



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

## Eggs Around the World

**Grade Levels & Subjects:** Grades 6-8 English Language Arts

**Learning + Food Objectives:**

Students will learn how food connects us to people around the world by writing an explicit, detailed step-by-step procedure of how to make eggs from other countries and their own family's background.

**Common Core Standards:**

Common Core English Language Arts

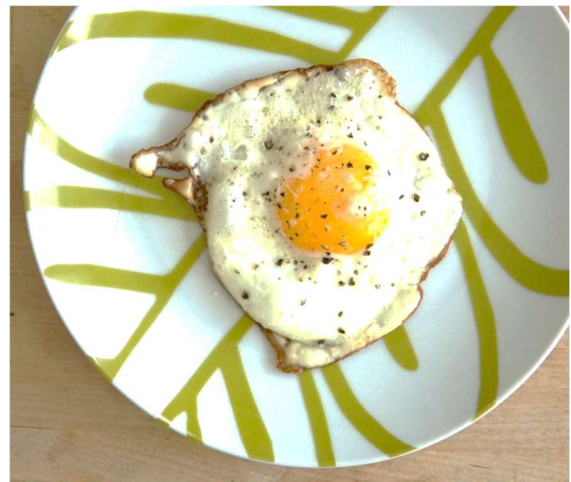
Writing: Sequencing

[CCSS.ELA-LITERACY.WSHT-6.8-2](#)

Write informative/explanatory texts, including the narration of historical events, scientific procedures/experiments, or technical processes.

[CCSS.ELA-LITERACY.WSHT-6.8-2.D](#)

Use precise language and domain-specific vocabulary to inform about or explain the topic



### MATERIALS NEEDED

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

### CLASSROOM PROCEDURE

**INTRODUCTION (3-5 minutes)**

1. Ask students to jot down the first three steps of their days. Give one minute for students to write them down.
2. Have 3 students share out their responses.
3. Explain that today they will be practicing writing specific instructions as they learn about how eggs are made around the world.

**INSTRUCTION (20 minutes)**

1. Share the video, "Eggs Around the World" (<https://vimeo.com/429797610>) with students. Show the video, asking students to think about the steps needed for Chef Reyes to create the different egg dishes.
2. Ask students to recall the steps for the American Egg and share out the steps they remember.
3. Share screen and show students the steps have been written out of order in the grid provided below (or use an online application like <http://scrumblr.ca/>).
4. Give students 2 minutes to write the correct order of the steps (Ask them to only write the step number in the correct order to save time!).
5. Share out the correct steps by asking students to hold up the step number that comes next. (Correct order: 7, 1, 8, 6, 5, 3, 9, 2, 4 (steps 9 and 2 can be in flipped as well!))
6. Share with them the steps in the recipe.  
"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!"
7. Ask students, "What steps did I add?" Then, "What is the purpose of adding those steps?"
8. Tell students they are to write a detailed step-by-step instruction for the Italian Egg Sandwich. (You may choose to share the instructions in the recipe or have them create it all from scratch depending on the needs of your students!) Give students 7-10 minutes to watch the video on their own (so they are able to pause the video) and record their steps on the page.
9. Ask students to complete the reflection prompt, "How did you solve this? How did you decide what steps were important to include and which to leave out?"
10. Ask 3 students to read out their responses, asking students to analyze the differences. Ask students, "Why do you think their steps were different?" Discuss that people have different assumptions of people's experiences with cooking.

1. Put the pan on the burner	2. Season with salt and pepper	3. Cook the egg until the whites are firm and the edges are light brown
4. Enjoy your American Egg!	5. Crack egg into pan	6. Wait for the oil to "glisten" to show that it is heated
7. Turn on the burner to "Medium"	8. Pour 1 Tablespoon of oil into the pan	9. Use spatula to remove egg from pan and put on the plate

**CLOSING (teacher discretion)**

1. For homework (or in class if time allows), have students write the steps for making eggs the way their family cooks eggs. Ask students to include a picture of the dish as well (using the Google Doc "drawing" feature or a picture of a hand-drawn drawing).
2. Have students share out the steps to make their eggs!

## 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](https://www.youtube.com/watch?v=kOedup_9pXY)
  - "How Other Parts of the World Prepare Their Eggs" - [https://www.youtube.com/watch?v=\\_PXi3bqpezek](https://www.youtube.com/watch?v=_PXi3bqpezek)
- Articles focusing on the history of eggs or why we eat eggs:
  - "Egg (food) Facts for Kids" - [https://kids.kiddle.co/Egg\\_\(food\)](https://kids.kiddle.co/Egg_(food))
  - "History Notes – Eggs" - <http://www.foodtimeline.org/foodeggs.html>
- "Egg Farming History" - <https://www.incredibleegg.org/about-us/us-egg-farming-history>

## 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:

3. Heat 1 tablespoon of oil in a small pan over medium heat.
4. Crack the egg into the pan.
5. Cook the egg until the whites are firm and the edges are slightly browned (about 4 minutes).
6. 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

1. Write out the first three steps of instructions for the beginning of your day.

1.  2.  3.
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2. Watch "Eggs Around the World" (<https://vimeo.com/429797610>)

3. Write the steps in the correct order from the list on your teacher's screen to make an "American Egg."

1.  2.  3.
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4a. Comparing the recipes steps and your teachers, what are the differences you notice?

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4b. Why do you think your teacher added those steps?

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### Your turn!

It's now your turn to write out the detailed instructions for making an Italian Egg Sandwich based on the video, "Eggs Around the World." Be sure to keep in mind the additional steps your teacher included to make the process clear.

5. How to make an Italian Egg Sandwich:

### Reflection

6. How did you solve this? How did you decide what steps were important to include and which to leave out?

### Conclusion

7. Below, write the detailed instructions of how to make eggs in the way your family likes to eat eggs! Include a drawing of this method of preparation either using the "drawing" tool or take a picture of a hand-drawn drawing!