

Eggs, Baked Eggs Lab, Day 2

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 I

[Strand 4 Standard 2](#)

Additional Core Ties

Food And Nutrition I

[Strand 3 Standard 3](#)

Food And Nutrition I

[Strand 4 Standard 3](#)

Time Frame

1 class periods of 90 minutes each

Group Size

Small Groups

Materials

Handouts:

Lab Planning Sheets

Lab sheet from the class period before

Scrambled Egg Worksheet

Ingredients needed per unit to prepare complete lab:

1 strip of bacon per person (more if budget allows to eat on the side)

1 egg per person

butter

salt and pepper

1/4 cup salad oil

1 egg

1/2 cup milk

1 1/2 cup flour

3/4 cup sugar

2 tsp. baking powder

1/2 tsp. salt

1/4 cup brown sugar

1 tbs. flour

1 tsp. cinnamon

1 tbs. butter

1/2 cup nuts (opt.)

3 tbs. sugar

3 tbs. cocoa

1/8 tsp. salt

3/4 cup water

2 1/4 cups milk
miniature marshmallows
empty can for bacon grease

Background for Teachers

The teacher needs to have a good understanding and knowledge of eggs, how to use and prepare them, as well as quick breads and cooking with milk.

Student Prior Knowledge

How to use and prepare eggs in cooking, quick breads and cooking with milk.

Intended Learning Outcomes

The students will practice preparing eggs, quick breads and cooking with milk using the correct preparation techniques.

Instructional Procedures

Hand out assignment: Scrambled Egg Worksheet. Read the directions and explain to the students the assignment. On the front page, find the 30 words hidden as identified on the back side. Then write a complete sentence as it relates to eggs so the teacher knows the students understands the meaning of the word. Identify when it is due. The students can work on the assignment during class if they have time.

Lab: Have the necessary ingredients out for the students to prepare the lab. Review the recipes one more time prior to preparing.

Remember, each student will make their own egg in a bacon ring. Pour the bacon grease in the empty can to discard in garbage so it doesn't clog up the drains.

The coffee cake and eggs bake at two different temperatures so share ovens with two groups.

All three foods need to be done and completed at the same time. Prepare the food, clean-up, set the table, teacher can put marshmallow in beverage cup when table is set appropriately, eat and completely clean-up before the bell rings. Fill out and turn in Lab Sheet for credit.

Authors

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