

Power Your Day with eggs!

Get Cracking

with this tasty recipe and have fun with the cool activities.

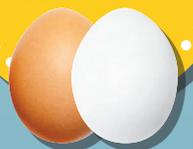


You'll Need:

- medium-sized bowl
- whisk
- grater
- medium non-stick pan
- big spoon
- wooden spoon or spatula
- knife
- cutting board
- tea towel
- measuring cups and spoons



2 = 1
eggs serving



Always ask an adult before you cook!

EASY SCRAMBLED EGG TACOS

Love scrambled eggs? Love tacos? Try them together! Breakfast for dinner? Yes, please!

Servings: 4 Time: 20 to 30 minutes



Egg Taco Ingredients:

- 8 eggs
- ¼ teaspoon (2 mL) salt
- ¼ teaspoon (2 mL) pepper
- 2 teaspoons (10 mL) butter
- 4 tortillas, warmed

Tasty Topping Ideas:

- 1 cup (250 mL) shredded romaine lettuce
- ½ cup (125 mL) frozen corn, cooked
- ½ cup (125 mL) grated cheddar cheese
- ¼ cup (50 mL) salsa
- 1 avocado, peeled and sliced

Instructions:

- 1** Crack the eggs into a medium-sized bowl. Add the salt and pepper. Whisk together until yolks and whites are blended.
- 2** In a medium non-stick pan, heat the butter over medium heat until melted.
- 3** Add the eggs to the pan. Cook, stirring gently, until the egg mixture is set but still soft, about 2 minutes.
- 4** Spoon the eggs onto each warm tortilla. Add your favourite tasty toppings.

DIG IN!



Eggs-TREME

Brain Teaser



Do you know how your body uses the nutrients in eggs?

Match the nutrient with the body part it helps.

CHOLINE

(pronounced co-lean)

PROTEIN

(pronounced pro-teen)

ANTIOXIDANTS

(pronounced anti-oxi-dants)

BIG TOE



BRAIN



NOSTRILS



MUSCLES



EYES



Answers: Choline - Brain, Protein - Muscles, Antioxidants - Eyes

PRESTO MAGICO!

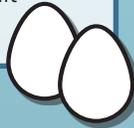
MAKE AN EGG FLOAT IN WATER!

Invite your family to watch how you will make one egg sink and one egg float.

You'll Need:

- water
- 2 eggs (still in shell)
- 2 medium-sized glasses
- ¼ cup (50 mL) salt
- spoon

Steps



- Do this:** Fill two medium-sized glasses with water. To one glass, add ¼ cup (50 mL) salt and stir well, until the salt is dissolved.
Say this: Notice the egg sinks!
- Do this:** Gently put an egg in the glass that has only the water.
Say this: Presto-magico!
- Do this:** Sprinkle a little salt into the glass with the salted water.
Say this: Presto-magico!
- Do this:** Gently put the egg into the glass with salted water.
Say this: The egg floats!
Do this: Take a bow.



Get the science-y scoop

When you add salt to water, the water becomes denser than the egg so the egg floats.

eggs-cellent TRIVIA!

1 What is one serving of eggs?

- One cooked egg, plus every last bit of the crunchy shell.
- Two cooked eggs (compost the shells!).

2 What makes eggs an eggs-ceptional breakfast?

- The yellow yolk is so bright it jolts you awake for school.
- The protein in eggs keeps you energized so you can power through your morning.

Answers: 1.B, 2.B

Learn about Ontario egg farmers and how your eggs go from farm to store in 5 days!

www.getcracking.ca/ontario-egg-farmers



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Egg Farmers of Ontario

