

**Approximate Instructional Time:** 1 hour

**Lesson Overview:** Students will learn about the different parts of an egg while making egg muffins.

**Learning Outcomes:**

- Students will be able to identify the 3 parts of an egg (shell, white and yolk)
- Students will be able to successfully crack an egg
- Students will complete a simple egg-based recipe

**Materials:**

- Whiteboard or flipchart and markers
- Eggs
- Bowls for shell, yolk and white
- Egg muffin recipe

**Preparation & Set-Up:**

- Draw a diagram of an egg on the whiteboard/flipchart
- Set up tables with ingredients and utensils

## LESSON

**Discussion:** What are the parts of an egg? (Shell, yolk, white) Draw a diagram on the whiteboard or flipchart and label.

**Learning Plan:** Demonstrate how to crack an egg. Pass around a bowl filled with eggs shells, a bowl filled with egg yolk and a bowl filled with egg white. Ask the group to describe how each one feels. Ensure the group washes their hands after this activity.

**Appendices:**

Egg muffin recipe