

# THE INCREDIBLE EDIBLE EGG

**Focus Lesson:** The Incredible Edible Egg

**Materials:**

Hardboiled eggs  
Different varieties of eggs (different sizes and shell colors)  
Books in Reading List (copies for each students ideal)

**Time:** 1 hour

\*\*Be aware of any food allergies. Make changes accordingly

**\*Common Core Standards:**  
[CCSS.ELA-LITERACY.RI.2.5](#)

Know and use various text features (e.g., captions, bold print, subheadings, glossaries, indexes, electronic menus, icons) to locate key facts or information in a text efficiently.

**Thinking Skill: Searching for Information, Table of Contents/Index use, Partner Reading**

**Objective:**

Students will learn about the nutritional value in eggs, and learn different ways to eat them, and share their own experiences eating eggs.

Students will also practice using a table of contents and index.

**Connection:**

Do you think of eggs as incredible? Why or why not?  
Today, we'll be learning all about the incredible qualities of eggs!

**Explicit Instruction:**

Read *The World Inside Your Lunchbox* pages 56-58.

Take the time to show students the level of detail in this book, and how it gives you science and information about many different foods. If I knew I wanted to learn about potatoes, how would I know where to turn? Show Table of Contents and Index. Model using table of contents and index. If students have their own copies of the books, ask them to look up the pages on eggs, as these are the pages we'll be focusing on.

Would you ever eat a "thousand year old egg"?

While reading page 57, children can illustrate the development of an egg as you read. Guide this process on the board.

When reading page 58, Have *Chick Days* available for reference. Explain that different types of chickens lay different eggs, which determine their pigmentation. Read page. Crack different eggs into a bowl and allow students to observe.

**Guided Practice:**

Students partner to read *Two Eggs, Please*.

What were some of the different ways eggs were eaten in that story?

Have you ever eaten eggs these ways? Have you eaten eggs in different ways?

Think-Pair-Share about a time you've eaten eggs. Do you have a favorite way to eat eggs? If you've never eaten eggs, is there a reason why? What do you imagine they'd taste like?

**Independent Practice:**

If possible, give students some hard boiled egg to taste. Have them write their observations of taste, texture. If not able to share food with students, or if they are allergic, do this with touch, texture, smell, and appearance. Students should record all observations with as much descriptive vocabulary as possible.

**Reflection – Group Share:**

Think-Pair-Share, what is one incredible egg fact you learned today? Why is the egg incredible?

**Reading list:**

*The World Inside Your Lunchbox: The Wacky History and Weird Science of Everyday Foods* by Claire Eamer

*Two Eggs, Please* by Sarah Weeks and Betsy Lewin

*Chick Days* by Jenna Woginrich

*The Monster Health Book* by Ed Miller

**Teacher Note:**

\*\*Be aware of any food allergies. Make changes accordingly.