



all  
about  
eggs

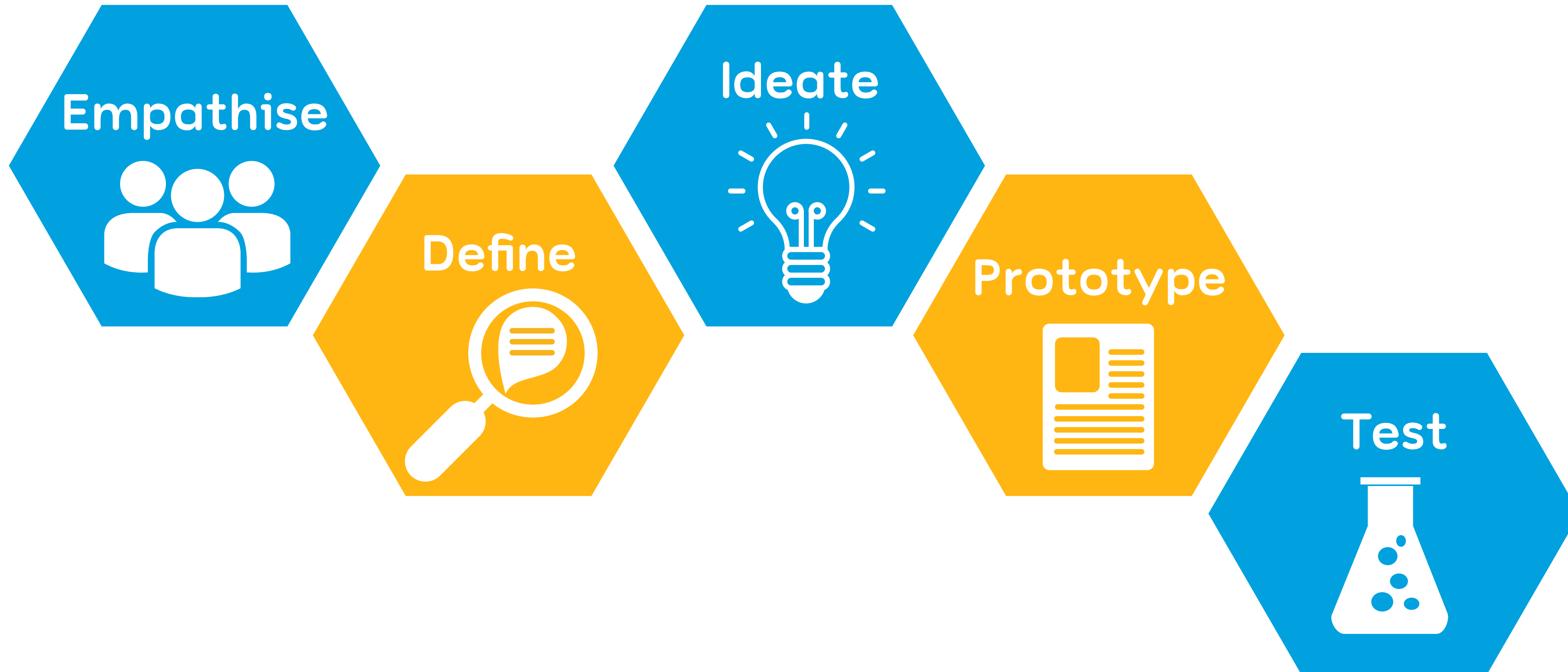
Stage  
**4**

# Nutrition is No Yolk!

## Teacher Resources

# Interactive Whiteboard Resources

For schools that do not have access to an interactive whiteboard; please note that these resources can be downloaded as a PDF, accessed via student or shared school electronic devices, or simply used as teacher inspiration and professional learning.



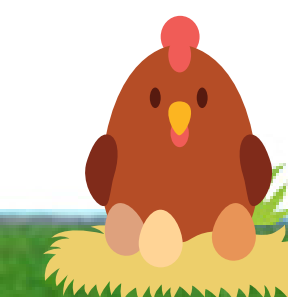
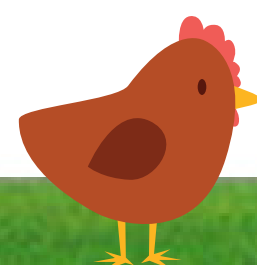
## The task:

“Can eggs be used to improve the nutrition and overall health of certain groups of people in society?”

In groups, design and develop a product for a chosen social group which addresses their individual needs and concerns. The product must contain eggs and be deliverable over distance and time. The finished product must display:

- An understanding of the nutritional value of eggs
- An understanding of their chosen group's needs
- An understanding of different preparation techniques
- An understanding of different presentation techniques

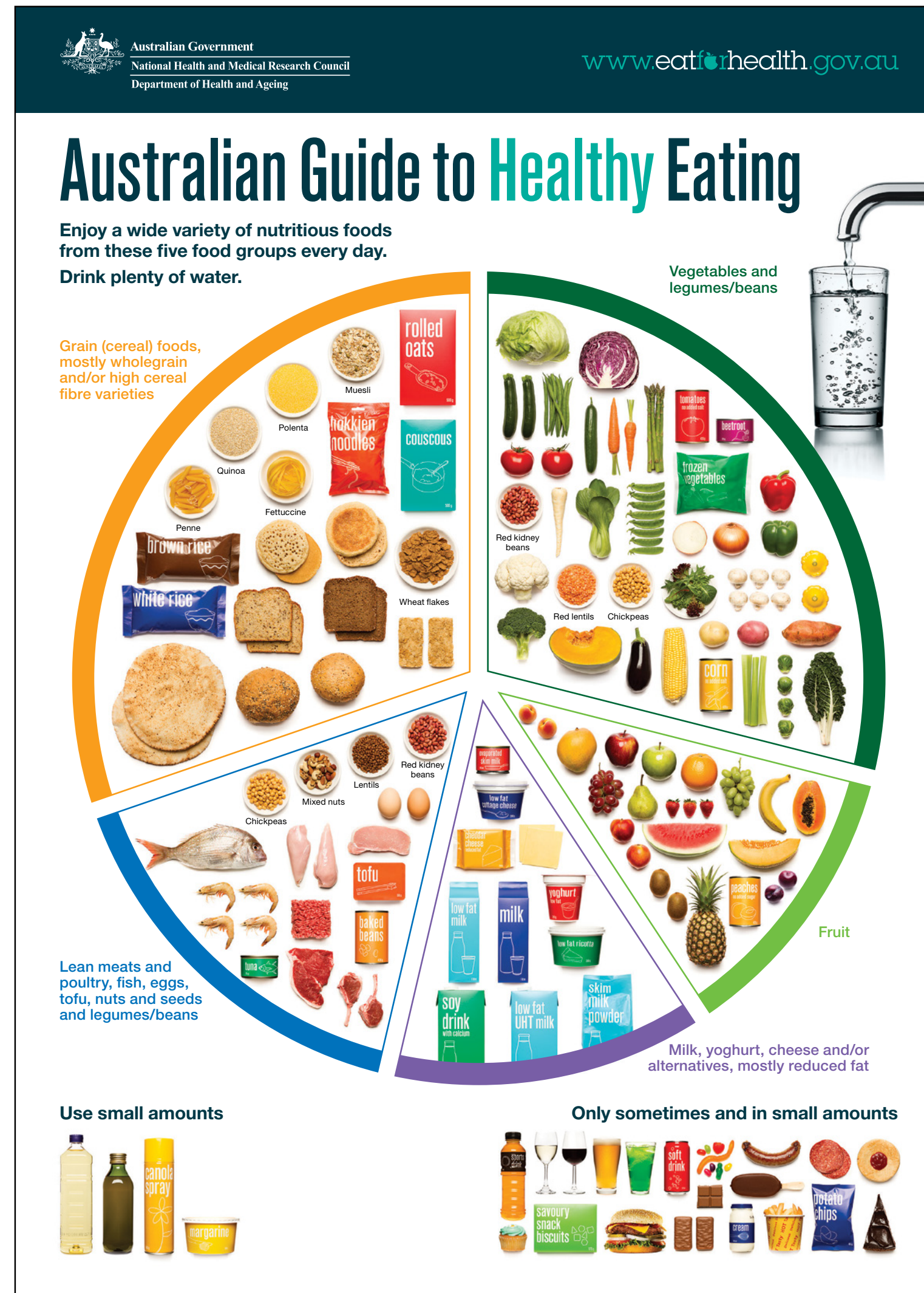
Each group must also create a reflection document containing information on their decisions and an evaluation of their product against a previously designed success criterium.



Adults

Energy	2,000 kcal
Fat	Less than 70g
Carbohydrate	260g
Total sugars	90g
Protein	50g
Salt	Less than 6g
Vegetables	Unlimited

www.nhs.uk

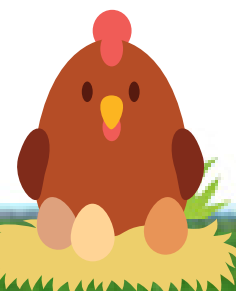
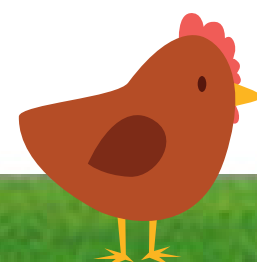


Australian Government, Dept of Health (2017)

Children

	Younger children	Older children
<b>Vegetables and legumes</b>	Between 2 and 4 serves	Between 4 and 6 serves
<b>Fruit</b>	Between 1 and 1.5 serves	Between 1.5 and 2 serves
<b>Grains and carbohydrates</b>	4 serves	Between 4 and 5 serves
<b>Protein</b>	Between 1 and 1.5 serves	Between 1.5 and 2.5 serves
<b>Dairy</b>	Between 1.5 and 2 serves	Between 2 and 3 serves
<b>Sugars</b>	Limited	Limited

www.eatforhealth.gov.au



## Questionnaire

VS

## Interviews

Larger data sets

Frequencies

Statistical information

Measuring response

Closed/Open questions

Knowing

Cost

Smaller data sets

Meaning

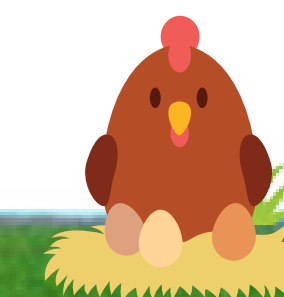
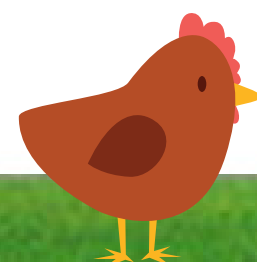
Language

‘Lived’ experience

Open questions

Understanding

Cost



# Cage Eggs



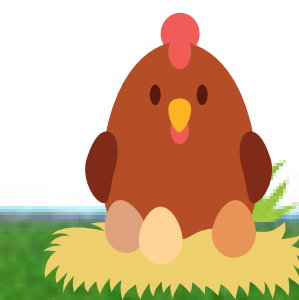
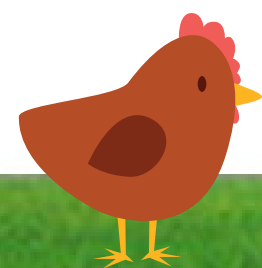
Notes:



## Barn-laid Eggs



Notes:





# Free Range Eggs



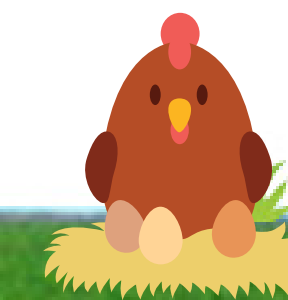
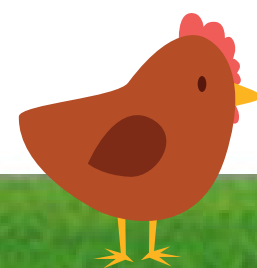
Notes:





# Nutrition is No Yolk! Teacher Resources

Cage Eggs	Barn-laid Eggs	Free Range Eggs

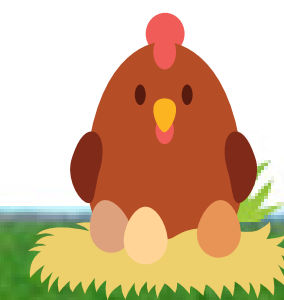
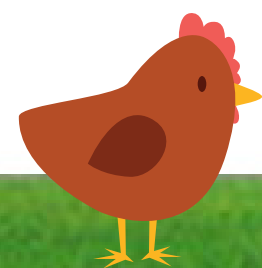


## Big Oat Pancakes With Crispy Bacon And Ricotta



### Nutrition is No Yolk! Teacher Resources

What food health and safety procedures, basic health and hygiene skills, and knowledge have gone into making this recipe?

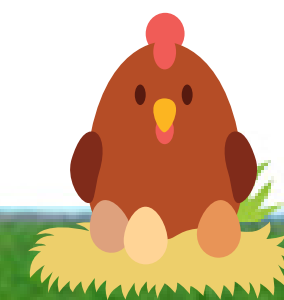
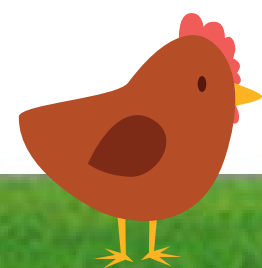


## Warm pumpkin, sprout, prosciutto and egg salad



## Nutrition is No Yolk! Teacher Resources

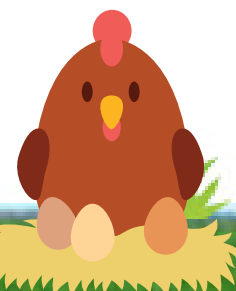
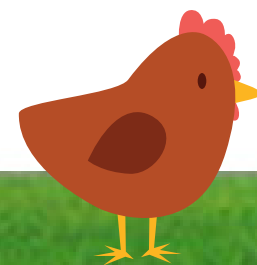
What food health and safety procedures, basic health and hygiene skills, and knowledge have gone into making this recipe?



## Nutrition is No Yolk! Teacher Resources



What can we do with eggs?





### Baked eggs

Cooked in the oven in a greased, flat dish for about 10 minutes.



### Fried eggs

Cooked in a greased, hot pan for about 5 minutes. Can be 'sunny side up' when only one side is cooked or 'over easy' when both sides are cooked.



### Scrambled eggs

Whisked together, sometimes with milk, and cooked on a greased, hot pan for about 2 minutes, until thickened.



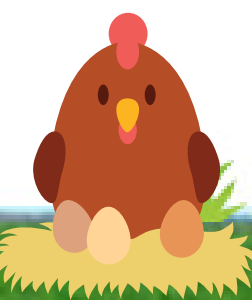
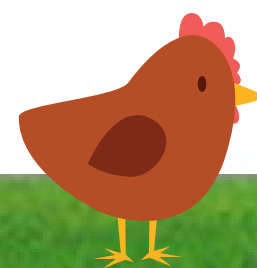
### Poached eggs

Cracked into swirling, boiling water, sometimes with a touch of vinegar. Cooked for around 4 minutes.

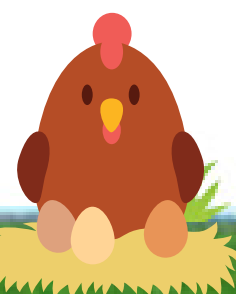
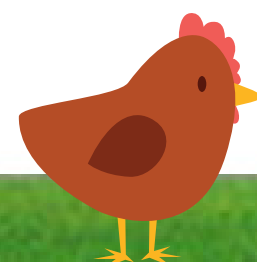
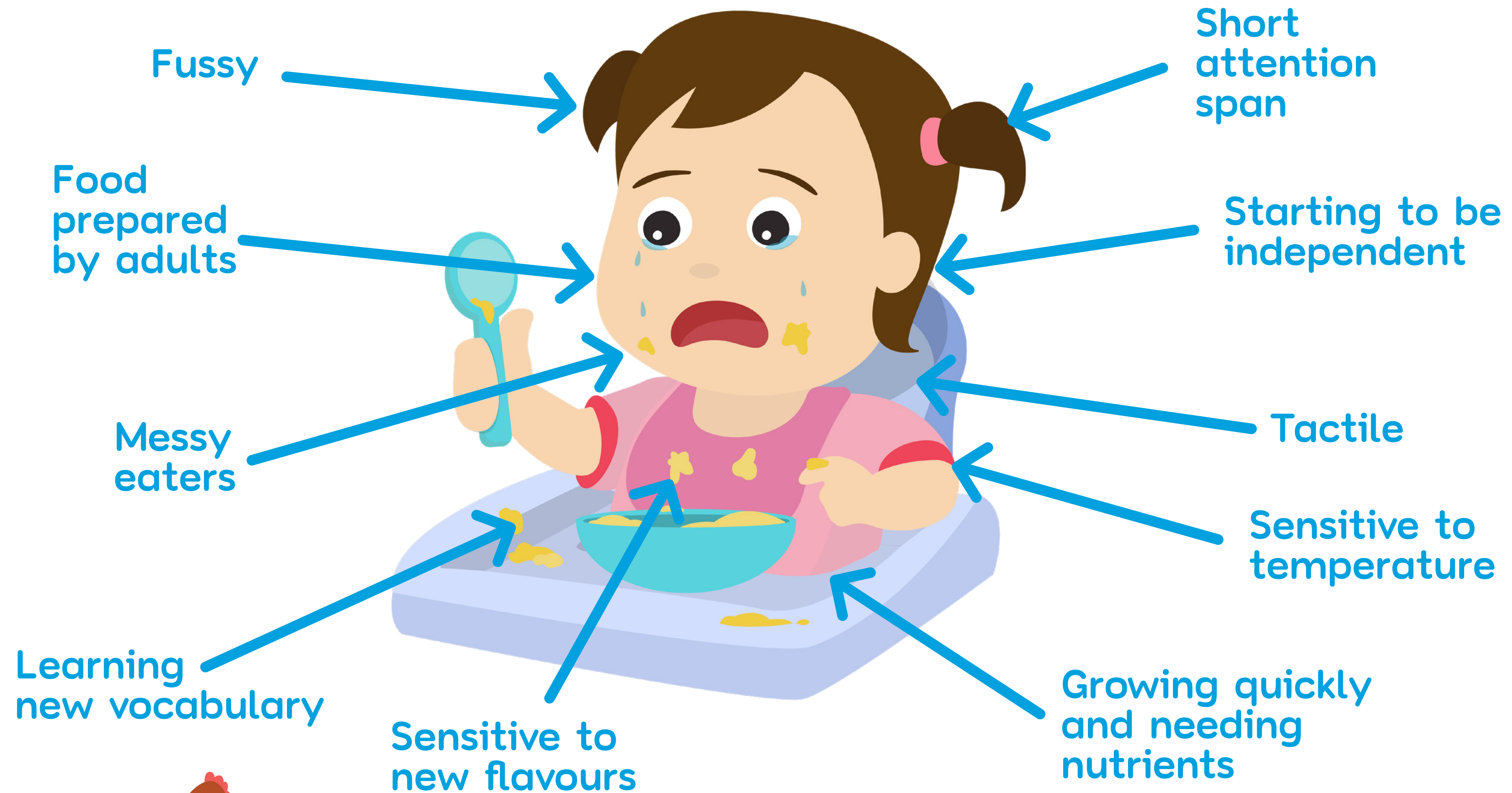


### Boiled eggs

Cooked in shell in a pan. Covered with cold water and brought to boil. Heat is turned off and pan covered for 3 minutes. Leave for longer for hard boiled eggs.



## Creating a criterion for success



## A successful meal would include:

- Easily held in little hands or able to be eaten with a spoon
- Nutritionally rich
- Small
- Few elements
- Familiar flavours/bland flavours
- Served cold/warm
- Already constructed

