



Eggs Worksheet

Objective(s):

Students will be able to recognize the five food groups.

Students will create a plate that includes eggs with foods in the four other food groups.

Students will be able to generate a balanced meal.

Indiana Academic Standards:

Social Studies: Grade 3

Economics

3.4.2 - Give examples of goods and services provided by local business and industry.

National Agricultural Literacy Outcomes

Food, Health, and Lifestyle Outcomes

T3.3-5a. Describe the necessary food components of a healthy diet using the current dietary guidelines.

Materials:

- Writing Utensil
- Colored Pencils
- Student Worksheet



Name: _____



Create a perfect plate for breakfast with the five food groups and share with the class.

Make sure to include **eggs** in your breakfast plate! Once complete, make a list of ways eating a balanced breakfast with eggs can help you do better in school.



List ways eating a balanced breakfast with eggs can help you do better in school:



Teacher Answer Key

The students should have come up with the five food groups of:

- Fruits
- Vegetables
- Grains
- Protein
- Dairy

They need to have eggs in their "breakfast plate" design, which would fit into the protein group.

Once the students have this solved, they get the puzzle piece for eggs.

Background Information:

- When determining the grade of an egg, four things are evaluated:

1. Air cell
2. Yolk
3. White
4. Shell

- Chickens have the highest feed efficiency of any farm animal.

- Indiana is the 3rd largest producing state of eggs.

- The thicker the shell of an egg, the older the hen that laid it!