

# AN EGG'S JOURNEY

## From the Farm to Your Table

Where do eggs come from? Chickens, of course.  
But here's how they get from the farm to your breakfast table!

1

### Laying and Collecting

Female chickens called hens lay eggs. Egg farmers, who take special care of their hens and feed them a balanced diet, collect the fresh eggs with machines called gathering belts.



2



### Washing

Why wash an egg?  
To make sure it's clean, of course!  
Egg washing removes germs and dirt, just like washing your hands.

3



### Candling and Grading

Eggs don't go to school, but they still get grades. Every egg is checked carefully—inside and out.

4



### Sorting and Packing

Right before the eggs are put into cartons large side up, they are organized according to size.

5



### Shipping

Eggs travel in refrigerated trucks. Most eggs reach the supermarket just one day after being laid!

6



### Enjoying

Eggs provide the high-quality protein needed at breakfast to give you the energy to be incredible all day!

incredible!



## A Note to Families:

In school, your child is learning about where eggs come from and the important role they play in fueling his or her mind and body. At home, you can prepare your child for the school day by serving a nutritious, high-quality-protein egg breakfast. Learn more about eggs by taking the Incredible Trivia Challenge (below) together. Then check out how to properly hard-cook eggs. Helpful hint: Save time by hard-cooking eggs on the weekend so your child will have an *incredible* grab-and-go breakfast every day of the week!

### Incredible Trivia Challenge

- 1** The protein in eggs helps:
  - a. keep me strong
  - b. give me energy
  - c. A and B
- 2** Most eggs make it to the grocery store in:
  - a. 24 hours
  - b. 4 days
  - c. 7 days
- 3** Eating a nutritious breakfast can help me pay attention in class:
  - a. True
  - b. False
- 4** Most hens lay eggs between:
  - a. 4 a.m. and 8 a.m.
  - b. 7 a.m. and 11 a.m.
  - c. 9 a.m. and 1 p.m.

For more “Nutrition Nuggets” and facts, visit: [www.incredibleegg.org/egg-facts](http://www.incredibleegg.org/egg-facts).

### BASIC HARD-COOKED EGGS

**Prep Time:** 1 minute

**Cook Time:** 15–22 minutes

**Makes:** As desired

**What You Need:** • EGGS  
• saucepan

#### Here's How:

- 1.** Place eggs in a saucepan large enough to hold them in a single layer. Add enough cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner and cover pan.
- 2.** Let eggs stand in hot water about 15 minutes for large eggs (12 minutes for medium eggs; 18 minutes for extra large).
- 3.** Drain immediately and serve warm, or cool completely under cold running water or in a bowl of ice water, then refrigerate.





# Incredible Breakfast, Incredible Achievement

Lesson Plans and Poster about the Incredible Edible Egg

## Welcome Teachers,

Did you know a single hen can lay 250 to 300 eggs a year and most eggs reach the supermarket in just *one day*? That's incredible!

How do they travel so quickly? Help your students discover the answer with this fun language arts program. First follow the journey of an egg from the farm to the supermarket. Then find out how just one egg can provide power for minds and bodies.

Remember, an egg breakfast is a great way to start each day.



Connects to  
National ELA  
Standards!

### Lesson 1

## The Journey of an Egg

Students will outline, write, and illustrate a creative story.

### What to do:

1. Hang the classroom poster. Ask: *What is a journey?* (an adventure or a trip) *Do you think eggs take journeys?* (Yes!) Explain that once a chicken lays an egg, it has to travel from the farm to your kitchen very quickly.
2. Use the poster to explain the farm-to-table journey of an egg.
3. Explain: *Now you will write and illustrate a silly story about an egg's journey from the farm to your house.*
4. Distribute *The Adventures of Edgar Eggington* Student Worksheet 1. Read the instructions together and guide students through writing and illustrating a fun story.

### Lesson 2

## Breakfast Power

Students will use textual clues to decode unknown words.

### What to do:

1. Ask: *Do you know the song "Are You Sleeping?/Frère Jacques"?* Sing it as a class. Explain: *Now we're going to learn a new song based on that tune.*
2. Distribute *Are You Eating?* Student Worksheet 2. Draw students' attention to the words to the new song called "Are You Eating?"
3. Sing "Are You Eating?" together a few times, using the tune of "Are You Sleeping?/Frère Jacques." Explain: *There are lots of new words in this song. Let's find out what they mean.*
4. Guide students through answering the comprehension questions.

**Like this program?** Find MORE teacher and family resources online! Visit [www.scholastic.com/allabouteggs](http://www.scholastic.com/allabouteggs) today.

**incredible!**

IncredibleEgg.org

Name : \_\_\_\_\_

# The Adventures of Edgar Eggington

Edgar Eggington is an egg. He's getting ready to leave his farm for the first time. Follow the directions to write and illustrate a silly story about Edgar's adventures.

1. Draw a picture of Edgar Eggington.

2. What is the name of Edgar's farm?

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3. Draw a picture of the farm.

4. What silly things happen on Edgar's trip?

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5. Draw a picture of someone he meets.

6. Now write your story! Use both words and pictures.

**Most eggs in the U.S.  
reach grocery  
stores just  
one day after  
being laid!  
That's fast!**



Name : \_\_\_\_\_

# Are You Eating?

(Sung to the tune of "Are You Sleeping? / Frère Jacques")

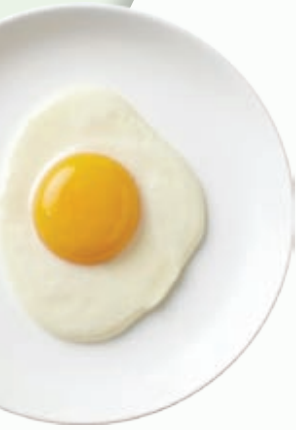
**Chorus:**

**Eggs for breakfast, Eggs for breakfast,  
Taste so great, on my plate.**

**Minerals and vitamins,  
Protein straight from clucking hens.  
Keep me strong, all day long.**

**Repeat Chorus**

**Wake my mind and memory,  
Fill my brain with energy  
On quiz day and when I play.**



## THINK ABOUT THE WORDS!

- 1.** Find examples of each of the following types of words:

Compound word (example: henhouse)

\_\_\_\_\_

Nouns (example: farm)

\_\_\_\_\_

\_\_\_\_\_

Verbs (example: cook)

\_\_\_\_\_

\_\_\_\_\_

- 2.** Find two examples of word pairs that rhyme:

\_\_\_\_\_

\_\_\_\_\_

- 3.** Name two ways you like to eat eggs:

\_\_\_\_\_

\_\_\_\_\_

- 4.** On the back of this page, write a new verse to this song that uses rhyming words.