

**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****Eggs Around the World**

- + Grades 4-12 Common Core English Language Arts -  
Writing - Text Types and Purposes - Narratives
- + Food Education Standard 1: Food Connects Us to Each Other

**Suggested Recipe Age Range: 8 and up with adult help**

**Recipes by Archie Reyes:****American Fried Egg (serves 1)****Ingredients:**

- 1 large egg
- 1 T olive oil
- Salt, to taste
- Pepper, to taste

**Preparation:**

1. Heat 1 tablespoon of oil in a small pan over medium heat.
2. Crack the egg into the pan.
3. Cook the egg until the whites are firm and the edges are slightly browned (about 4 minutes).
4. If desired, season with salt and pepper, then serve!

### **Italian Egg Sandwich (serves 1)**

#### **Ingredients:**

- 1 large egg
- 1 slice of a hearty bread (Italian loaf, Ciabatta, etc.)
- 2 T olive oil
- 1 garlic clove
- 1 T Parmesan cheese, grated or shredded
- 2 T marinara sauce
- Salt, to taste
- Pepper, to taste



#### **Preparation:**

1. Heat 1 tablespoon of oil in a small pan over medium heat (about 2 minutes).
2. Then, crack the egg into the pan.
3. Cook the egg until the whites are firm and the edges are slightly browned (about 4 minutes). If desired, season with salt and pepper, and then set aside.
4. Wipe out the pan and then heat another 1 tablespoon of olive oil over medium heat (about 2 minutes). Place your bread slice in the pan then toast on both sides (about 2 minutes per side).
5. Meanwhile, microwave the marinara sauce in a small dish for 30 seconds.
6. When ready, rub the garlic clove on the hot toast. Spoon over marinara sauce and top with fried egg.
7. Sprinkle over with Parmesan cheese and serve the open-faced sandwich while hot.

### **Portuguese Baked Eggs (serves 4)**

#### **Ingredients:**

- 2 tomatoes, diced
- 3 garlic cloves, diced
- 2 T paprika
- 1/2 cup of cream cheese
- 4 large eggs
- 2 T olive oil
- 1 T fresh or dried herbs (oregano, parsley, basil, etc.)



#### **Preparation:**

1. Preheat your oven to 400 degrees.
2. Next, warm olive oil in an oven safe pan (stainless steel or cast iron) over medium heat. Add diced garlic, 1 tablespoon of paprika, and tomatoes and cook until soft and fragrant (about 5-6 minutes).
3. Make four evenly spaced divots into the tomato mixture using a large spoon. Scoop a dollop of cream cheese into each divot, then crack 1 egg on top of the cream cheese.

4. Sprinkle another 1 tablespoon of paprika over the entire pan.
5. Transfer the entire pan to the oven and bake until the whites are set and the yolks are slightly runny (about 12-15 minutes).
6. Garnish with herbs and serve while hot.

### Common Core Connections:

#### Grades 4-12

#### English Language Arts - Writing -Text Types and Purposes - Narrative Writing

Students will write narratives (stories) to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.

#### What does this mean?

Common Core in grades 4-12 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 fourth grader may write a two to three paragraph narrative, while a high school student might write a multi-paragraph/page narrative with multiple plot lines and points of view.

In this lesson, you (the student) will be writing **a narrative (or story) about a time food connected you to someone else**. Pilot Light's first Food Education Standard is "Food Connects Us to Each Other." Often through sharing a meal or food with others, you are able to learn more about them (perhaps this is someone you know very well and you learn something new, or perhaps this is someone you don't know very well). This could be through the act of sharing a meal together or by trying a food that someone else has given, shared, or cooked for and/or with you. Food often reflects our likes and dislikes, our cultures and ethnicities, and what our family or friends eat, and by sharing food with others, we connect as humans and learn and dialogue more about one another's experiences and identities.

Think about a time that you connected with someone over a meal or while eating something. You will then write a story about that memory. Consider these questions:

- Where and when did this memory take place?
- Who was involved and what type of food was being eaten?
- Why do you think this memory stands out in your mind?
- What made this experience with food special or memorable?
- What did you learn about the other person by sharing food or eating together?

#### What does this look like?

Materials needed:

- Pens
- Paper (or computer)

**Directions:**

1. Begin by brainstorming and writing or drawing an outline of your story or narrative. Think about who the characters of this story/memory were. Where did the story take place and when? Write down any notes or ideas you think of to use later in your writing.
2. In your outline, you can write a draft of the sequence of events within your story - what happens first, second, third, etc.? How does your story conclude or what is the resolution?
3. Begin your first draft (at least 2 paragraphs in length).
4. Read your draft aloud and make any changes. You can also give your rough draft to a friend or caregiver for feedback.
5. Write your final draft. Share your writing with family or friends. If you'd like, you could create an illustration to go along with your narrative.

To meet the expectations of this standard, your writing should be **at least 2 paragraphs long** and include the following (older students' stories may be several paragraphs or pages in length):

- ☐ Orient the reader by **establishing a situation** and **introducing a narrator and/or characters**; organize an **event sequence** that unfolds naturally.
- ☐ In high school, students' writing could include **multiple plot lines** and **multiple points of view** within the narrative.
- ☐ Use **dialogue and description** to develop experiences and events or show the responses of characters to situations.
- ☐ Use a variety of **transitional words and phrases** to manage the sequence of events.
- ☐ Use concrete words and phrases and **sensory details** to convey experiences and events precisely.
- ☐ Provide a **conclusion** that follows from the narrated experiences or events.

**Family Discussion Questions:**

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

- How does food connect us to each other - within our family, our community, or in other groups?
- How does the food we eat connect to our identity or our culture or ethnicity?
- If you could share a meal with anyone who would it be and why?

**Extension Activities:**

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

- Prepare a dish that is important to your family and share it with a neighbor or friend. Let them know why this dish is special to you.

- Compile a recipe book consisting of different recipes from family, friends, and neighbors. When you are recording the recipe, find out more about why each recipe is special to each person. Consider adding these stories to the beginning or end of each recipe.

*This original Family Lesson was written by Pilot Light staff and was inspired by Pilot Light Food Education Standard 1, [Food Connects Us to Each Other](#).*