

# Eggs, Experiment Lab, Day 3

## 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

Assignment:

Scrambled Egg Worksheet given out the time before

Handout:

Egg Experimental Lab Sheet

Ingredients needed per unit to complete the lab experiment:

5 eggs

4 - 6 tbs. butter

salt and pepper

1 tsp. vinegar or 1 tsp. salt

2 tbs. milk

1 piece of bread per person

## Background for Teachers

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

## Student Prior Knowledge

How to use and prepare eggs in several different ways in and out of the shell.

## Intended Learning Outcomes

The student will demonstrate several different ways of preparing eggs using the correct cooking techniques.

## Instructional Procedures

Hand out to each student a copy of the Egg Experimental Lab. Read and explain the directions together aloud.

The students will prepare as a unit a 1) hard or soft-cooked egg, 2) fried egg, 3) poached egg and a 4) scrambled egg with a piece of toast prepared in the oven under the broiler. If there are four students in the unit, have each student be responsible for preparing one of the eggs.

If there are fewer than four students, they will have to work together to complete all four eggs. The

students will eat and evaluate each of the four eggs after being prepared by cutting them into equal pieces.

Not all of the eggs will be done at the same time, so they will need to try to get them done as close to the same time as possible or keep them warm until all are completed.

Each group will need to prepare a piece of toast for each person using the broiler in the oven. Make sure the students know where and how to use the broiler correctly in their gas or electric stove. They can either butter their toast before or after it is toasted. Make sure they watch their toast very carefully, as they will burn very easily.

Identify and show the students which pan (you have available for them) to use. I recommend to use a small saucepan with lid for the hard or soft cooked egg; a small fry pan for the fried egg, a large fry pan with lid for the poached egg; and a small fry pan or omelet pan for the scrambled egg. Have the students prepare their scrambled egg last in case they break one of their eggs and it can be made in the same pan as the fried egg if that is all that is available.

Students will complete the evaluation of the egg lab and write a conclusion of two to three paragraphs due at the end of the hour or at the first of the next class period.

If the students have time, they can work to complete their assignment, Scrambled Eggs.

Be sure the students have enough time to complete the lab, eat and evaluate the eggs and clean-up before leaving. Collect completed papers as they leave.

### Bibliography

Egg recipes originally came from the New Cook Book by Better Homes and Gardens.

### Authors

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