

## Ohio SNAP-Ed Adult & Teen Programs The Incredible, Versatile Egg

**Task Topic:** Protein Foods

**Task Title:** The Incredible, Versatile Egg

**Teaching Message(s):**

- ☒ When consuming meat like beef, pork, chicken, or seafood, choose lean or low fat options.
- ☒ Use MyPlate to make healthy choices with a limited budget.
- ☒ Use food labels to make better choices.
- ☒ Make meals using mostly whole ingredients like vegetables, raw meats, rice, etc.

**Resources:** Adapted from ChooseMyPlate.gov, *Dietary Guidelines*, and TheIncredibleEgg.org

### Objectives for the Task:

1. Identify two benefits of including eggs in the diet.
2. Brainstorm ideas for meals that feature eggs.

### Materials needed for the Task (including Handouts):

- Meal Station Cards
- Recipe Booklet – The Incredible, Versatile Egg

### Food and Equipment for Demonstration and Sampling:

- Ingredients for Sunny Baked Eggs & Vegetables
  - Cooking spray
  - Olive oil
  - Onion
  - Eggs
  - Fat free milk
  - Ground black pepper
  - Whole grain bread
  - Shredded cheese
  - Various vegetables:
    - Bell pepper
    - Mushrooms
    - Spinach
    - Carrots
    - Zucchini
    - Peas
    - Black beans
    - Tomatoes
- Equipment for Sunny Baked Eggs & Vegetables
  - 2-quart baking dish
  - 10-inch skillet
  - Spatula
  - Large mixing bowl
  - Mixing spoon
  - Cutting board
  - Knife
  - Grater



- Sampling supplies
  - Small paper plates
  - Napkins
  - Forks

Some ingredients may not be available in your area. Feel free to make ingredient substitutions as necessary. If you decide to make a recipe substitution, please use a SNAP-Ed approved recipe from the What's Cooking? USDA Mixing Bowl website:

<http://www.whatscooking.fns.usda.gov/>

### General Materials List:

- |                    |                                |               |
|--------------------|--------------------------------|---------------|
| • Flip chart paper | • Post-it notes                | • Index cards |
| • Thought box      | • Markers                      | • Pens        |
| • Highlighters     | • Masking tape                 | • Name tags   |
| • VOICE principles | • Participant evaluation forms |               |

### Preparation:

- The day before the lesson, prepare the recipe for Sunny Baked Eggs & Vegetables (refer to the Incredible, Versatile Egg recipe booklet). Cool completely. Store in the refrigerator.
- Set up meal station cards in 3 areas throughout the room. Include a stack of note cards and pens at each station.
- Set out the Sunny Baked Eggs & Vegetables dish, plates, forks, and napkins.

### Key Points to Review:

- Introduce yourself. Give brief description of the program (program name, length of sessions, duration of program).
- Include your purpose as the facilitator (i.e. to introduce ideas that are supported by research, to give them the tools to make informed decisions about areas that affect their health & nutritional needs, and to identify topics that might be covered based on the curricula used in the program).
- Review the V.O.I.C.E. Principles.
- Ask participants to sign in on the SNAP-Ed sign-in sheet.
- Remember to pass out the appropriate participant evaluation form at the end of the session, making sure to read the questions out loud to the participants.

### Transition:

Last time we met, we discussed.... We also .... Who would like to share an example of ...?

Today we will be talking about another lean protein food we want to include in our diet – eggs. You may have heard conflicting advice about whether or not eggs are good for you. The latest research actually shows that most people can include eggs in their diet and not significantly raise their cholesterol. That may be good news to some of you!

Before we start, let's talk about the importance of physical activity. We often feel like



exercise always has to be hard work. Any time you move around, you are being physically active. You can have fun while being active by choosing an activity that you enjoy, such as gardening, walking a pet, or dancing with your children. These kinds of activities build endurance by increasing our heart rates and breathing for an extended period of time. Let's walk for 3 minutes at a comfortable pace around the room for some activity that builds our endurance.

*Physical activity guidelines can be found at the following websites:*

- Office of Disease Prevention and Health Promotion: [www.health.gov/paguidelines/](http://www.health.gov/paguidelines/)
- CDC: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>
- President's Council on Fitness, Sports, and Nutrition: [www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/](http://www.fitness.gov/be-active/physical-activity-guidelines-for-Americans/)

### Anchor

With the person next to you, discuss how you typically consume eggs at home. Do you eat them for breakfast? Do you use them in baking or other recipes? If you don't like to eat eggs, talk about why not.

*Write down some examples on flip chart paper. Include comments from participants who don't like to eat eggs as well as those who do.*

### Add

The Dietary Guidelines encourage us to meet our protein requirements by eating a variety of protein foods. A great way to vary your proteins is to swap out some of the meat you eat for eggs. There are many good reasons to do so. Eggs are a good source of protein, vitamins, and minerals; in fact, eggs are one of the few foods that are a naturally good source of Vitamin D. Egg yolks contain saturated fat and cholesterol, although eating an egg a day has been shown not to increase cholesterol levels or risk of heart disease. Plus, the yolk contains most of the vitamins and minerals found in eggs. If you are looking to cut back on saturated fat, you can cook only the egg whites and still get protein.

Another reason to include eggs in your meals is the price. You can buy a dozen large eggs for about half the cost of a pound of meat. Eggs can be used to stretch your meat supply by allowing you to save your meat for another meal. You can make some dishes, like frittatas, omelets, or quiches, using eggs, cheese, and vegetables – a low-cost and healthy dinner that packs a hefty amount of high-quality protein. Or make breakfast for dinner by preparing French toast using whole wheat bread and eggs and serving it with a side of fresh fruit – simple, cost-effective, and delicious! Here are some recipe ideas for using eggs that go beyond breakfast. Try them at home with your family.

*Pass out a copy of "The Incredible, Versatile Egg" recipe booklet to each participant.*

Eggs are very easy to prepare, and they cook quickly. Need a quick dinner because you're pressed for time? Try this delicious recipe for Sunny Baked Eggs & Vegetables! We're going to sample it today and you will get to see first-hand how tasty it is. This recipe is great



because not only is it quick, but it's budget-friendly at only \$0.56 per serving. Plus, it includes a healthy dose of fresh, colorful veggies – many of us can benefit from including more of these in our diets!

*Serve a small sample of the Sunny Baked Eggs & Vegetables to the participants.*

Who would like to share their thoughts about what we have discussed about eggs? Who has comments about the Sunny Baked Eggs & Vegetable recipe we tried?

### Apply

*Divide the participants into 3 groups.*

Now it's your turn to think of some ideas for meals that include eggs. Around the room are Meal Stations for Breakfast, Lunch, and Dinner. Go with your group to one of the Meal Stations. Think of some healthy ways to prepare eggs for the Meal Station you are standing at. Discuss your ideas with the others in your group. When your group is done at one station, move to the next station and repeat the exercise. Do this for each of the 3 Meal Stations.

*When everyone is finished, invite participants at each station to share a meal idea they came up with.*

### Away

Which meal idea or ideas for preparing eggs do you think your family would enjoy? How might you adapt the meal to fit your family's preferences?

### **Facilitator's Notes:**

### **Facilitator's Checklist:**

- ☐ Have I gathered all of the pertinent materials needed for the lesson?
- ☐ Did I spend the requisite amount of time covering each targeted message?
- ☐ Did I apply the principles of adult learning to my program?
- ☐ Did I create a comfortable and functional learning atmosphere?
- ☐ Did I fill out a Program Log with the necessary program information?
- ☐ Did I ensure that all participants signed the sign-in sheet?
- ☐ Did I read the survey instrument out loud to the participants?
- ☐ Did I collect all requisite survey instruments needed for today's lesson?

