

VIBE ACTIVITIES

Healthy Tucker Eggs – Good things come in small packages **page 25**



**HEALTHY
TUCKER**

One-pot wonder

A filling, low-fat meal that's great for breakfast, lunch or dinner.

A cheap, simple meal for the whole family, shakshouka is low in fat and rich in protein, vitamins A and C, and minerals, such as potassium and magnesium. Also called Moroccan Eggs, shakshouka is very common in North Africa and the Middle East, such as in Israel where it's eaten for breakfast. Traditionally the eggs and sauce are baked and served in an iron pan, but here we've poached them in the sauce on the stovetop. Serve with a big chunk of fresh bread to soak up the delicious sauce.

Shakshouka

Serves 4

INGREDIENTS

- * 1 tablespoon olive oil
- * 2 cloves garlic, finely chopped
- * 1 onion, diced
- * 1 capsicum, diced
- * 2 cans diced tomatoes
- * 2 grams paprika, or to taste
- * Pinch salt and pepper to taste
- * 4 eggs
- * Chopped parsley (optional)
- * Turkish bread (optional)

METHOD

- 1.** In a deep pan, heat the oil, then add the garlic, onion and capsicum. Cook, stirring, for about 5 minutes or until the onions start to turn gold.
- 2.** Stir in the tomatoes, paprika and salt and pepper, then simmer over a low heat for around 20-30 minutes, stirring occasionally.
- 3.** When the sauce starts to thicken, make four "holes" in the sauce and pour an egg into each hole. Continue cooking until the eggwhites cook and become solid, about 3-4 minutes.
- 4.** To serve, spoon each egg into a bowl then pile the sauce around the egg. Garnish with chopped parsley and serve with pieces of Turkish bread.



FOOD FOCUS

Eggs are among the most commonly farmed foods in the history of mankind – there have been domesticated chickens in Asia, Europe and Africa for thousands of years. Packed with 11 different vitamins and minerals, high in protein and healthy omega-3 fats, eggs are portable and versatile – we can eat them poached, baked, hard-boiled and pickled. Conveniently, the golden yolk, which holds the egg's fat and cholesterol, can easily be separated from the high-protein eggwhite. Eggs were thought to raise cholesterol levels in our blood – which can increase risk of heart disease – however recent studies suggest saturated fats, and not eggs, are the culprit.

ACTIVITY 1

COOKING EGGS

People have been eating eggs from chickens for thousands of years. Eggs are a very good source of protein, vitamins and minerals. Eggs can be boiled, poached or fried.

Complete the worksheet from www.crackingeggs.co.uk

Cooking Eggs

CRACKING  EGGS



Scrambled

Break the egg, add milk, salt and pepper and mix together with a fork. This egg dish needs lots of stirring.

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Boiled

Put the egg into a pan of cold water and heat. We often eat this type of egg with toast 'soldiers'.

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Fried

Break the egg carefully into a large flat pan with a little oil.

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Poached

We often use a special pan with little cups in them to make this type of egg but you can also cook them like this in water and vinegar.

Remember: You should never use the cooker without the help of an adult.

ACTIVITY 2

WHAT'S INSIDE AN EGG?

Eggs have a lot going on inside them!

The shell protects the egg.

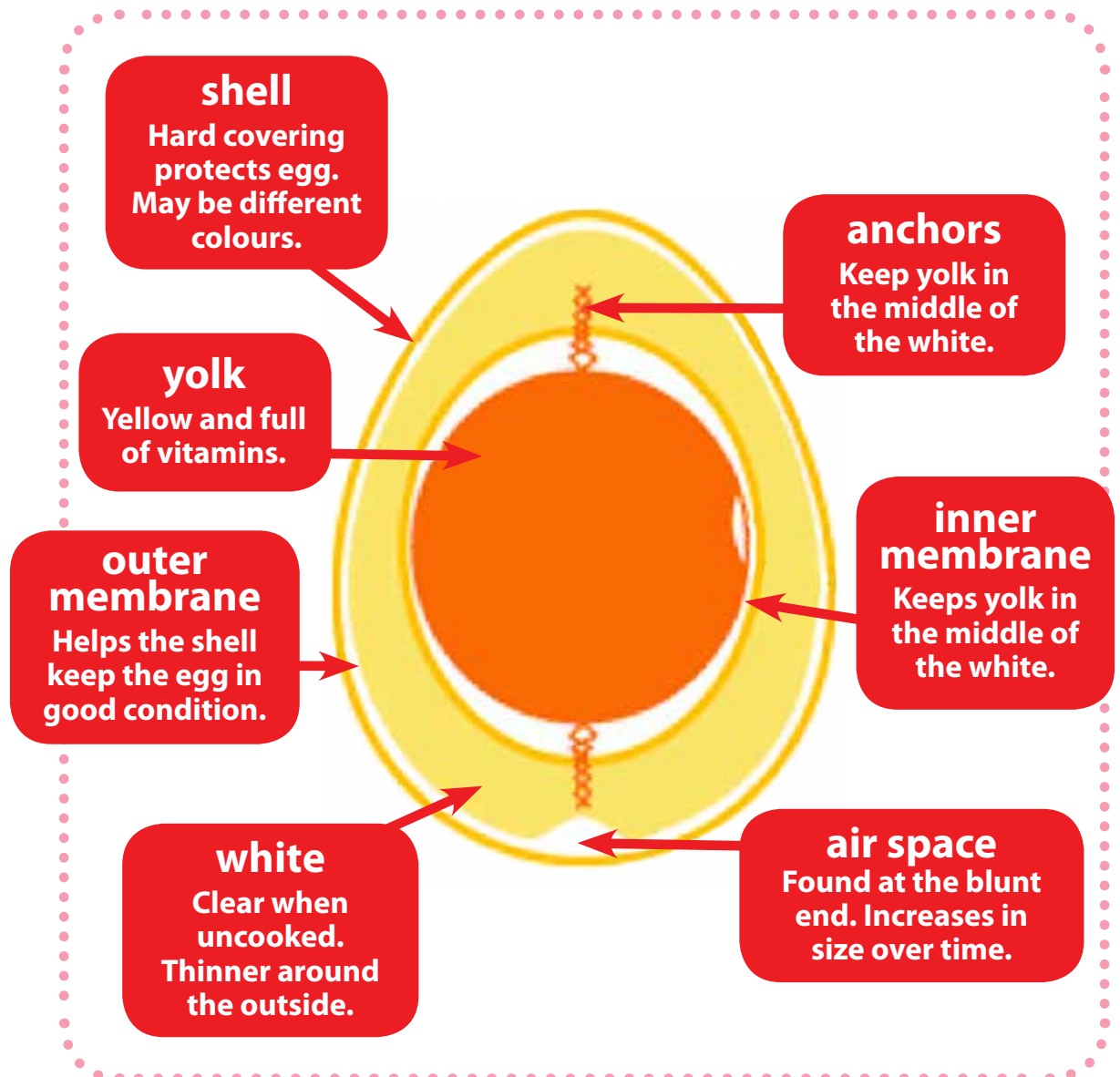
The air space increases in size as an egg gets older, because water is lost from the egg and air is drawn in. The fresher the egg, the smaller the air space.

The yolk is full of goodness containing vitamins A, D and E.

The white has a higher concentration of protein than the yolk.

The membrane holds the egg together and acts as a fine filter.

The anchors/chalazae are white strands attached to the thick albumen that anchor the yolk in the middle of the egg.

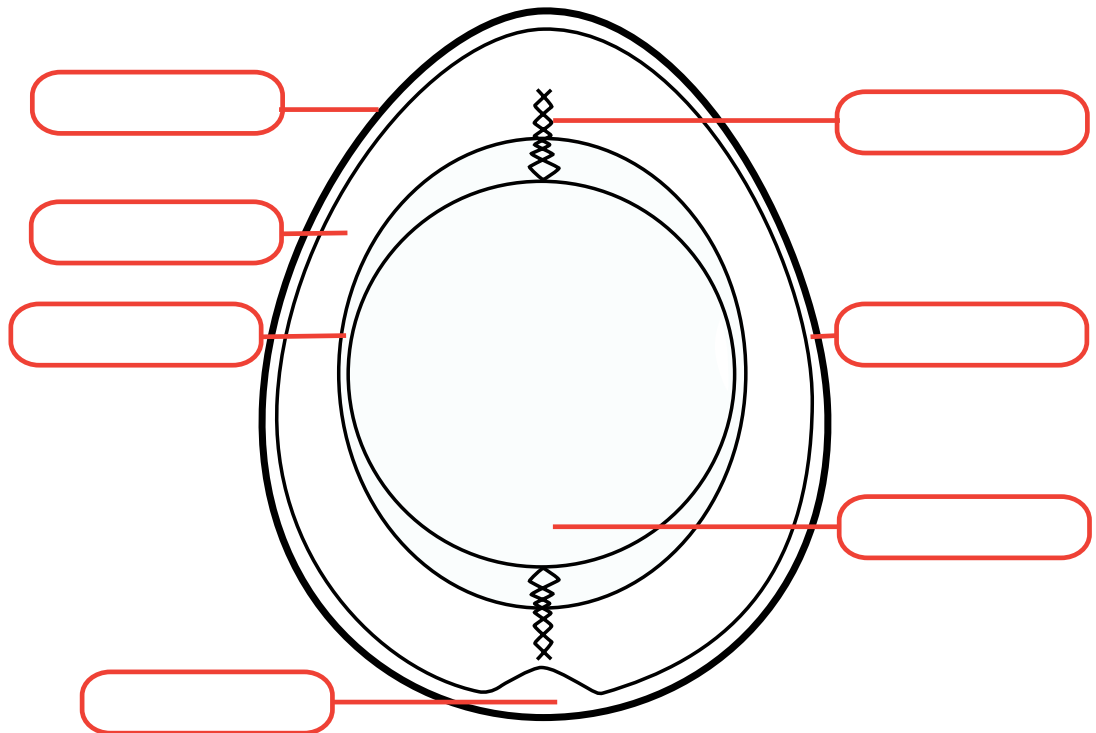


Have a go at labelling the parts of an egg from the 'What's inside an egg?' worksheet.

What's inside an egg?

CRACKING  EGGS

Label the parts and colour in the egg



Link the labels to the right description

Shell	Yellow and full of vitamins
Yolk	Hard covering protects egg. May be different colours
White	Stops water and dirt getting into the egg
Inner Membrane	Keeps yolk in the middle of the white
Air space	Clear when uncooked
Anchors	Found at the blunt end. Increases in size over time as water escapes form the egg
Outer Membrane	Helps the shell keep the egg in good condition

ACTIVITY 3

MATCHING WORDS AND PICTURES

Which animals lay eggs?

Cut out the pictures and glue them in the right column.

Which animals lay eggs?

CRACKING  EGGS

Cut out the pictures below and stick them in the correct column

Living things that lay eggs	Living things that don't lay eggs	Non living things
