

The start of something good.

BC Fresh Eggs

# EGG EDUCATION RESOURCES

2007-2008

BC EGG MARKETING BOARD

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Tel 604.556.3348 Fax 604.556.3410 Website [www.bcegg.com](http://www.bcegg.com)

Visit our Resources for Teachers section at [bcegg.com](http://bcegg.com) for the Education Order Form and other egg info.

\* All titles with asterisks are for purchase.

## Lesson Kits

### E is for Eggs

Pre-school & K

Lesson plan and activity masters. Activities are designed to explore different skills needed for early childhood growth & development. (14 pp)



### Starting Out

K - Grade 3

A complete nutrition education kit about growth and planning healthy, well-balanced morning meals.

Limited quantities available.

### Way to Grow

Grades 4-6

Ten lesson plans covering nutritional education and making healthy food choices.

Limited quantities available.

### The Canadian Egg

Grades K-7

Lesson plan with handouts for art, math, science, language, and history – all based on the egg.

Limited quantities available.

## Posters

### Nutrition Posters

Set of 4 posters based on Canada's Food Guide.

### Egganatomy

Poster showing the interior egg structure.



## Activity Booklets & Sheets

### Eggs

Grades 1-3

Activity funbook. Egg theme for a variety of puzzles, games, and activities. (18 pp)



### Eggivities

Grades 4-6

Activity funbook. Accompanying Teacher's Guide contains curriculum connections, 6 lesson plans, and answer key. (18 pp)



### Super Duper Eggs

Grades 1-3

Activity sheets with amusing ways to cover science, visual arts, language arts, and math. (4 pp)



### The Eggs-ellent Adventures of Yolkel and Friends

Pre-school & Kindergarten

### The Eggs-ellent Adventures of Shelley and Friends

Grades 1-3

### The Eggs-ellent Adventures of Sunny and Friends

Grades 4-6



## Agriculture in the Classroom

### The Extraordinary Egg

Grades 5-12

Students will follow the journey of the egg from farm to table. Along the way, they will learn about the farm, animal health and nutrition, egg grading, egg nutrition, food safety, and much more. Includes quick-and-easy recipes. Accompanying Teacher's Guide contains curriculum connections and lesson plans. (16 pp)



### New! The Incredible Journey of the Egg from the Farm to Your Table

This 9-minute DVD gives students a look at the journey of the egg from the farm to your table. It includes info about the farm, egg grading, egg products, cooking, and food safety.



Visit our Resources for Teachers section at [bcegg.com](http://bcegg.com)

### IMPORTANT ORDER INFO FOR BC TEACHERS

All orders require a **\$7.00 shipping fee paid in advance by cheque or money order**, plus the cost of any purchased resources, if applicable.

Orders will be processed within 10 days of receiving payment.



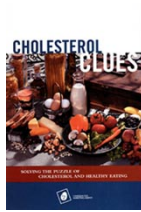
See reverse side for more resources.

## Nutrition & Health

### Cholesterol Clues

Grade 7-Adult

Solving the puzzle of cholesterol and healthy eating. (14 pp)



### Food Safety at Home

Grade 7-Adult

Safe food handling and preparation at home. (16 pp)



### Eggs – So Many Choices

Grade 7-Adult

Brochure about the different egg types, egg sizes, and nutrition.



### Lowering Your Blood Cholesterol

Grade 7-Adult

A 6-week program to lower blood cholesterol through healthy eating and physical activity. Includes low-fat recipes and general info on fat and cholesterol. (15 pp)



### Egg for Healthy Eating

Grade 7-Adult

Brochure about egg nutrition and recipes.

## Cooking with Eggs

### All About Eggs

Grade 7-Adult

A guide to egg cooking methods and recipes, cooking tips, food safety, and nutrition. (31 pp)



### Company's Coming: Egg Book \*

(\$8.00)

High School to Adult

Cookbook.

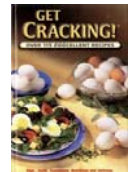


### Get Cracking! \*

(\$7.00)

High School to Adult

Cookbook.



### Omelettes – Perfect Anytime \*

(\$6.00)

High School to Adult

Cookbook.



### Eggs-posé

Grade 7-Adult

Brochure with answers to commonly asked questions about eggs.



### Open the Door to the Facts about Cholesterol

Grade 7-Adult

Info about cholesterol, heart health, and omega-3 eggs. Includes ideas for heart-healthy eating.



### Understanding Fats

Grade 7-Adult

Understanding the different types of fats and making informed food choices. (14 pp)



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