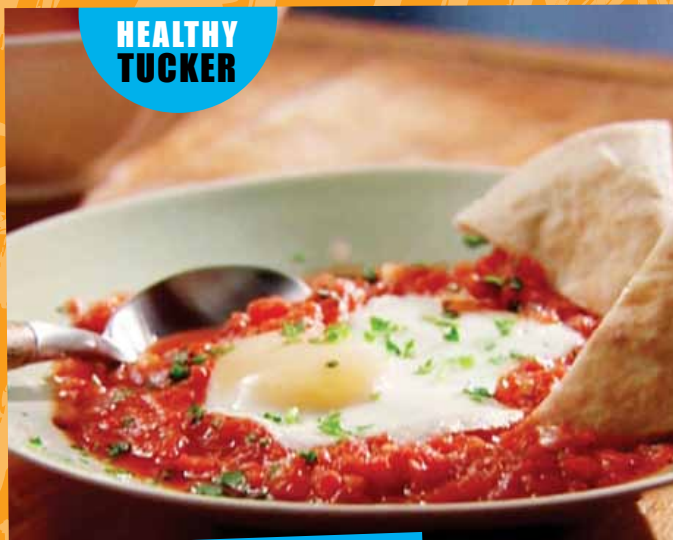


VIBE ACTIVITIES

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 Cooking Eggs 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.



Boiled

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



Fried

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



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

HOW DO YOU LIKE YOUR EGGS?

What do you like to eat with your eggs?
Draw your favourite egg meal.

A large rectangular area defined by a dotted orange border, intended for drawing. The border consists of small orange dots spaced evenly along the perimeter.




ACTIVITY 3

WHICH ANIMALS HATCH FROM EGGS?

All of these animals hatch from eggs.

Write the name of each animal next to its picture.



- frill-necked lizard
- echidna
- chicken
- turtle
- crocodile

ACTIVITY 4

LETTERS OF THE ALPHABET

Colour in the capital letters of the alphabet.

A B C D E F

G H I J K L

M N O P Q

R S T U V

W X Y Z G

Cut out the letters that spell the word **eggs**.
What other words can you make?