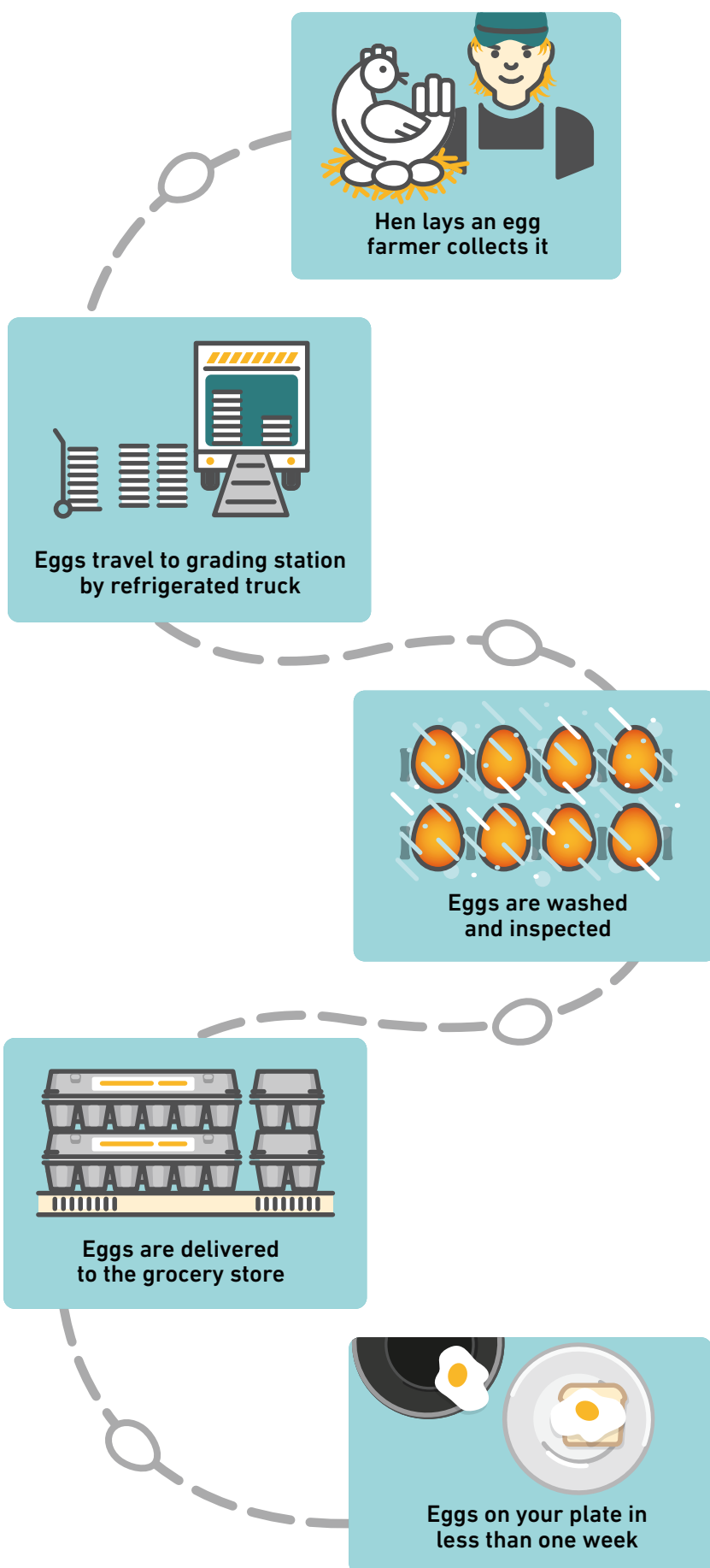


## THE STORY OF THE VERSATILE EGG

Scrambled, baked, poached, boiled, in baking- there are so many ways to eat eggs! In BC there are over 155 family owned and operated egg farms producing the eggs we eat! Over 91 million dozen eggs a year are produced on BC farms, and the journey they take from farm to table makes sure that we have the freshest eggs possible to eat.



## THE JOURNEY OF A BC EGG: FARM TO TABLE



## EGGS ARE EGGS-TRA NUTRITIOUS FOR YOUR GROWING BODY

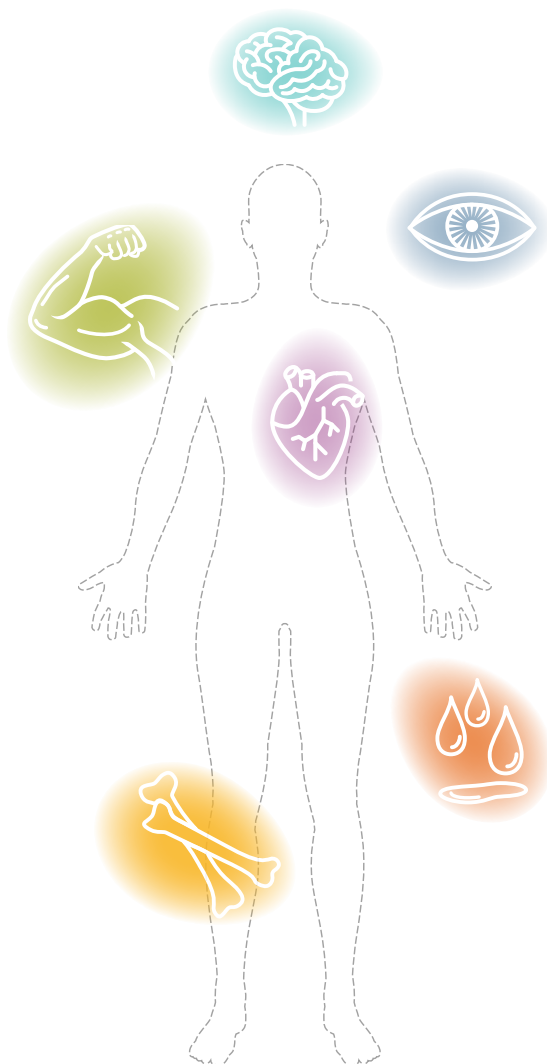
Eggs are packed with **protein** to build muscle

Eggs have **Choline** for brain development

Eggs have **Vitamin D** which is important for strong, healthy bones and teeth

Eggs have **lutein** that helps maintain healthy eyes.

Eggs are a great source of **B12** and two types of **iron**!

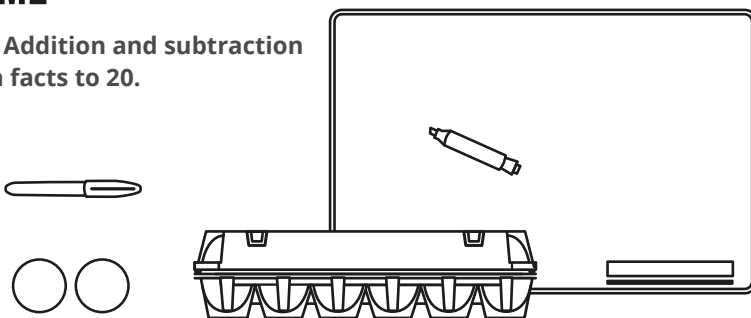


## ACTIVITY: EGG CARTON MATH GAME

**CURRICULUM CONNECTIONS: MATHEMATICS: Addition and subtraction with numbers to 10, addition and subtraction facts to 20.**

**MATERIALS:**

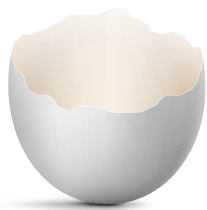
- Cardboard egg carton
- Black marker
- Ping pong ball
- Small whiteboard
- Whiteboard marker



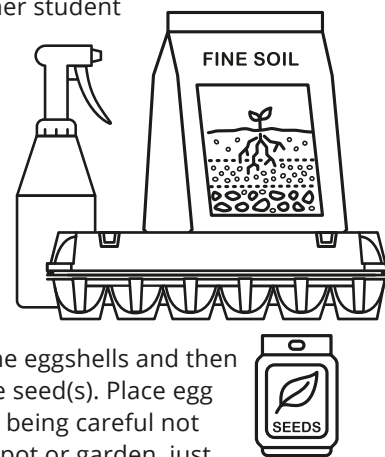
Give each pair of students the materials. Inside the cardboard egg carton write numbers 0-11, one in each cup of the carton. Have students place the carton on a desk and stand a metre away. Have one student gently toss the ping pong ball towards the carton, and have the other student record the numbered cup it lands in on the whiteboard. Have the student throw again and have the other student add the second number with the first number. Then they can switch. Students can also try subtracting or multiplying the numbers.

## SCIENCE: STARTING SEEDS IN EGGSHELLS

**CURRICULUM CONNECTIONS: SCIENCE K-3: plants and animals have observable features, living things have life cycles.**



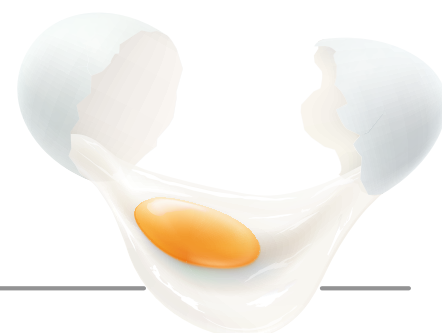
Place halved, clean eggshells back into a carton. Add potting soil to the eggshells and then use your finger to create a small hole in the dirt to make room for the seed(s). Place egg carton in a place that gets plenty of sunlight. Mist with a spray bottle, being careful not to overwater. Once seedlings sprout you can place the seedlings in a pot or garden, just carefully crush the eggshell and cover with soil. The eggshell will naturally decompose and provide nutrients for the new plants. Seed suggestions: basil, cilantro, lettuce, radish, wheatgrass.



## ENGLISH LANGUAGE ARTS: EGG IDIOMS AG FOR LIFE – FROM THE STORY OF FOOD (EGGS)

**CURRICULUM CONNECTIONS: ENGLISH LANGUAGE ARTS K-3: Language and story can be a source of creativity and joy, Playing with language helps us discover how language works.**

An idiom is a common saying that doesn't mean exactly what it says. Can you match the idioms with their meanings?



- |   |  |
|---|--|
| <ol style="list-style-type: none"> <li>1. Don't count your chickens before they are hatched.</li> <li>2. Don't put all your eggs in one basket.</li> <li>3. You can't make an omelet without breaking a few eggs.</li> <li>4. The cracked egg cannot be cured.</li> <li>5. To have egg on your face.</li> </ol> | <ol style="list-style-type: none"> <li>A. To appear foolish.</li> <li>B. Don't get ahead of yourself.</li> <li>C. Somethings cannot be undone or repaired.</li> <li>D. Don't put all resources into one idea in case it doesn't work out.</li> <li>E. Sometimes you have to do unpleasant things in order to meet a goal.</li> </ol> |
|---|--|

Answers: 1B, 2D, 3E, 4C, 5A

### EGGS-ELLENT EGG VOCABULARY

**Albumen:** The egg white, which represents 2/3 of an egg's weight.

**Yolk:** The yolk is the yellow part of the egg and gets its color from the hen's food which includes corn and grain.

**Hen:** An adult female chicken. Only hens lay eggs.

**Nesting:** Hens like to nest to lay their eggs somewhere private, dark and sheltered.



### FAMILY CONNECTION

Ask students to cook a recipe with eggs at home. Ask for a picture of the student with the egg dish! Have them share it with the class and explain the recipe.