



# Lesson 1 - Introduction

## Learning outcomes:

- To identify how eggs can fit into a healthy, balanced diet.
- To identify the nutritional benefits of eggs.
- To identify which foods help our bodies to do certain things.
- To match cooking equipment with the correct cooking tasks.

The following activities could be used to form the basis of your introductory lesson to the project.

## 1. About the project

Introduce pupils to the overall objective of the project:

- To develop ideas, plan, make and evaluate an egg-based recipe for the Eggs Factor competition.

Explain to the class that their brief is to develop a recipe using eggs (one that can be prepared in 15 minutes), for a character from a book, film or TV. They will also need to write a short explanation to describe why their recipe has the Eggs Factor!

Share and discuss the following criteria with the class:

- Design an egg-based recipe that can be prepared safely and easily in 15 minutes.
- Write a recipe with clear instructions.
- Create an imaginative explanation about who your egg recipe is for and why it has the Eggs Factor.

## 2. What about eggs?



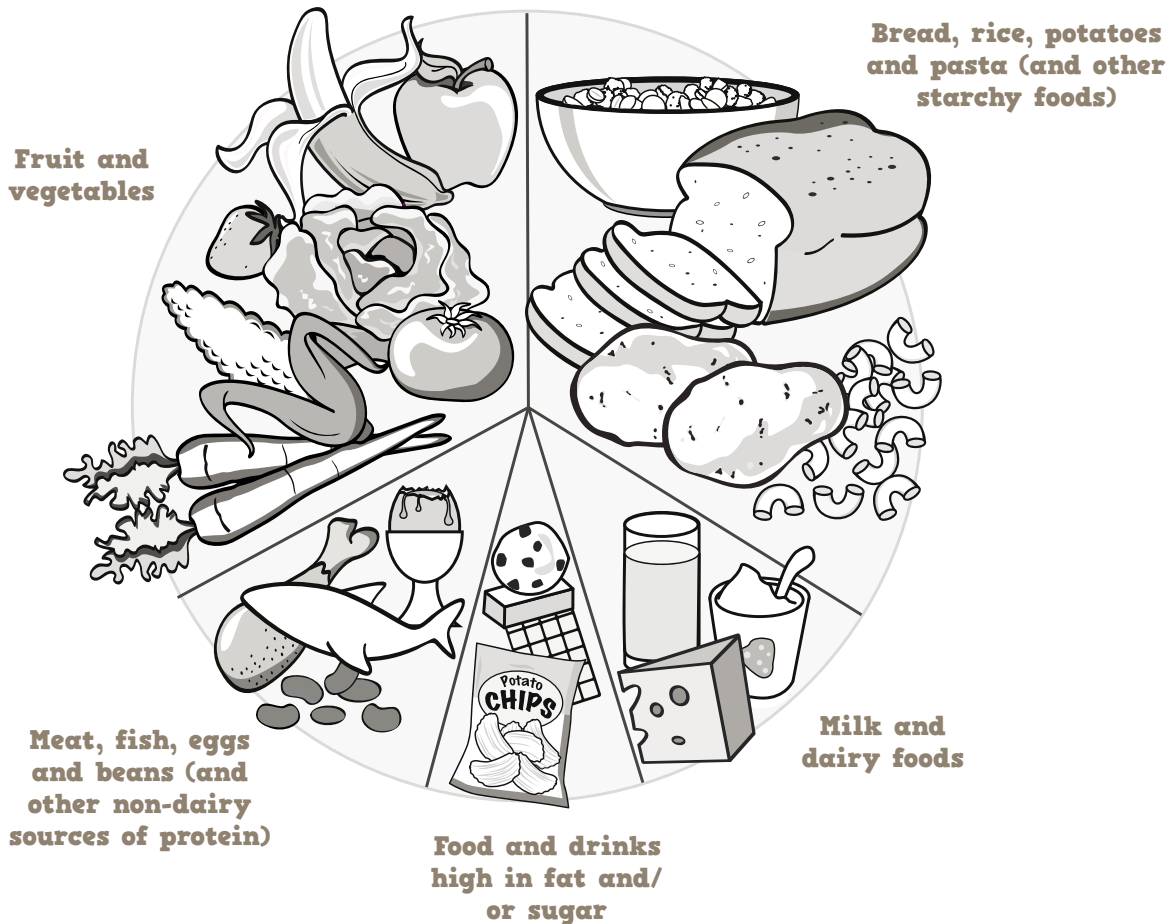
Encourage pupils to think about where eggs come from and how they can be cooked. Discuss whether they have cooked eggs before – if so, how have they done this? What types of egg dishes have they eaten? How does an egg change when it is cooked? Are the changes reversible? Record their ideas on a flip chart or a whiteboard.

Show examples of what a recipe looks like and discuss the types of information it includes. (A sample Omelette recipe sheet can be found in Lesson 3.) Note: recipes can be explored further in Lesson 4.



### 3. Eggsellent eating

Introduce pupils to the Eatwell plate template on **Activity sheet 1A**. Discuss how it is used to show the types and proportions of foods we need to have a healthy and well-balanced diet. Ask the pupils to match each food on their sheet with the section on the plate it belongs in. A completed plate looks like this:



### 4. Different foods do different jobs

This fun activity on **Activity sheet 1B** helps pupils to start thinking about how different foods can help our bodies in different ways. This can be completed independently or in pairs.

### 5. Health benefits of eggs

Present the pupils with the following statements and ask them to discuss with a partner whether they are true or false.

- Eggs hardly have any vitamins in them at all (False)
- Eggs contain proteins that help our bodies to repair themselves (True)
- Eggs have loads of vitamin C in them (False)
- Eggs contain vitamin D, which is great for healthy bones (True)

If pupils aren't familiar with vitamins you may need to explain that they are substances found in foods, which our bodies need to work properly.

After the pupils have made their decisions, talk through the answers, using the information given on the next page.



## Nutrients in eggs

Eggs are a fantastic natural source of nutrition. They are one of the best sources of high quality protein on supermarket shelves and contain a range of essential nutrients.

A medium egg contains less than 70 calories. However, to maintain a healthy balanced diet, you also need to eat other foods - especially plenty of vegetables, fruit and wholegrains. Please see the Eatwell plate on the previous page for more information.

A person consuming eggs receives a good amount of the following vitamins:

- Vitamin A, needed for normal skin and vision and normal function of the immune system
- Vitamin D, needed for the maintenance of normal bones and teeth
- Vitamin B<sub>12</sub>, needed for normal red blood cell formation

Eggs also contain vitamin B<sub>2</sub> (riboflavin), folate, iodine, phosphorus and selenium. For further details on vitamins and minerals in an egg, visit [www.britegg.co.uk](http://www.britegg.co.uk).

More good news is that previous limits on egg consumption have been lifted as health experts have confirmed that for most people they have a negligible effect on blood cholesterol levels. Neither the Food Standards Agency nor the British Heart Foundation recommends a limit on consumption.



## 6. Choosing the right tool for the task

**Activity sheet 1C** can be used to help introduce pupils to the different types of equipment needed to prepare and cook food. Invite them to share ideas first. What tools/equipment/utensils have they used or seen used before to prepare and cut food? The activity sheet can be completed individually or in pairs. Pupils need to match the tools with the correct tasks.

### Tasks and answers:

- Use these to measure out your ingredients (scales)
- Good for slicing and chopping (knife)
- Protects your work surface from food and knives (chopping board)
- Use to keep work surfaces free from germs (cloth)
- Used for adding air or beating ingredients together (whisk)
- Used for boiling eggs (pan)
- Used for frying eggs (frying pan)
- Mix ingredients together in this (bowl)
- Protects your clothes from spilt foods (apron)