

EGGS AROUND THE WORLD

Focus Lesson: Eggs Around the World

Materials:

Printable maps from
http://education.nationalgeographic.com/education/mapping/?ar_a=1

Books on reading list
 Food (not required for lesson, see Teacher Note)

Incredible Edible Egg passage (attached)

Time: 60-90 minutes

*Common Core Standards: **CCSS.ELA-LITERACY.RI.2.2**

Identify the main topic of a multi-paragraph text as well as the focus of specific paragraphs within the text

Thinking Skill: Locating countries on a map

Objective:

Students will learn about and, if possible, taste different ways eggs are prepared around the world. Students will label countries on a map with the foods created there.

Connection:

“What dishes have you eaten that are prepared with eggs?” Allow for student response.

Discuss with students the concept of regional cuisine. Ask where tacos and pizza are known to have originated.

Chicken eggs are used in different countries all around the world, and people have created many different ways to prepare eggs. There has been a lot of eggs-perimenting and eggs-changing of ideas throughout history, leaving us with a multitude of delicious ways to eat eggs!

Explicit Instruction:

Read *Two Eggs Please*.

What were some of the different types of ways eggs were prepared in this book?
 Have you eaten eggs this way before?
 Has anyone eaten eggs prepared a different way than described in the story?

Read the attached information from <http://www.incredibleegg.org/> once through.

Guided Practice:

Think-Pair-Share the main idea of that passage.

On a large projected or printed map (free printable maps can be downloaded in a variety of sizes at http://education.nationalgeographic.com/education/mapping/?ar_a=1) help students identify each country as it mentioned in the passage.

Label each country with the name of the food that originated there.

Independent Practice:

Draw a picture of yourself eating your favorite egg dish from the list or the egg recipe you'd most like to taste. You can even draw yourself in the country where that dish originated!

Reflection – Group Share:

Have students present and explain their drawings to the class.

Reading list:

Two Eggs Please by Sarah Weeks and Betsy Lewin

<http://www.incredibleegg.org/>

http://education.nationalgeographic.com/education/mapping/?ar_a=1

Teacher Note:

If possible, bring in a sample of one of more of the mentioned foods. Alternatively, if possible, ask parents to volunteer sending in a dish. If there is a Chinese restaurant in the area, it may be possible to order an Egg Foo Young and allow each student to try some. Be aware of any student food allergies.



World Egg Day: Eggs Around The World

Eggs are a universal food, an important part of cuisines around the globe. Every culture has its own recipes for egg dishes. Although some of these dishes have different names and often include different flavoring foods, many are similar.

We think of the *omelet* we eat in the U.S. today as an original French recipe, but it was first made out of eggs and honey by ancient Romans. You make this type of omelet by moving beaten eggs around in a pan until they cook into a lumpy circle. Then, after you add a filling of flavoring foods, you simply flip one side of the egg circle over the filling and your half-moon-shaped omelet is done.

Both the Italian *frittata* and the Spanish *tortilla* are even easier. For these flat, round omelets, you cook the filling foods in a pan and pour the beaten eggs over them. Then, you just let the dish cook until the eggs are almost set. To finish the top, you can cover the pan and let steam set the eggs or you can put the pan in the oven or under the broiler. You can also get fancy and flip the omelet over to cook the second side. In both ancient Persia and modern Iran, an herb-flavored omelet called *coucou sabzi* is made in the very same way.

Chinese *egg foo yung* is very much like a frittata or a *tortilla*. The difference is that *egg foo yung* comes out shaped like a patty because it's made in the bottom of a *wok*, a pan shaped like a flat-bottomed funnel. In Japan, thin omelets are made in a rectangular pan and rolled up tightly. In several Asian countries, thin omelets are sometimes cut into strips before being mixed with other foods. Other Asian omelets are purposefully made with lacy holes so that the filling foods show through.

All these dishes are very much alike. They're based on beaten eggs cooked in a pan. But, they're flavored with different foods, making each one unique. The flavoring foods depend on tastes that have developed because of the foods that could be grown, raised or harvested in each country.

Another famous dish that shows how the foods of different lands are more alike than we may realize is a light, thin, egg-rich *pancake*. To the French, this pancake is a *crepe*. There are similar pancakes in other cuisines, including the Jewish *blintz*, Russian *blini*, Greek *krep* and Hungarian *palascinta*. The Chinese, too, use a light, thin egg pancake to wrap egg rolls and make won tons. Thin, omelet-like pancakes from Korea and Indonesia are often used as wrappers for other foods, too.

The differences between these egg dishes are simply the foods that flavor them. Otherwise, people of many different nationalities eat many of the same basic egg dishes!



<https://www.incredibleegg.org/egg-facts/holiday-and-special-occasions/world-egg-day/eggs-around-the-world>