

Dear Educator,

Help your students turn an ordinary day into an eggs-tra 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, 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 Eggs-tra 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 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 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.

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.

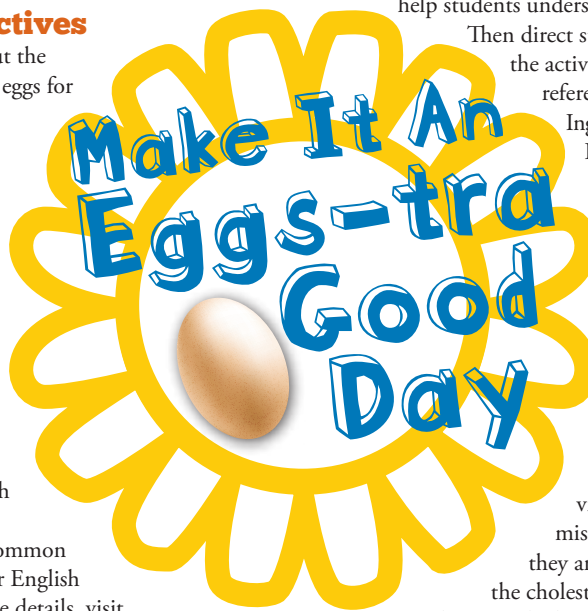
Activity 3

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 eggnutritioncenter.org.

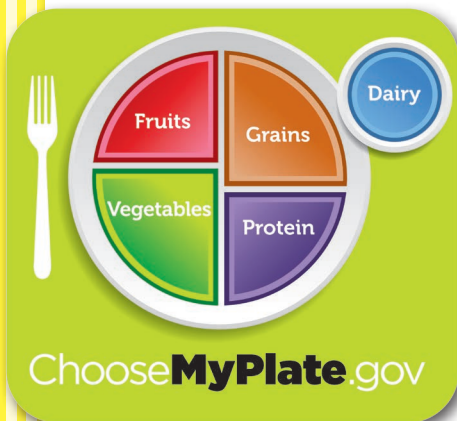
Start With Eggs-tra Energy

PART 1: Crack open these eggs for some breakfast egg-ducation. 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 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 cracked up to be!

	EGG		CEREAL BAR	
AMOUNT PER SERVING	G/Mg	%DV	G/Mg	%DV
Calories				
Total Fat				
Cholesterol				
Sodium				
Total Carbohydrates				
Protein				
Number of Vitamins and Minerals				

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 choosemyplate.gov/healthy-eating-tips/ten-tips.html for great nutrition tips.

Everyone knows an egghead is a brainiac. 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

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.

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

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

The section of the box or the “V” part of the “X” shown at right represents the letter you are decoding. The second letter in the box or in the “V” has a dot in the middle.

AB	CD	EF
GH	IJ	KL
MN	OP	QR



LLCV

- U L . > □ ◦ ⊥ ◻ ⊥ ⊃ ⊃ ✓

-
-
-

- $\square \sqcup \square \sqcup \square - \square \cap \square \cap \square$

These recipes are missing some vowels. Fill them in to reveal the recipe name.

- ### 1. Bkd ggs nd Spnch:

- ## 2. Crmy Pst nd gg Skllt:

- ### 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.

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 incredibleegg.org/egg-facts/incredible-edible-egg-jingle. This is an example of egg-ducation 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 egg-ducation 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: _____

Eggs-tra 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**, 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.

