



Food Education Standard 1: Food connects us to each other.

Eggs Around the World

Grade Levels & Subjects: Grades 3-5 English Language Arts

Learning + Food Objectives:

Students will learn how food connects them to people around the world by watching videos of how eggs are prepared in different parts of the world, writing a sequence of how to cook an egg, and describing how eggs are prepared in their country (or home).

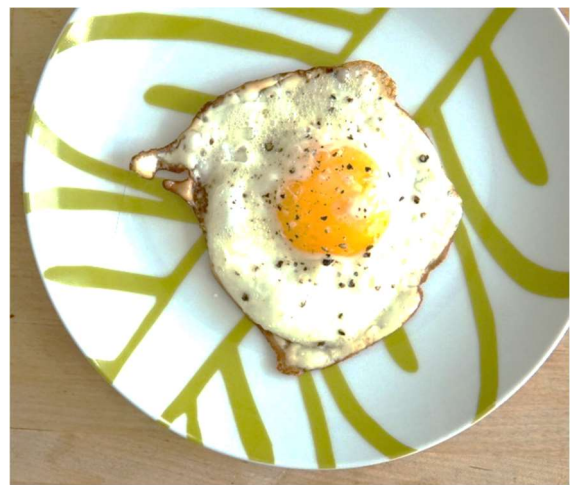
Common Core Standards:

Common Core English Language Arts

Writing: Sequencing

[CCSS.ELA-LITERACY.W.3-5.3](#)

Write narratives to develop real or imagined experiences or events using effective technique, descriptive details, and clear event sequences.



MATERIALS NEEDED

- Pilot Light Video: Eggs Around the World with Archie Reyes: <https://vimeo.com/429797610>
- Student Worksheet (Attached below)

CLASSROOM PROCEDURE

INTRODUCTION (3-5 minutes)

1. Show a world map and tell students that today you will be learning about different countries in the world and specifically how they prepare one ingredient or type of food (eggs) in different ways!
2. Show students where the United States is. Point out different countries on the map and feel free to include any other geographical features like oceans.
3. Ask students to think about a food that they like to eat that is also eaten in different countries. Do people in other countries eat this food differently or the same as you? Have students share out if appropriate for the learning setting/platform.

4. Tell students that today they will be practicing the skill of sequencing/putting steps in order in their thinking and writing.

INSTRUCTION (20 minutes)

1. Share the video, "Eggs Around the World" (<https://vimeo.com/429797610>) with students. Before each recipe demo from a specific country, show students where that country is located on a world map. Additional question prompts could include:
 - a. Which continent is this country located on?
 - b. What do you know about this country?
 - c. Based off of the title of the recipe and ingredients, how do you think it will be made?
2. After each recipe demonstration, show students how to write a sequence of how to make the recipe, gradually releasing responsibility to the students. The worksheet below can be used as a template for student writing. If you'd like, feel free to use the steps below or put them in your own words.
 - a. For the American Fried Egg:
 - i. Heat up the pan on the stove.
 - ii. Pour in olive oil and heat.
 - iii. Crack egg into pan.
 - iv. Cook egg for several minutes until it turns white and is not runny.
 - v. Lift out of the pan and onto your plate.
 - b. For the Italian Egg Sandwich:
 - i. Heat up the pan on the stove.
 - ii. Pour in olive oil and heat.
 - iii. Crack egg into pan.
 - iv. Cook egg for several minutes until it turns white and is not runny.
 - v. Lift out of the pan and onto your plate.
 - vi. Toast the piece of bread in the pan.
 - vii. Put bread on the plate and top with tomato sauce, egg, and parmesan cheese.
 - c. For the Portuguese Baked Eggs:
 - i. Heat up the pan on the stove.
 - ii. Pour in olive oil and heat.
 - iii. Pour in garlic, onions, and tomatoes, and spice, and cook until soft.
 - iv. Add a few dollops of cream cheese and crack eggs on top of cream cheese.
 - v. Put the egg dish in the oven and cook until eggs are cooked through.
3. Ask students to think about how they like their eggs cooked. Other prompts could include:
 - a. Does someone in their family make eggs for them?
 - b. What do they look like?
4. On the worksheet or another piece of paper, students write the steps to make their favorite egg dish and identify where it is from (their home country, their community, their family. etc.). They can also draw a picture of their favorite egg dish if they'd like.

CLOSING (teacher discretion)

1. Students can share their favorite egg dishes and the steps to make it with their classmates. If students make eggs with their family in the future, encourage them to take a photo and share with the class afterwards.

ADDITIONAL RESOURCES

- Videos introducing to how eggs are eaten around the world:
 - "How Eggs are Eaten Around the World" - https://www.youtube.com/watch?v=kOedup_9pXY
 - "How Other Parts of the World Prepare Their Eggs" - https://www.youtube.com/watch?v=_PXi3bqpezk
- Article including facts and history of eggs:
- "Egg (food) Facts for Kids" - [https://kids.kiddle.co/Egg_\(food\)](https://kids.kiddle.co/Egg_(food))

RECIPE FROM VIDEO

Video: "Eggs Around the World" - <https://vimeo.com/429797610>

Below is the recipe from the video in this lesson. Pilot Light Anywhere lessons are designed to be able to be delivered from a remote setting; however, this recipe can be demoed by the teacher virtually/in person, sent home to families, or used for reference.

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.

The student worksheet below can be printed or copied onto
any online learning platform.



Making Eggs Around the World

Write the steps of how to make different egg dishes around the world, including the one that you love!

American Fried Egg:

- 1.
- 2.
- 3.
- 4.
- 5.

Italian Egg Sandwich:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Portuguese Baked Eggs:

- 1.
- 2.
- 3.
- 4.
- 5.



Now, write the steps to make your favorite type of eggs! Make sure to number each step! If eggs aren't your favorite, choose another recipe that you like to make, and write the steps for that. Draw a picture at the end if you'd like!

1.
2.
3.
4.
5.
6.
7.