

Nutrition Education Activity

Eggs

Eggs are a good source of nutrients. One egg has 6 grams of protein and contains lutein and zeaxanthin, which may protect against vision loss. Eggs are also a great source of choline, which has been linked with preserving memory. Researchers think that choline may play a role in preventing neural tube birth defects during pregnancy as well. Many people avoid eggs because they contain cholesterol which can contribute to heart disease. However, saturated and trans fats have much bigger effects on blood cholesterol levels. Most people can eat one egg per day and not raise their blood cholesterol levels.

A simple hard boiled egg can also be a wonderful learning opportunity for children. Start with several hard boiled several eggs. Use brown and white eggs and decorate or dye some of the eggs. If you are working with a group of children, make sure there is an egg for every child. After the children have washed their hands and are seated at a table, give each child an egg. Talk about how the eggs look different on the outside. Then show the children how to carefully peel an egg. Discuss how the shell looks and feels. When everyone has peeled their egg, have them break open the white to reveal the yolk. Point out that the eggs may look different on the outside, but they are the same inside. Compare an egg to people. People may look different on the outside, but inside everyone is the same. Have the children compare the shell, white and yolk for differences and similarities.

After making sure that the eggs are free of any bits of shell, allow the children to eat their hard boiled eggs and compare the taste and mouth feel of the yolk and the white of the egg. You could also let each child make their own egg salad for a sandwich by letting them mash the egg together with low fat mayonnaise and other seasonings. Have fun!

