

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 to find exciting recipes to help you put eggs on the menu for any meal of the day!