

Eggs, Practical Test

Summary

A comprehensive six day unit on the study of eggs, their structure, sizes, grades, nutritional value, functions in recipes, preparation techniques, and storage guidelines.

Main Core Tie

Food And Nutrition

[Strand 4 Standard 2](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Egg Crossword Puzzle

Egg Quiz

Practical Test - German Pancakes and Orange Julius

Ingredients needed to prepare the lab for each unit:

3 tbs. butter

3 eggs

1/2 cup milk

1/2 tsp. salt

1/2 cup flour

1-6 oz. orange juice

1/2 cup water

1/4 cup sugar

1 cup milk (I usually provide real milk as it tastes better than powder milk for this recipe)

1/2 tsp. vanilla

12 ice cubes (that need to be frozen ahead of class)

powder sugar

extra butter

syrup

jelly or jam

Background for Teachers

The teacher needs to have a good understanding and knowledge of eggs, how to use and prepare them in recipes.

Student Prior Knowledge

How to read and follow the directions of a given recipe in using the ingredients properly.

Intended Learning Outcomes

The students will have demonstrate understanding about eggs, specifically their function in recipes

and following correct preparation techniques.

Instructional Procedures

For review, hand out to each student the quiz on eggs. Go over the quiz and explain it to them. The first part is matching the term with the definition and the second part is identifying the correct use of the word as it relates to eggs. Correct the quiz together.

Allow the students to finish and complete their egg crossword puzzle during class if they haven't already done so if they have extra time.

Practical Test: hand out lab sheet to each unit. Read and explain the directions to the students. This is a practical test to see how well the students read and follow the directions and prepare the food correctly with the given instructions.

Each group will half the German Pancakes and will prepare it in their 9X9-inch or 8X8-inch square cake pan. They will melt their butter in the oven so it doesn't burn.

In a blender, blend together the milk, salt, flour and eggs. (The secret is to thoroughly blend it by adding air so the eggs will act as a leavening agent resulting in a lighter product with hills and valleys).

Pour the batter into hot buttered pan and bake in the oven for 18 - 20 minutes. May take less time if the oven is too hot. They should be brown in color not burnt.

I will go around the room and look into their windows in their ovens and joke with them especially if their pancakes are not flat but have lots of bumps, etc. You do not want flat German pancakes. If they have lots of bumps, I will question whether or not they followed the recipe correctly as I thought pancakes were suppose to be FLAT.

The students will prepare a full recipe for the orange julius. You will need to cut the 12-ounce can in half as you cannot purchase 6-ounce cans. You will need to make ice cubes ahead of time so you will have enough for the lab. I put them in large baggies. I tell the students to prepare their pancakes first and then the orange julius. I will not get out the ice cubes until the pancakes have 5 minutes left of baking; otherwise, they will eat all of the orange julius before the pancakes are done.

The students will set their table properly, serve their pancakes and orange julius.

Have them put their syrup in a liquid measuring cup for easy pouring, put extra butter, jelly or jam, powdered sugar in separate custard cups if desired.

While they are eating, I like to explain the correct way of making the German Pancakes. Explain why they need to be blended in a blender to incorporate air. German Pancakes are known by many different names - hootenanny pancakes, souffles, etc. Some people serve them as a dessert with fruit and cream on top. This is a fun lab and one they will want to prepare at home for their families. Allow enough time to finish eating, evaluating the lab sheet and cleanup before leaving.

Authors

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