

**Families:**

Pilot Light Family Meal Lessons are designed to easily bring food education into your home. We recommend using the Family Resources in the following way:

1. Watch the Family Meal video for the lesson as a family.
2. Make the recipe as a family.
3. In the Common Core Connections section, children can learn through and about food while strengthening Common Core English Language Arts or Math skills.
4. Family Discussion questions and Extension Activities are provided to allow learners of all ages opportunities to participate in the learning experience!



**Pilot Light Family Meal Lesson**

**Scrambled Eggs**

**+ Grades 3-8 Common Core English Language Arts -  
Writing - Production and Distribution of Writing**

**Suggested Recipe Age Range: 5 years-Adult**

**Recipe:****Scrambled Eggs****Ingredients:**

- Eggs (approximately two for each person)
- Salt
- Pepper
- Cooking oil or butter
- Additional ingredients and/or herbs (cheese, dill, onion powder, etc)

**Materials:**

- Mixing bowl
- Frying pan
- Fork or whisk
- Spatula or spoon
- Knife and cutting board (optional, if ingredients require chopping)

**Directions:**

1. Have each person choose an ingredient or herb to add to the eggs. As a family decide if you all agree on the choices to try in your eggs.
  - a. If you can't agree on the ingredients (or do not wish to mix them together), make different batches!
2. Measure small amounts of each ingredient and prepare ingredients as needed.

3. Crack eggs into a bowl and whisk with a whisk or a fork.
4. Add salt and pepper to taste and whisk again.
5. Add additional ingredients and/or herbs of your choice to the eggs and mix.
6. With parental supervision: Heat pan to a low or medium heat with enough oil or butter to cover the bottom of the pan so eggs will not stick.
7. Gently pour egg mixture into the pan.
8. Cook eggs by using a spoon to turn over uncooked portions until the entire batch is cooked (and no liquid egg remains).
9. Serve your way with a side of toast, pancakes, or potatoes.

### **Common Core Connections:**

#### **Grades 3-8**

#### **English Language Arts - Writing - Production and Distribution of Writing - Standard 4:**

Students will produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

#### **What does this mean?**

Common Core in grades 3-8 identifies three types of student writing: opinion pieces, informative/explanatory writing, and narratives (real or imagined stories).

Common Core standards around literacy build in complexity throughout the grades. That means that the standards can sound the same for younger, as well as older grades, but the kinds of writing produced will be much different. In this project, for example, a third grader could write a short paragraph to describe how eggs are scrambled, while an eighth grade student might write an essay about how chickens are raised and eggs produced in our system of industrial farming. This lesson will guide you through appropriate projects for your student.

In this lesson, you (the student) will be working on informative/explanatory writing in which you will pick a topic and provide supporting details.

#### **What does this look like?**

Materials needed:

- Pens
- Paper (or computer)
- Research tools (books, the internet, family members or friends, etc)

Directions:

1. Choose one of the follow prompts/questions to answer related to eggs:
  - How are eggs cooked around the world?
  - How are chickens raised and eggs farmed in the United States?
  - Explain the health benefits of eating eggs.
2. Research the question you chose. Write down any notes or ideas you find to use later in your writing.
3. Begin your first draft (at least 2 paragraphs in length): Write a thesis statement or a

- topic sentence that explains what your writing will be about.
4. Write about 2-3 supporting details or examples that support your thesis. Think about what facts or examples you find that show that your thesis statement is true.
  5. Write a concluding statement that restates (puts in different words) your thesis (your first sentence).
  6. Read your draft aloud and make any changes. You can also give your rough draft to a friend or care giver for feedback.
  7. Write your final draft. Share your writing with family or friends if you like.

To meet the expectations of this standard, your writing should be **at least 2 paragraphs long** and include the following:

- Introduction:** Introduce a topic clearly, provide a general observation and focus, and group related information logically; include formatting (e.g., headings), illustrations, and multimedia when useful to aiding comprehension.
- Facts and details that relate to the topic:** Develop the topic with facts, definitions, concrete details, quotations, or other information and examples related to the topic.
- Transition Words:** Link ideas within and across categories of information using words, phrases, and clauses (e.g., in contrast, especially).
- (Grades 4-8) Use specific vocabulary related to the topic:** Use precise language and domain-specific vocabulary to inform about or explain the topic.
- (Grades 6-8) Establish and maintain a formal style.**
- Conclusion:** Provide a concluding statement or section related to the information or explanation presented.

### Family Discussion Questions:

#### Families/children could discuss or write about:

- Thinking about your family's heritage, what traditional ingredients would your family put in their scrambled eggs? What title would you give your eggs if added to a menu?
- What other dishes are eggs used in?
- What other ways have you eaten eggs? Any other ways eggs are cooked you would like to try?
- What new dishes could scrambled eggs be used in? What name would you give the new dish?
- Discuss what it means to be a "Good Egg"? What does it mean to be a "Bad Egg"? How and why do you think these terms originated? Look up the historical origin of the terms.
- List and/or draw ways you can be a "Good Egg" then post your list and/or drawings in the kitchen.

### Extension Activities:

Here are some suggestions for additional activities that relate to this recipe:

- Read a book about eggs such as:
  - *Green Eggs and Ham* by Dr. Suess
  - *Eggs* by Kevin Henkes
  - *The Golden Egg* by Dan Wyson
  - *Magic Forest Adventure: The Secret of the Golden Egg* by Maya Sanders
  - *Dragon's Egg* by Emily Martha Sorenson
  - *Eggs* by Jerry Spinelli
- Create a story about an egg with magical powers. Taking turns let each person in the family add on to the story.
- Illustrate your egg story.
- Research where eggs come from.
- Look up different restaurant menus for ingredients added to the egg entrees served.

*This original Family Lesson was written by Pilot Light Food Education Fellow, Janet Ruff, and Pilot Light staff.*