



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

Eggs Around the World

Grade Levels & Subjects: Early Childhood and K-2 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, sequencing how to cook an egg, and identifying how eggs are prepared in their country (or home).

Common Core Standards:

Common Core English Language Arts

Writing: Sequencing

[CCSS.ELA-LITERACY.W.K-2.3](#)

Use a combination of drawing, dictating, and writing to narrate a single event or several loosely linked events, tell about the events in the order in which they occurred, and provide a reaction to what happened.



MATERIALS NEEDED

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

CLASSROOM PROCEDURE

✳ - Opportunity to show visuals for added student engagement

INTRODUCTION

1. Show a world map✳ and tell students that today you will be learning about different countries in the world, 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✳.

INSTRUCTION

1. Share the video, "Eggs Around the World" (<https://vimeo.com/429797610>) with students. Before or after each recipe demo from a specific country, show students where that country is located on a world map. Additional question prompts could include:
 1. How did the chef make this recipe? Discuss sequencing of cooking an egg. (First the chef had to crack the egg...)
 2. What did the chef use to prepare this egg dish (from [country*])?
 3. Does this look yummy?
 4. What else did you notice happened in the video?
2. Using the sequencing diagram on the worksheet, ask students to number the steps of cooking an egg.
3. Ask students to think about how they like their eggs cooked? Other prompts could include:
 1. Does someone in their family make eggs for them?
 2. What do they look like?
4. On the worksheet or another piece of paper, students will draw a picture of their favorite egg dish and identify where it is from (their home country, their community, their family. etc.). For older students, they could also write a sentence or two about their eggs. A sentence starter could be "I am from ____ [country/community/family name(s) ____]. My favorite eggs are _[could be name of egg dish or description of eggs] ____."

CLOSING (teacher discretion)

1. Students can share their drawings/writing 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 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
- *First the Egg* by Laura Vaccaro Seever

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:

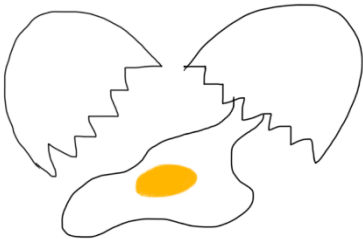
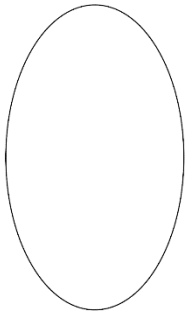
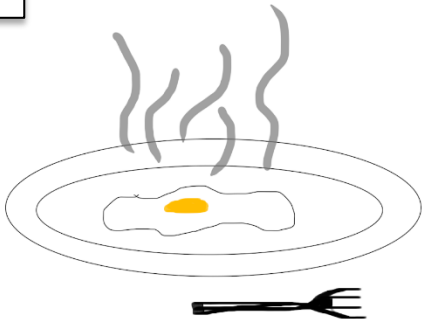
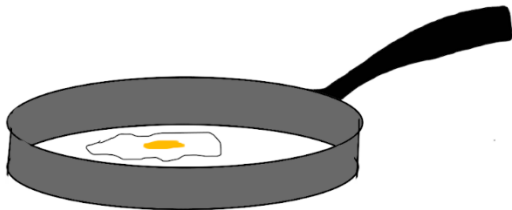
1. Preheat your oven to 400 degrees.
2. Next, warm olive oil in an oven safe pan (stainless steel or cast iron) over medium heat. Add diced garlic, 1 tablespoon of paprika, and tomatoes and cook until soft and fragrant (about 5-6 minutes).
3. Make four evenly spaced divots into the tomato mixture using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



How to Cook an Egg

Put these pictures in the right order to make an egg. Put 1, 2, 3, and 4 in the boxes.

<div data-bbox="175 447 297 562"><input type="text"/></div> 	<div data-bbox="841 451 963 567"><input type="text"/></div> 
<div data-bbox="167 993 289 1108"><input type="text"/></div> 	<div data-bbox="833 1018 954 1134"><input type="text"/></div> 



My Favorite Eggs

1. Fill in the sentences.
2. Draw a picture of the eggs that you like to eat.

I am from

My favorite eggs are
