

## 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.

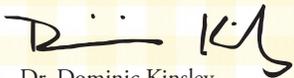
The lessons in this *Eggs on the Menu* program, created by award-winning curriculum specialists, Young Minds Inspired (YMI), and the American Egg Board (AEB), are designed to supplement the resources already found at the Egg Board's home site, [aeb.org](http://aeb.org), and at the AEB's companion site, [incredibleegg.org](http://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](http://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](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 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](http://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 Eggs-ceptional 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.
4. **True.** Eggs help form muscle tissue and build muscle strength.
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.**

**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 Eggs-traordinary Multi-Tasker

**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](http://incredibleegg.org) if they need help determining how eggs are used in the recipe's preparation. **Answers:**

- Breakfast Favorites** 1. leaven; 2. leaven; 3. coat.  
**Appetizers** 1. bind; 2. clarify; 3. color, garnish. **Main Course** 1. leaven; 2. bind. **Flavorful Sauces** 1. emulsify; 2. emulsify. **Desserts** 1. leaven; 2. leaven, thicken, color; 3. thicken, glaze; 4. thicken, prevent crystallization.

### Activity 3

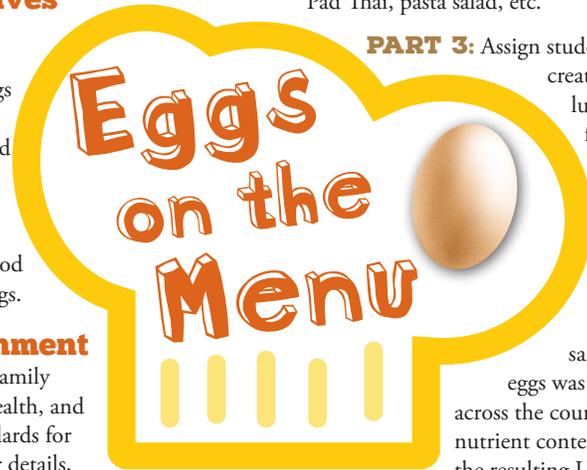
#### A Family L-egg-acy

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



Get the latest cholesterol reports about eggs, as well as recipes, games, and other eggs-citing resources, at [incredibleegg.org](http://incredibleegg.org)!

# An Eggs-ceptional 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](http://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:** Eggs-ceptional eggs make for tasty, eggs-ceptional meals! List as many ways as you can think of to prepare eggs for the different mealtimes shown.

**BREAKFAST**

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**LUNCH**

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**DINNER**

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**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](http://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:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

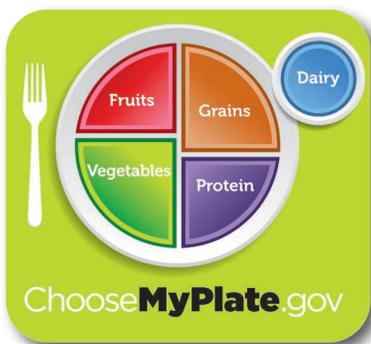
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# An Eggs-traordinary Multi-Tasker

**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 multi-taskers!

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.



## Egg Culinary Roles

1. ricalyf      \_\_\_\_\_ f \_\_\_\_
2. lezga      \_\_\_ l \_\_\_\_\_
3. nekciht    \_\_\_\_\_ e \_\_\_\_
4. taoc        \_\_\_ a \_\_\_\_
5. fuismely   e \_\_\_\_\_
6. naevle     \_\_\_ a \_\_\_\_\_
7. nbid        \_\_\_ n \_\_\_\_
8. prenvetsyctzilatoainl p \_\_\_\_\_  
   \_\_\_ r \_\_\_\_\_ t \_\_\_\_\_
9. lrcoo        \_\_\_ l \_\_\_\_\_
10. sigranh    g \_\_\_\_\_

## Egg Function Definition

- \_\_\_ A. To thicken and hold ingredients together
- \_\_\_ B. To inhibit formation of ice in creamy, frozen desserts
- \_\_\_ C. To cover and adhere crumbly mixtures to foods when they are heated
- \_\_\_ D. To evenly disperse globules of liquids that otherwise would not mix
- \_\_\_ E. To add richness of color
- \_\_\_ F. To decorate or embellish a prepared food or drink
- \_\_\_ G. To create a shinier food surface
- \_\_\_ H. To provide firmness to foods
- \_\_\_ I. To cause a cooked food to rise
- \_\_\_ J. To make broth clear

**PART 2:** Use what you've learned about the egg—the ultimate multi-tasker—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](http://incredibleegg.org).

## Eggs on The Menu

### Breakfast Favorites

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

### Appetizers

1. Muffin Frittatas \_\_\_\_
2. Beef Consomme \_\_\_\_
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 \_\_\_\_, \_\_\_\_



# A Family L-egg-acy

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? \_\_\_\_\_

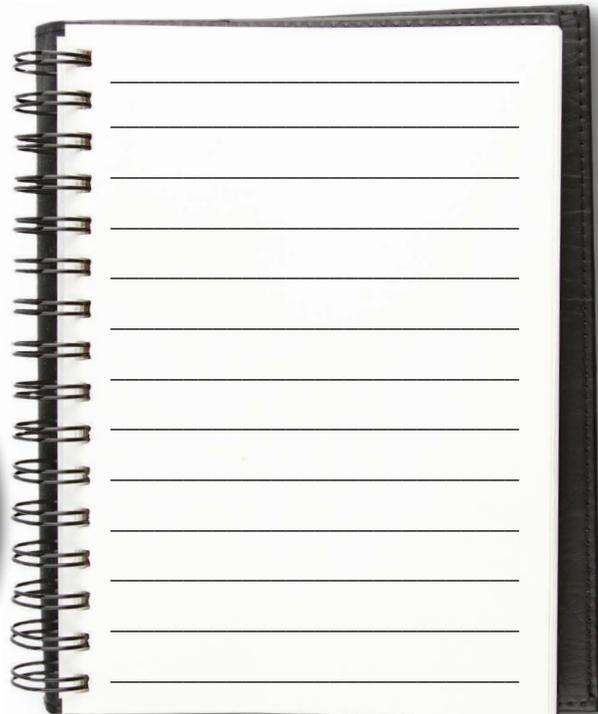
**4.** Have you ever tried to change the recipe? Why or why not? \_\_\_\_\_

**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](http://incredibleegg.org) to find exciting recipes to help you put eggs on the menu for any meal of the day!