

An Eggs-ceptional Meal

PART 1: Eggs offer nutritional benefits that make them a perfect choice for any meal of the day. Try your hand at these True/False questions to see how much you know about the nutrition found in eggs. Then visit the American Egg Board's companion site, incredibleegg.org, to learn more amazing facts.

- ☐ 1. Eggs are not nutrient dense.
- ☐ 2. The egg white contains all of the egg's protein.
- ☐ 3. The egg's protein is the highest quality protein of any food.
- ☐ 4. The protein in eggs helps build muscle.
- ☐ 5. Egg whites contain a higher percentage of the egg's vitamins than the yolks.
- ☐ 6. Eggs for breakfast provide protein to give you a short burst of energy that wears off quickly.
- ☐ 7. Eggs provide nutrients that improve brain function.
- ☐ 8. Eggs are high in cholesterol.
- ☐ 9. Scientists often use eggs as the standard for measuring the protein quality of other foods.
- ☐ 10. The many pleats of a chef's hat, or "toque," originated as a way to represent the number of ways a chef knew how to prepare eggs.

PART 2: Eggs-ceptional eggs make for tasty, eggs-ceptional meals! List as many ways as you can think of to prepare eggs for the different mealtimes shown.

BREAKFAST

LUNCH

DINNER

PART 3: Form a student team to create a nutritionally balanced meal using **MyPlate** guidelines that incorporates eggs for the core dish. Then visit the Simply Eggs recipe link at incredibleegg.org to find video tutorials, recipes, and additional culinary inspiration!

My team is creating a dish for ☐ **BREAKFAST** ☐ **LUNCH** ☐ **DINNER**.

NAME OF RECIPE: _____

INGREDIENTS:

_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS: _____

