) on grade 6 topics, texts and issues, building on others' ideas and expressing their own clearly.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SL.6.2</strong> 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.</td>
</tr>
<tr>
<td><strong>SL.6.4</strong> Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume and clear pronunciation.</td>
</tr>
<tr>
<td><strong>SL.6.5</strong> Include multimedia components and visual displays in presentations to clarify information.</td>
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</tbody>
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Grade 6-8

American Egg Board

AEB.org/Classroom
Make it an Eggstra Good Day

Family and Consumer Sciences 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.

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.

2.8.5 Analyze how messages from media influence health behaviors.

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

4.8.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

8.8.1 State a health-enhancing position on a topic and support it with accurate information.

8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.

Common Core English Language Arts Standards

Reading Informational Text

Key Ideas and Details
RI.7.1 Cite several pieces of textual evidence to support analysis of what the text says explicitly as well as inferences drawn from the 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.7.2 Write informative/explanatory texts to examine a topic and convey ideas, concepts and information through the selection, organization and analysis of relative content.

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.
Make it an Eggstra Good Day

Research to Build and Present Knowledge

<table>
<thead>
<tr>
<th>W.7.7 Conduct short research projects to answer a question drawing on several sources and generating additional related questions for further research and investigation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>W.7.8 Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; and quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.</td>
</tr>
</tbody>
</table>

Speaking and Listening

<table>
<thead>
<tr>
<th>SL.7.1 Engage effectively in a range of collaborative discussions (one-on-one, in groups and teacher-led) on grade 7 topics, texts and issues, building on others' ideas and expressing their own clearly.</th>
</tr>
</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

Presentation of Knowledge and Ideas

<table>
<thead>
<tr>
<th>SL.7.4 Present claims and findings, emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, details and examples; use appropriate eye contact, adequate volume and clear pronunciation.</th>
</tr>
</thead>
<tbody>
<tr>
<td>SL.7.5 Include multimedia components and visual displays in presentations to clarify claims and findings and emphasize salient points.</td>
</tr>
</tbody>
</table>
Make it an Eggstra Good Day

Family and Consumer Sciences 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.

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.

2.8.5 Analyze how messages from media influence health behaviors.

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

4.8.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

8.8.1 State a health-enhancing position on a topic and support it with accurate information.

8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.

Common Core English Language Arts Standards

Reading Informational Text

Key Ideas and Details
RI.8.1 Cite the textual evidence that most strongly supports an analysis of what the text says explicitly as well as inferences drawn from the text.

Craft and Structure
RI.8.4 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.

Integration of Knowledge and Ideas
RI.8.7 Evaluate the advantages and disadvantages of using different mediums (e.g., print or digital text, video, multimedia) to present a particular topic or idea.

Writing
Text Types and Purposes
W.8.2 Write informative/explanatory texts to examine a topic and convey ideas, concepts and information through the selection, organization and analysis of relative content.

Production and Distribution of Writing
W.8.4 Produce clear and coherent writing in which the development, organization and style are appropriate to task, purpose, and audience.

W.8.6 Use technology, including the internet, to produce and publish writing and present the relationships between information and ideas efficiently as well as to interact and collaborate with others.
### Research to Build and Present Knowledge

- **W.8.7** Conduct short research projects to answer a question by drawing on several sources and generating additional questions that allow for multiple avenues of exploration.

- **W.8.8** Gather relevant information from multiple print and digital sources, using search terms effectively; assess the credibility and accuracy of each source; quote or paraphrase the data and conclusions of others while avoiding plagiarism and following a standard format for citation.

### Speaking and Listening

- **SL.8.1** Engage effectively in a range of collaborative discussions (one-on-one, in groups and teacher-led) on grade 8 topics, texts and issues, building on others' ideas and expressing their own clearly.

- **SL.8.2** Analyze the purpose of information presented in diverse media and formats (e.g., visually, quantitatively, orally) and evaluate the motives (e.g., social, commercial, political) behind its presentation.

### Presentation of Knowledge and Ideas

- **SL.8.4** Present claims and findings, emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning and well chosen details; use appropriate eye contact, adequate volume and clear pronunciation.

- **SL.8.5** Integrate multimedia and visual displays into presentations to clarify information, strengthen claims and evidence and add interest.