

name _____

Activity 1

Scrambled Egg-Off

The 2020-2025 USDA Dietary Guidelines for Americans embrace a positive, proactive approach to healthy eating across the lifespan. To provide variety and appeal, the guidelines recommend that Americans follow one of three healthy eating patterns for optimal health:

- **U.S. style** — based on healthy, balanced foods comprising optimal choices for the typical American diet
- **Mediterranean style** — based on incorporating healthy foods grown around the Mediterranean Sea
- **Vegetarian style** — based on plant-based foods in addition to eggs, cheese and other dairy products also known as lacto-ovo vegetarian.



Food Lab

What can you do with a scrambled egg? With your team, add your own flair to the U.S. style eating pattern with a recipe you create for a class Scrambled Egg-Off contest. Visit <https://www.incredibleegg.org/recipes/cooking-lessons/stovetop-scramble-eggs/> for ideas and cooking tips. Then use the outline at right to organize and prepare your team recipe. You will be judged on the following:

Judging Criteria

- Egg scramble technique
- Flavor and texture
- Creativity in serving combinations that incorporate extra flavor and/or other ingredients
- Presentation
- Adherence to time allotted by your teacher
- Group cooperation

Group Members

Recipe Name

Number of Eggs

Add-ins for Texture and Flavor (i.e., cheese for creaminess, veggies for texture, herbs/spices for flavor, etc.):

Add-ins for Serving Combinations (i.e., bagel, toast, English Muffin, tortilla, rice, etc.):

Recipe Directions

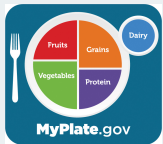


name _____

Activity 2

Eggs Over Easy

The Mediterranean style healthy eating pattern associated with the USDA Dietary Guidelines for Americans is based on the traditional foods of countries that surround the Mediterranean Sea. It offers a delicious way to boost your nutrition. A Mediterranean diet includes vegetables, fruits, whole grains, beans, nuts, seeds, olive oil, fish, poultry, eggs and dairy products. A Mediterranean diet fits within the **MyPlate** guidelines.



Food Lab

Work with your team to prepare your own version of a Mediterranean-style dish using the recipe below as a basic building block. Refer to the MyPlate visual above to see how your caprese egg muffins meet the food groups. Be adventurous and try different vegetable combinations. To make it a balanced meal have a fruit and whole grain toast with your caprese egg muffins. Visit incredibleegg.org or myplate.gov for more ideas. Record your team's recipe on the back of this paper, then share a taste test with your classmates.

Knife Safety Tips

All knives are not equal, and neither are knife cuts! Part of the joy of cooking lies in the creativity you can use with various cuts. Whatever the knife or cut, remember these important points:

1. Always point the knife blade away from you. Cut away from your fingers or yourself.
2. Use a pinch grip to hold the knife.
3. Use a rolling motion to cut.
4. Round fruits and veggies can be made steadier by cutting off ends first.
5. Keep fingers curled under or tucked in as you hold the food you are cutting.



Caprese Egg Muffins

(Yields: 12 servings)

- 1 tbsp. olive oil
- 3 cups baby spinach
- 1 cup cherry tomatoes, chopped
- 3 tbsp. fresh basil
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- 10 large eggs, beaten
- 36 fresh mozzarella pearls

Instructions:

1. Preheat oven to 350°F and prepare 1 12-cup muffin tin with non-stick cooking spray.
2. In a medium skillet, heat the olive oil over medium heat. Sauté the spinach and tomatoes until wilted, then place in a medium bowl. Add the fresh basil, salt, pepper, garlic powder and eggs. Stir to combine.
3. Use a 1/4 measuring cup to divide mixture evenly into the prepared muffin tin. Add 3 mozzarella pearls into each cup.
4. Bake 18 – 23 minutes, until eggs are set.



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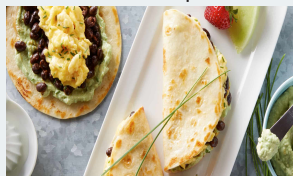
Activity 3

Vegetarian

Following the lacto-ovo vegetarian eating pattern recommended in the USDA Dietary Guidelines for Americans doesn't mean you are restricted to carrots and peas. Although based on the lacto-ovo vegetarian diet, this pattern includes enough variety to provide a savory, healthy, array of menu options. Complete this quiz to find out if you know what it means to eat a lacto-ovo vegetarian diet.

True or False? Lacto-ovo Vegetarians:

- _____ 1. Consume only plants.
- _____ 2. Do not consume dairy products.
- _____ 3. May eat eggs.
- _____ 4. Consume only organic foods.
- _____ 5. Combine plants with high-quality protein sources like eggs, beans and nuts to meet protein requirements.



Food Lab

A lacto-ovo vegetarian eating pattern includes beans, peas, lentils, nuts, seeds, soy products, vegetables, fruits, grains, eggs and dairy. Eggs are a good or excellent source of 8 essential nutrients, including 6g of high-quality protein for only 70 calories.

Eggs make a perfect match for lacto-ovo vegetarian style meals!

Go to www.incredibleegg.org/recipes/breakfast-taco-with-avocado-spread-and-scrambled-eggs/ for the Breakfast Taco with Avocado Spread & Scrambled Egg recipe to prepare with your team.

For a quick video on how to make scrambled eggs go to www.incredibleegg.org/recipes/cooking-lessons/stovetop-scramble-eggs/

Egg Safety

When cooking with eggs, always keep these food safety tips in mind.

1. Thoroughly clean hands, all cooking surfaces and utensils that come into contact with raw eggs to avoid cross-contamination—the spread of bacteria from people to food or from one food or piece of equipment to another.
2. Separate eggs from other foods in the refrigerator to prevent cross-contamination.
3. Thoroughly cook eggs according to recipe directions and egg cooking method.
4. Keep eggs in the main section of the refrigerator at 40° F or below, but do not freeze. Eggs accidentally left at room temperature should be discarded after two hours, or one hour in warm weather.³

²Egg Facts, <https://www.incredibleegg.org/nutrition/egg-nutrition-facts> ; National Nutrient Database for Standard Reference Release 28, <https://fdc.nal.usda.gov/fdc-app.html#/food-details/579487/nutrients> 3Eggs & Food Safety, <https://www.incredibleegg.org/professionals/foodservice/egg-safety-handling>

Record your recipe below, then evaluate your team's success in the Chef's Reflection section. Prepare the recipe at home for your family after making it in class.

Recipe Name

Ingredients

Directions

Chef's Reflection

Rate your team's results on a scale of 1-5 below, with 1 being disappointing and 5 being outstanding. Then use the prompts to further analyze your cooking experience.

_____ Team Effort and Cooperation _____ Flavor
_____ Technique _____ Presentation

What Went Right:

How We Could Improve:

Overall Experience:





Flavorful Cuisine

Answer Key

Dear Educator,

Here's a fun opportunity for your students to sharpen their culinary skills while experimenting with three healthy eating patterns recommended in the 2020-2025 USDA Dietary Guidelines for Americans. This new program, from the egg nutrition professionals at the American Egg Board and the award-winning curriculum specialists at Young Minds Inspired, includes activities that spotlight the versatile and nutritious role that eggs play in the U.S., Mediterranean and Vegetarian styles of healthy eating.


Always a nutrient star, eggs shine even brighter as a wise food choice supportive of the Dietary Guidelines, which stress maintaining a healthy eating pattern across the lifespan. As students create their dishes, they will experience firsthand a greater understanding of how to maintain a healthy diet with foods that are tasty, versatile and nutritious.

We hope you will find these lessons helpful in supplementing the valuable resources already available at [incredibleegg.org/classroom](https://www.incredibleegg.org/classroom). 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](https://www.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 Family and Consumer Science classes.

Program Objectives

- Introduce students to the U.S., Mediterranean and Vegetarian styles of healthy eating patterns supported by the new 2020-2025 USDA Dietary Guidelines for Americans.
- Engage students in developing recipes that incorporate **MyPlate** guidelines along with the 2020-2025 Dietary Guidelines for Americans.
- Reinforce awareness of the versatility, function and nutritional benefits of eggs as part of a healthy eating pattern.
- Strengthen students' culinary skills.

Standards Alignment

This program aligns with Family and Consumer Science Standards and Common Core State Standards for English Language Arts. For details, visit [ymiclassroom.com/egg-board](https://www.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 Scrambled Egg-Off

First review the highlights of the 2020-2025 USDA Dietary Guidelines with students found at <https://www.dietaryguidelines.gov/> and also at www.myplate.gov/ Follow the links for specific information on the three healthy eating patterns.

Explain that students will explore the U.S. style pattern with a scrambled egg food lab competition.

Organize students into teams of three or four, each responsible for creating one scrambled egg dish from start to finish, including cooking and cleaning up. Determine a mandatory number of eggs for students to use. Then have them review scrambled egg cooking techniques and recipe ideas at the link provided and use the activity sheet to plan their work. Have all kitchen tools and culinary products ready on the day you choose. Determine the time allowed for preparation and for judging.

Ask other teachers, the school principal, or other students to be judges. Use copies of the activity sheet for them to rate each of the judging criteria listed on a scale of 1-5. While there may be one overall winner, you may also award Honorary Mentions for stand-outs in one particular category of judging.

Activity 2 Eggs Over Easy

Review the Mediterranean style eating pattern and MyPlate with students.

Explain that students will complete the food lab by incorporating additional foods representative of that style into their own version of the Caprese Egg Muffins recipe at www.incredibleegg.org/recipes/caprese-egg-muffins/

Organize students into teams of three or four, each responsible for creating caprese egg muffins from start to finish, including preparation and cleaning up.



Grade 6-8

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[incredibleegg.org/classroom](https://www.incredibleegg.org/classroom)



AMERICAN EGG BOARD



Flavorful Cuisine

Answer Key cont.

Have all kitchen tools and culinary products ready on the day you choose. Determine the time allowed for preparation and for presentation.

Encourage students to compliment one another for creative use of ingredients.

Activity 3

Vegetarian

Review the food lab activity after students complete the true/false statements (Answers: 1. F, 2. F, 3. T, 4. F, 5. T). Have students work in groups of three or four to research the featured websites for a recipe to prepare in class with teacher approval. Have all kitchen tools and culinary products ready on the day you choose. Determine the time allowed for preparation of the dish.

Make sure students review the Egg Safety tips featured on the activity sheet as they prepare their dishes. Have groups prepare and sample their own dishes only, then complete the Chef's Reflection activity. Allow time for students to share reflections with one another in class.

Resources

- American Egg Board: incredibleegg.org
- The Egg Safety Center: eggsafety.org
- USDA: myplate.gov
- ymiclassroom.com/egg-board

