



Lesson 16

Topic

Emphasis on eggs as a Protein Food.

Recipe

Scrambled Eggs, page 16.

Objectives

General-

- Know that eggs are a Protein Food.
- Follow the recipe for Scrambled Eggs.

Behavioral-

- Recognize that eggs are a Protein Food.
- Make shopping cards for egg recipes in the cookbook.
- Following the recipe, prepare and serve Scrambled Eggs.

Materials Needed

- Magazines, scissors, glue, 3" x 5" cards
- Eggs, butter, salt, pepper
- Fork, teaspoon (yellow), frying pan, spatula, bowl
- Pictured placemats, plates, forks, napkins

Procedures

- Review the foods included in Protein Foods.
- Emphasize that eggs are a Protein Food.
- Have the students make shopping cards for egg recipes, scrambled, fried, hard boiled, or have them choose cards from a purchased set of cards.
- Review the Standard Procedures, page 9.
- Supervise students preparing and serving Scrambled Eggs.

