

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 new 2015-2020 USDA Dietary Guidelines. This new program, from the egg nutrition professionals at 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 new 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 aeb.org/educators and at the AEB's companion site, incredibleegg.org. 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.

Flavorful Cuisine

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 2015-2020 USDA Dietary Guidelines.
- Engage students in developing recipes that incorporate **MyPlate** guidelines along with the new 2015-2020 Dietary Guidelines.
- Reinforce an 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.

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 new 2015-2020 USDA Dietary Guidelines with students found at <http://health.gov/dietaryguidelines/2015/guidelines/chapter-1/about/> and also at choosemyplate.gov/snapshot-2015-2020-dietary-guidelines-americans. 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 pyramid with students.

Explain that students will complete the food lab by incorporating additional foods representative of that style into their own version of the Mixed Greens Salad with Eggs recipe at incredibleegg.org/recipe/mixed-greens-salad-with-eggs/.



Organize students into teams of three or four, each responsible for creating one salad from start to finish, including preparation and cleaning up. Then have them research hard-boiled-egg cooking tips at the link provided and use the back of 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 presentation.

You may elect to have one day devoted to preparing the hard-boiled eggs, then refrigerate them for use in preparing the salad the next day. Encourage students to compliment one another for creative use of ingredients.

Activity 3

V-eggetarian

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

- ymiclassroom.com/egg-board
- American Egg Board: aeb.org
- Egg Nutrition Center: eggnutritioncenter.org
- Incredible Egg: incredibleegg.org
- The Egg Safety Center: eggsafety.org
- USDA: choosemyplate.gov

Scrambled Egg-Off

THE NEW 2015-2020 USDA DIETARY GUIDELINES 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



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. First visit incredibleegg.org/cooking-school/egg-cookery/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

Eggs Over Easy

THE MEDITERRANEAN STYLE HEALTHY EATING PATTERN associated with the new USDA Dietary Guidelines is based on the traditional foods of countries that surround the Mediterranean Sea. It offers a delicious way to boost your nutrition. Check out the diagrams at right to understand how the eating pattern of the Mediterranean Diet Pyramid fits within 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 diagrams above to ensure that your new salad combination includes more vegetables. Don't forget, you can include grains and fruits, too! Visit eggnutritioncenter.org/content/uploads/What-is-the-Mediterranean-Diet.pdf and choosemyplate.gov/MyPlate for ideas. Record your team's recipe on the back of this paper, then share a taste-test with your classmates.

Mixed Greens Salad with Eggs

(Yields: 4 servings)

- 1 pkg (5 oz.) baby lettuce mix
- 4 plum tomatoes, sliced
- 4 hard-boiled eggs, quartered lengthwise
- ½ cup part-skim mozzarella cheese

Top lettuce with 1 sliced tomato and 4 egg wedges, then sprinkle with 2 tablespoons cheese. Dressing idea: Drizzle olive oil and fresh lemon juice with a little salt and pepper instead of a processed dressing high in fat and sodium.

A 12-Minute Method for Hard-Boiled Eggs

1. Place eggs in a saucepan large enough to hold them in a single layer.
2. Add cold water to cover eggs about 1 inch. Heat over high heat just to boiling.
3. Remove pan from burner. Cover pan.

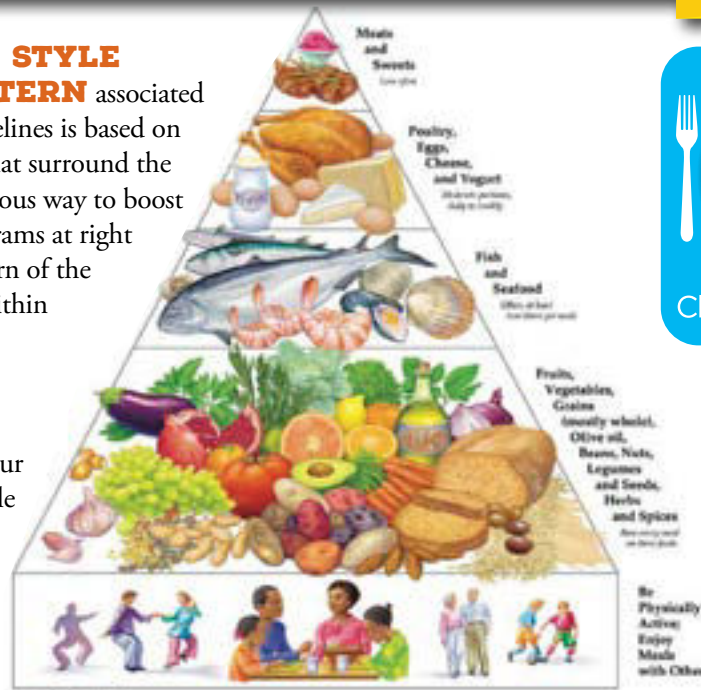
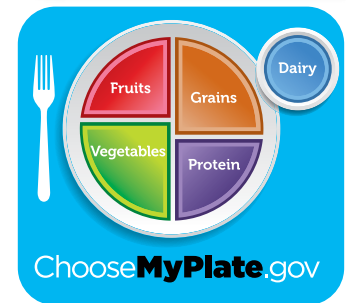


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4. Let eggs stand in hot water for about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra large eggs).¹
5. Drain, then shock eggs in a bowl of ice water to cool them immediately.

6. Peel! Hard-boiled eggs are easiest to peel right after cooling.
7. Hard-boiled eggs should be eaten or refrigerated within two hours of cooking and used within one week.
8. Slicing tip for a great presentation: Lightly wet a knife without a serrated edge. After every cut, wipe the knife clean with a wet paper towel. A serrated edge will cause the egg to tear; the wet towel prevents anything from sticking.

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. Check out aspicyperspective.com/how-to-use-knives/ for more information.

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.

¹Tips on How to Hard-Boil Eggs, www.incredibleegg.org/cooking-school/egg-cookery/hard-boil-eggs/

V-eggetarian

FOLLOWING THE VEGETARIAN EATING PATTERN

recommended in the new USDA Dietary Guidelines doesn't mean you are restricted to carrots and peas. Although based on the 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 vegetarian.

True or False?

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, fish, beans, and nuts to meet protein requirements.

Food Lab

Loaded with 6 grams of protein and delivering all 9 essential nutrients, yet only 72 calories, a large egg makes a perfect match for vegetarian style meals!²



Research the Eggs and Baking link at <http://incredibleegg.org/cooking-school/eggs-baking/> for tips on baking with eggs. Then visit the Baking link at incredibleegg.org/recipe/collection/baking-recipes/ to find a recipe featuring baking with eggs to prepare with your team, with your teacher's approval.

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: _____

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 a temperature between 33° and 40° F. Eggs accidentally left at room temperature should be discarded after two hours, or one hour in warm weather.³

²Egg Facts, www.incredibleegg.org/egg-nutrition/egg-facts/; National Nutrient Database for Standard Reference Release 28, <https://ndb.nal.usda.gov/ndb/foods/show/112>

³Eggs & Food Safety, www.incredibleegg.org/egg-nutrition/egg-safety/