

Purpose To increase children’s awareness, knowledge and opportunities to try new protein sources.

Goals By the end of this lesson, students will be able to:

1. List the characteristics of and benefits of eating eggs.
2. Make a protein snack.
3. Students will be able to state the catchphrase of the day to share with family and friends.

“Eggs are an EGGcellent source of protein, vitamins and minerals!”

Ingredients 25 hardboiled eggs, cut in half lengthwise
 (For 20 students=4 groups of 5 students & one Demo) 100 black olive slices (20 olives, 5 slices per olive)
 100 thin red bell pepper slices, 1 inch long (1 large red bell pepper)
 10 teaspoons Dijon mustard
 1.25 cups light mayonnaise
 salt and pepper to taste

Materials For Chef Prep

1 cutting board
 1 chef’s knife
 1 portion scoop (=1/4 cup)
 2-3 bus tubs for dirty dishes
 foodservice gloves
 marker
 blender or food processor
 teaspoon measure

For Kids’ Cooking Demo

25 paper plates (1 per student plus demo)
 5 spatulas (1 per group of 5 plus demo)
 5 mixing bowls (1 per group of 5 plus demo)
 20 prep bowls w/lids (5 per group of 5 plus demo)
 25 plastic spoons (1 per student plus demo)
 napkins or paper towels
 sanitary wipes
 student handouts and crayons
 5 salad tongs

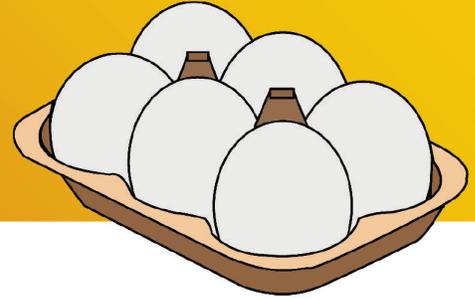
Assembly Ahead of time: Chef Prep

Hard-boil, cool and peel eggs. Slice each egg in half lengthwise. Slice the olives and bell peppers. Fill 5 of the prep bowls with 10 egg halves (2 per student). Using the teaspoon measure, fill 5 of the prep bowls with 2 teaspoons Dijon mustard each. Using the ¼ cup portion scoop, fill 5 of the prep bowls with 1 scoop of light mayonnaise each and sprinkle the mayonnaise with salt and pepper. Fill 5 of the prep bowls with 20 black olive slices each and 20 red bell pepper slices each. Cover all of the bowls with lids and label. You can pack these in the bus tubs if needed. Refrigerate or pack in coolers with ice until demonstration time.

During Kids’ Cooking Demo

Set up (before kids arrive): Each station (1 for you, and 4 groups of 5 students each) needs: 5 paper plates, 1 mixing bowl, 1 spatula, 5 spoons, napkins or paper towel, 1 pair of salad tongs and each one of the 5 different prep bowls (1 with eggs, 1 with mustard, 1 with mayonnaise, 1 with olive and peppers). Each student gets a handout. Put crayons in the middle of the table and give each student a napkin or paper towel.

DEMO: Scoop the yolk out of the eggs and place in a bowl. Using the spatula, mix the mustard, yolks, mayo, and salt and pepper. Mix until there are no more lumps. Fill each egg half with some of the yolk mixture. Place two olive slices on top of the egg half for eyes and place a red bell pepper slice under the eyes for a mouth. Be sure to turn up the ends of the bell pepper slice to make a smile!



Nutrition Lesson Script

Estimated Time 15 minutes

Lesson *Facilitators will introduce themselves and introduce the topic.*

(2 min) *Set ground rules:*

1. Everyone stays in their groups and in their seats until asked to move.
2. No talking while facilitator is talking.
3. Everyone have fun!

Discuss the following information with the students:

1. Eggs are a good source of protein. (Show whole egg)
2. So why eat eggs?

They not only give us protein but also several vitamins and minerals.

3. (Say catchphrase)

“Eggs are an EGGcellent source of protein, vitamins and minerals!”

(7 min) *Demonstration and Hands on Culinary Activity*

1. Make sure students watch the demo before they do it themselves.
2. Choose a student from the group as the “helper” to assist in the culinary activity.
3. Read the instructions step by step and have the “helper” demonstrate the culinary activity. Assist helper with mixing as needed.
4. Once demo is over, instruct the students to work in their groups to recreate the demonstrated activity. Volunteers should help where needed.

(4 min) *Coloring Activity (Do this while students are eating their snack.)*

1. Hold up coloring activity.
2. Ask children to write the catchphrase in the bubble.
3. Have children draw a happy face on the egg served sunny side up.
4. Remind students to throw away trash, recycle disposables when possible and put dirty dishes into the bus tubs.

(2 min) *Review the following information with the students:*

1. Eggs are a good source of protein.
2. So why eat eggs?

They not only give us protein but also several vitamins and minerals.

3. (Say catchphrase)

“Eggs are an EGGcellent source of protein, vitamins and minerals!”