

E

is for Eggs

A Resource for Early
Childhood Educators
of Children Aged 2 to 5





Egg Carton Art, page 8

Eggs play a very important role in the Canadian diet. They are an excellent source of protein, vitamins and minerals, and are a key ingredient in many recipes. They are easy to use in the classroom since they are inexpensive, readily available and familiar to students. The unique properties of eggs open the door to learning about a variety of subject areas in a fun and creative way.

This is an activity-based resource for preschool and kindergarten educators. It contains fun-filled activities to help children 2 to 5 years of age learn about eggs while gaining knowledge and developing the following skills:

- ▶ Cognitive
- ▶ Creative
- ▶ Fine Motor
- ▶ Social and Emotional
- ▶ Gross Motor
- ▶ Science and Inquiry

More Resources

Find out more about eggs and explore additional activities by visiting the websites listed on the back cover of this book.

Visit the Teacher’s Corner of www.canadaegg.ca for a list of egg-related storybooks as well as a comprehensive set of curriculum connections from across Canada which can be downloaded in a PDF format.

ACTIVITY TEMPLATES

For full-size pages and high-resolution files of the activity templates at the end of the book, visit www.canadaegg.ca.

Cognitive Skills

The following activities are designed to develop language and non-verbal communication, conceptual, spatial and sensory skills, problem solving, memory and imagination.

The Egg Story

Additional skills developed: listening, fine motor

Tools and supplies required: “The Egg Journey” story below, visuals found on page 12 (cut apart, laminated or glued onto cardboard and affixed with magnets), board suitable for magnets

Instructions: Read the following story to the children. Each time a visual is required, ask a different child to place it on the board. Reread the story to the children and, rather than using the visuals, ask the children to role-play scenes from the story.

The Egg Journey

Farmer John (visual 1) is an egg farmer. He has lots of hens (visual 2) that are kept in a large barn (visual 3) on his farm. The hens eat a special mixture of grain and drink fresh water (visual 4). Almost every day, each of Farmer John’s hens lays an egg. Some hens lay brown eggs and some lay white eggs (visual 5). These hens lay eggs that you eat, not eggs that hatch into baby chicks. The eggs are gathered and stored in a cold room (visual 6) so they stay fresh. Farmer John then ships them in a special truck (visual 7) to a grading station. This is



a place where the eggs are washed, weighed and checked to make sure they aren't cracked. Also, the insides of the eggs are checked to make sure they are top quality. To do this, a man or lady will put the eggs over a very bright light (visual 8). The best eggs are called Grade "A" and are put into a carton (visual 9). The most common size of carton holds 1 dozen eggs-that's 12 eggs. The eggs are then shipped to grocery stores (visual 10). They are put in a cool area of the store for people to buy. Then the eggs are bought and taken home for families to eat for breakfast, lunch and dinner (visual 11). Eggs taste great and are very good for you. You should eat eggs along with other healthy foods such as bread, milk, fruits and vegetables. All of these foods help you grow, keep you healthy and give you energy (visual 12).

Egg Chants

Additional skills developed: listening, gross motor, letter recognition

Tools and supplies required: egg chants below

Instructions: Teach the children the chants below using the actions. You may wish to do this activity for several consecutive days to allow the children to memorize the chants.

We roll them to the left (raise left hand)
We roll them to the left (raise left leg)
We roll them to the right (raise right hand)
We roll them to the right (raise right leg)
They're really good to chew
They're really good to bite
You can spin'em like a top (pretend to spin an egg)
You can crack'em in a pan (pretend to crack an egg)
They're really fun to beat (pretend to beat an egg in a bowl)
And they're more fun to eat (pretend to lift a fork to your mouth)
Bet you can't eat....just...one...good...EGG.

A-B-C-D-E is for Egg
F-G-H-I-J is for Jig
K-L-M-N-O is for Omelette
P-Q-R-S-T is for Tag
U-V-W-X-Y is for Yolk
And Z is for Zag!

Extensions:

- ▶ After the children say each line of the alphabet chant, select a letter that was used in the line and ask them to print the letter.
- ▶ Modify the alphabet chant by using different words (e.g. E is for Elephant).
- ▶ Have the children make up their own egg chant.

EGG FACTS

- ▶ The eggs you buy in the store are eggs produced strictly for consumption. They are unlike fertilized eggs that are used for hatching.
- ▶ The eggs that are not classified as Grade "A" are processed. They are broken by special machines at the grading station then are further processed and packaged in liquid, frozen and dried form. Many processed egg products are used by the foodservice and food manufacturing industries.





Eggs at Home

Additional skills developed: listening

Tools and supplies required: pictures of eggs prepared in different ways, packaging from products made with eggs

Instructions: Explore the different ways of preparing eggs (e.g. scrambled, fried, hard-cooked, soft-cooked, omelette, quiche, meringue, poached) using the pictures as visuals. Ask the children which are their favourite ways to eat eggs, how their family prepares eggs at home and at what meals they eat eggs (e.g. breakfast, lunch, dinner or snack). Remind them that eggs can be eaten anytime.

Explore the many foods and nonfood items that contain eggs (e.g. cakes, waffles, pancakes, muffins, meringue, icing, mayonnaise, pasta, salad dressing, cake mixes, shampoo, pet food, medicines) using the packaging as visuals. Ask the children which items they use at home.



Egg Matching Game

Additional skills developed: listening, matching

Tools and supplies required: matching game pieces found on page 13

Instructions: Photocopy the matching game pieces and cut along the lines so each is rectangular. Younger children could have the cards face up and match the shapes that are the same. Older children could have the cards turned face down, then could flip two up to see if they match. If there is no match, the children turn the cards over and try again relying on their memory to help them match similar pieces.



Egg Counting

Additional skills developed: listening, counting, fine motor

Tools and supplies required: 10 small baskets or containers, 10 small egg shapes cut out of paper

Instructions: Number the baskets from 1 to 10. Ask one child to choose a basket and place the number of paper eggs in it that equals the number on the basket. Remove the eggs and ask the next child to follow the same procedure. Encourage the children to try as many baskets as possible.



Fine Motor Skills

The following activities involve developing small muscle strength and control, hand/eye coordination, perceptual motor skills and visual tracking abilities.

Egg Puzzle

Additional skills developed: listening, cognitive, matching

Tools and supplies required: 2 copies of the egg puzzle found on page 13

Instructions: Cut out the pieces on one sheet of the puzzle and leave the other sheet intact. The pieces could be laminated or glued onto cardboard to make them more durable. Older children can put the pieces together to complete the puzzle using the sheet with the puzzle left intact as a visual to assist them. Younger children can place the puzzle pieces in the correct place on top of the sheet with the puzzle left intact.



Cooking with Eggs

Additional skills developed: listening, measuring, cooking

Tools and supplies required: see recipes below

Instructions: Prepare these simple egg recipes in class, allowing students to assist where possible. For more quick and easy children's recipes, visit www.eggs.ca.



Egg-in-a-Hole

Preparation: 2 minutes

Cooking: 3 minutes

Number of servings: 1

1	slice of bread	1
1 tsp	butter	5 mL
1	egg	1
	Salt and pepper, to taste	

Heat a non-stick skillet over medium heat. With a biscuit cutter or glass, cut a circle from the centre of the bread and set aside. Lightly butter one side of the bread. Place bread in skillet, buttered side down. Break egg into the hole in the bread; season with salt and pepper. Cook until egg is set and bread is browned. Turn bread and egg over; cook until done as desired.



SAFETY IN THE KITCHEN

- ▶ Always supervise young children in the kitchen.
- ▶ Ensure children wash their hands with warm, soapy water before and after handling food.
- ▶ Keep sharp objects out of children's reach.
- ▶ Keep hot items at a safe distance from children.
- ▶ Always turn the handles of pots and pans on the stove inward so that children can't reach them.
- ▶ Ensure appliance cords are out of children's reach.

FOOD ALLERGIES

It is important to be aware of any food allergies the children in your class may have. Communication with parents is essential in order to be informed. For information on food allergies, visit www.aaia.ca.





Eggs-in-a-Basket

Preparation: 5 minutes Cooking: 15 minutes
 Number of servings: 2

- | | | |
|-------|---------------------------|------|
| 2 | slices of bread | 2 |
| 1 tsp | butter | 5 mL |
| 2 | slices ham or bologna | 2 |
| 2 | eggs | 2 |
| | Salt and pepper, to taste | |



Preheat oven to 180°C (350°F). Butter two 175 mL (6 oz) custard cups. Butter one side of each slice of bread. Place each slice over a custard cup, buttered side down, and gently press down to form a shell. Line each slice of bread with a slice of ham. Break an egg into each cup. Sprinkle with salt and pepper. Bake for 15 to 20 minutes or until eggs are set as desired.

Egg Match-Up

Additional skills developed:
 listening, sorting, cognitive, colour recognition

Tools and supplies required:
 different coloured plastic eggs that separate in half

Instructions: Separate the plastic eggs and have children match the halves of the eggs that are the same colour.

Variation: Give each child half of a plastic egg and ask them to find a child in the room who has a matching coloured egg half. The children can put the halves together. Ask all of the children with the same colour of egg to go to a specific location in the room.

Connect-the-Dots

Additional skills developed: listening, cognitive

Tools and supplies required: 1 copy of the connect-the-dots template found on page 14 for each child

Instructions: Distribute the connect-the-dots activity page and ask the children to complete it by connecting the dots in the order of the alphabet. The alphabet is displayed at the side of the page to assist them; you may wish to remove this for older children.



Gross Motor Skills

The following activities develop muscle strength and coordination, locomotive skills, balance, flexibility, projectile skills and self awareness.

Egg Relay Race

Additional skills developed: listening, teamwork

Tools and supplies required: hard-cooked eggs (or plastic eggs), soup spoons, music (optional)

Instructions: Divide the children into teams. Divide each team in half. Each half stands at opposite ends of the room or outside field. The first child in each line receives an egg and a spoon. These children carry the egg in the spoon and run or walk to the other side of the room. There they hand the egg in the spoon to a teammate who returns back to the starting side. This procedure is repeated until all the team members have had a turn. You can run this race to music if you wish. If hard-cooked eggs are used, you may wish to have extras in case they are dropped. If played indoors, plastic eggs are recommended.



Egg Beats

Additional skills developed: sensory, fine motor, music

Tools and supplies required: dried beans (or rice, pebbles or pasta), plastic eggs that separate in half, masking tape

Instructions: Place dried beans inside the plastic eggs and seal the eggs tightly with masking tape. During song or music time, the children will have a rhythmic instrument they can shake in time with the music. They can march in time with the music in place, in a line or in a circle. Have them shake the eggs along to tunes such as:

Mary had a little egg, little egg, little egg
Mary had a little egg, it's shell was white as snow.

Old MacDonald had a farm
E-I-E-I-O
And on this farm he had some hens
E-I-E-I-O
With an egg laid here
And an egg laid there
Here an egg, there an egg
Everywhere an egg laid
Old MacDonald had a farm
E-I-E-I-O

Other songs:

“When the Eggs Come Marching In” (When the Saints Come Marching In)
“Pop Goes the Egg” (Pop Goes the Weasel)
“Michael Row the Egg Ashore” (Michael Row the Boat Ashore)





The Egg Line

Additional skills developed: listening

Tools and supplies required: paper eggs (approximately 6 inches/15 cm in length), tape

Instructions: Tape a line of paper eggs along the floor with each egg about 12 inches (30 cm) apart. Number the eggs in the order the children will follow them. Ask the children to walk down the line of paper eggs, placing their feet on the eggs. Once each child finishes walking down the line of eggs, he/she can return to the beginning. Then each child can hop down the line of eggs using both feet and return to the beginning. Follow the same procedure asking children to skip, march and tiptoe.

Variation: Ask each child to choose an egg and place it on the floor. Ask the children to stand to the left of the egg, stand to the right of the egg, stand behind the egg, stand in front of the egg, balance with their right foot on the egg, and balance with their left foot on the egg.

Egg Hunt

Additional skills developed: listening, matching, counting

Tools and supplies required: different coloured hard-cooked or plastic eggs, baskets

Instructions: Hide the eggs in the classroom. Provide children with baskets. Ask the children to find the eggs and place them in their baskets. Once all of the eggs are found, assist children to count the eggs and divide them up by colour.

Note: If hard-cooked eggs will be eaten, do not leave them unrefrigerated for more than two hours.



Creative Skills

The following activities are designed to help young children differentiate colours, establish a sense of pride in their work, begin to understand aspects of colouring and design, and work on fine motor control.

Eggshell Art

Additional skills developed: listening

Tools and supplies required: eggs (hard-cooked or blown), smocks, material to decorate eggs (e.g. paints, paint brushes, felt pens, markers, stickers)

In this activity, children decorate eggs for display in the classroom. Here are some tips to make egg decorating easy:

- ▶ Hard-cook eggs so they will be easier for the children to handle.
For instructions on hard-cooking eggs, visit www.eggs.ca.
- ▶ Have the children wear smocks to protect their clothes from paint.
- ▶ Set out a range of paints and brushes. You can use a plastic or foam egg carton as an art palette and place different colours in each egg "cup."





FOOD SAFETY

If coloured hard-cooked eggs will be eaten, be sure to use nontoxic colouring dyes on the shells (e.g. food colouring) and do not leave them unrefrigerated for more than two hours.



- ▶ Use food colouring, natural colours, commercial egg dyes and water-based felt pens to colour eggs.
- ▶ Have the children hold the egg in one hand to paint the upper half of the egg. Have them place the egg in the egg carton, painted side up for a few minutes to let the paint dry. Holding painted egg half, they may paint the other half and let it dry in the carton.
- ▶ To make egg characters, have the children use felt pens and paints to colour eggs flesh colours such as brown, pink or yellow. They may then use items such as ribbons, lace, buttons, cotton balls, wool, sequins, macaroni, feathers, glitter, pencil shavings, fabric, yarn, dried plants, grass, buttons, “googly” eyes or jewellery to decorate the egg characters.
- ▶ Have the children decorate painted eggs with stickers.
- ▶ Make stands for the decorated eggs by using glue to attach plastic curtain rings, buttons, spools, stones, pieces of wood or bottle caps. Strips of heavy paper can be rolled up to an appropriate size, secured with tape and used as an egg cup. Inexpensive egg cups can often be found at dollar stores.
- ▶ To preserve decorated eggs, apply a clear acrylic fixative spray varnish.



Egg Carton Art

Additional skills developed: listening

Tools and supplies required: egg cartons, safety scissors (for older children), acrylic paint, pipe cleaners, “googly” eyes, white glue, markers

Instructions: Have the children use egg cartons to create caterpillars, flowers, animals (as shown on **page 1**), cars (as shown on **page 3**) or anything else they can think of. Distribute scissors for cutting up egg cartons or pre-cut the cartons for younger children. To simplify this activity for younger children, choose one idea and have everyone do it together.

Caterpillar

Cut a row of 4-6 cups from an egg carton or cut each cup separately. Paint or colour the cups. Once dry, if separated, join them with pipe cleaners. Using the point of the scissors, make two small holes at the top of one end. Insert a pipe cleaner into each hole for the antennae. Add “googly” eyes and decorate with markers.

Flower

Cut separate egg cups (each one will become a flower). Cut the edges of the egg cup jagged or rounded to resemble flower petals. Paint or colour each flower. With scissors, make a hole in the middle of each flower. Insert green pipe cleaner through the hole to create a stem and bend over or knot so the stem is secure. The children can decorate empty cans and use them as vases for their bouquets.





Egg Puppets

Additional skills developed: listening

Tools and supplies required: markers, paper or fabric, safety scissors, white glue, glove for each child



Instructions: Using markers, each child draws five small egg-shaped faces on paper or fabric then cuts the faces out. Have the children glue a face onto each finger of the glove. The children can use their egg puppets to act out the story of “Humpty Dumpty” or “The Goose that Laid the Golden Egg” or they can make up their own stories using the characters they have created.

Variations:

- ▶ The children can glue an egg shape on the end of a popsicle stick and then decorate it as a character.
- ▶ Using two pieces of fabric that are pre-cut in the shape of an egg, the children can glue the pieces together leaving room for a small hand to fit through. Then the children can decorate the puppet to create a character.



Egg Rubbings

Additional skills developed: listening

Tools and supplies required: thin paper, crayons, different-sized cardboard cut-outs of eggs



Instructions: Have the children place the cardboard eggs under the paper and lightly rub different coloured crayons over them. The egg imprints will be traced onto the paper.

Variation: Have the children draw an egg shape on a piece of paper. Then, they can place the piece of paper over a textured surface such as a brick, sand, book, carpet, etc. and rub different coloured crayons over the egg shape. The different patterns will emerge onto the paper.



Social and Emotional Skills

These activities focus on developing positive self-esteem, relationships, self-concept and social skills. They will also foster interpersonal skills and attitudes.

The Egg Talking Stick

Additional skills developed: listening, language

Tools and supplies required: tube from wrapping paper or paper towels affixed with a decorated blown or plastic egg on top, material to decorate tube and egg

Instructions: Design the Egg Talking Stick to look both regal and special (see example on **back cover**). Whoever in the class holds the Egg Talking Stick gets to speak without interruption. This teaches both respect and good



manners. The Egg Talking Stick then gets passed to the next person who has a turn to speak.

Grade “A” Egg for a Day

Additional skills developed: listening

Tools and supplies required: badge found on page 14, safety pin

Instructions: Photocopy the Grade “A” Egg badge. This badge can be given to a student for exceptionally good or Grade “A” behaviour. It can also be given on a special occasion like a birthday. It is a way to show appreciation and let children know they are valued while validating positive actions. The child’s name can be written on the badge and it can be secured to the child’s clothing with a safety pin.



Be A Good Egg

Additional skills developed: listening, cooperation

Tools and supplies required: chalk and blackboard, reward for group or each child

Instructions: Inform the children at the beginning of the day that if the group is well-behaved, the first letter of the words “Good Egg” will be written on the blackboard at the end of the day. This will be continued each day until all seven letters appear on the board, at which time the group will be rewarded. Explain to the children that the term “Good Egg” is an expression used to describe a good person.



Science and Inquiry Skills

These activities are designed to help children experience the natural world and ask questions as to why certain things happen.

The Disappearing Eggshell

Additional skills developed: listening, language

Tools and supplies required: hard-cooked egg, clear jar or plastic cup with lid (large enough to place the egg inside), vinegar, spoon

Instructions: Ask the children to observe the egg specifically noticing the hard eggshell. Pour vinegar inside the jar then carefully place the egg inside the jar. Ensure the vinegar covers the egg. The children will notice that bubbles form on the egg. Place the jar where it can be easily observed without needing to be moved. Observe the egg on a daily basis for three days. On the third day, very carefully remove the egg with a spoon. The children will notice that the shell has disappeared. This happens because the vinegar contains an acid which breaks down the calcium in the eggshell. Allow the children to observe and touch the egg noticing that the shell has disappeared. Have children wash their hands with warm, soapy water after this experiment.





Coloured Eggs Experiment

Additional skills developed: listening

Tools and supplies required: 1 cup (250 mL) water, 2 tsp (30 mL) food colouring, hard-cooked egg, small glass bowl or mug, spoon



Instructions: Mix water with food colouring. Set aside. Have the children carefully place an egg inside a glass bowl. Pour in enough coloured water to cover the egg. Let the egg sit for 24 hours. If the egg will be eaten, ensure it is placed in the refrigerator. Using a spoon, have the children remove the egg from the coloured water. They will notice that the eggshell will be coloured. Using the spoon, tap one end of the egg to crackle the shell then carefully remove the shell. The children will notice that the inside of the egg will be coloured as well. Explain to the children that this happens because the shell has thousands of tiny holes that cannot be seen. The coloured water soaks through the eggshell into the egg through these holes. Have the children wash their hands with warm, soapy water after this experiment. If desired, repeat this procedure using different colours of food colouring in order to create several different coloured eggs.



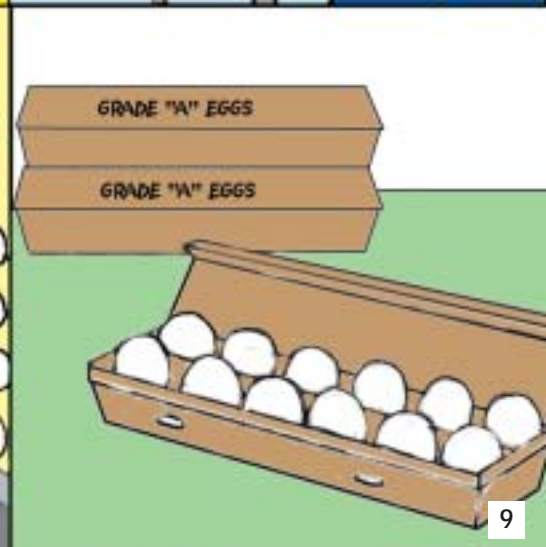
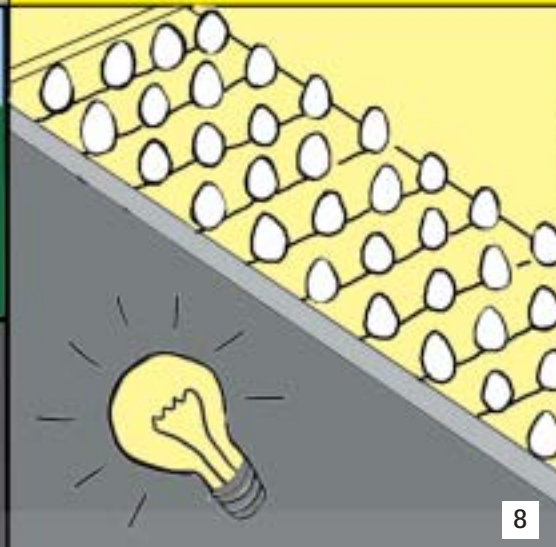
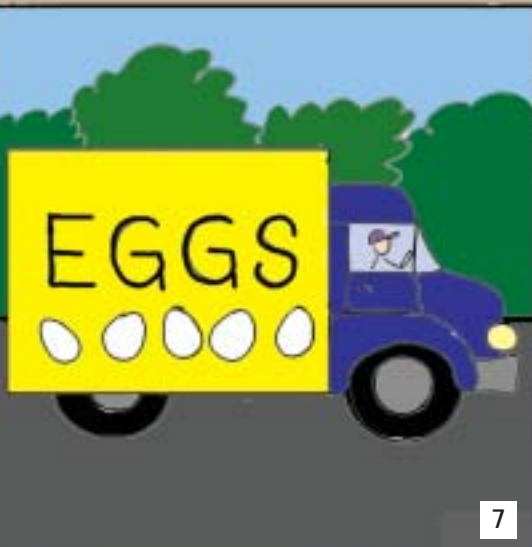
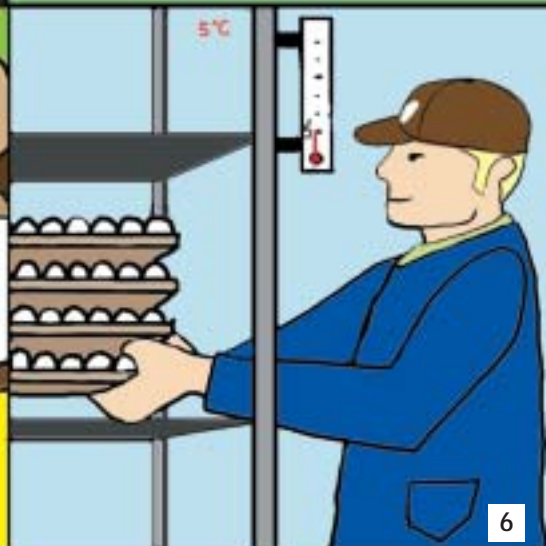
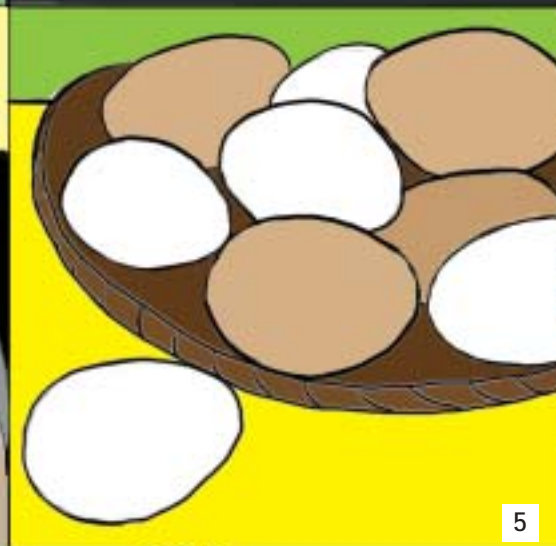
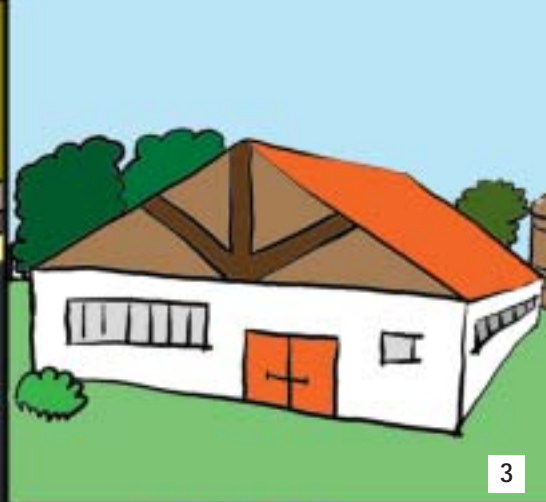
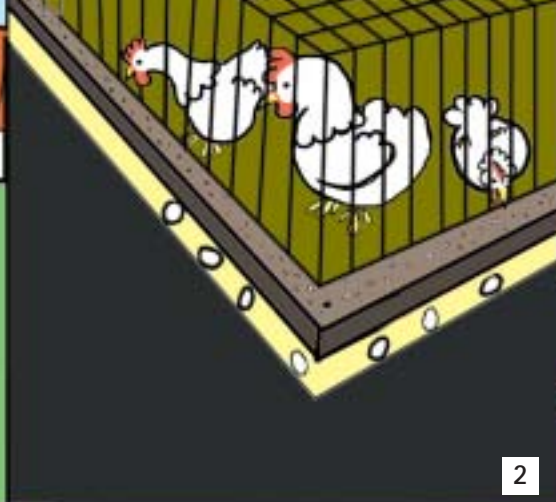
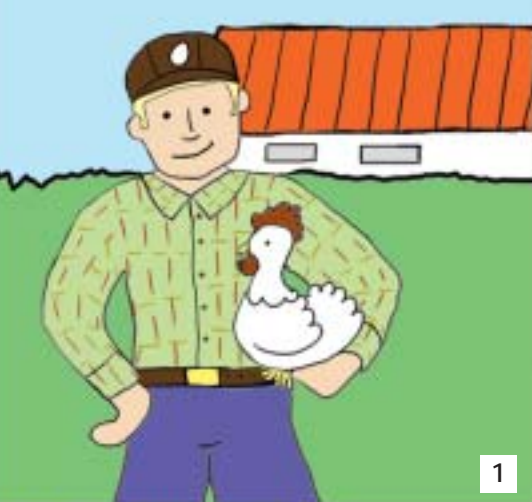
Eggshell Plant Pots

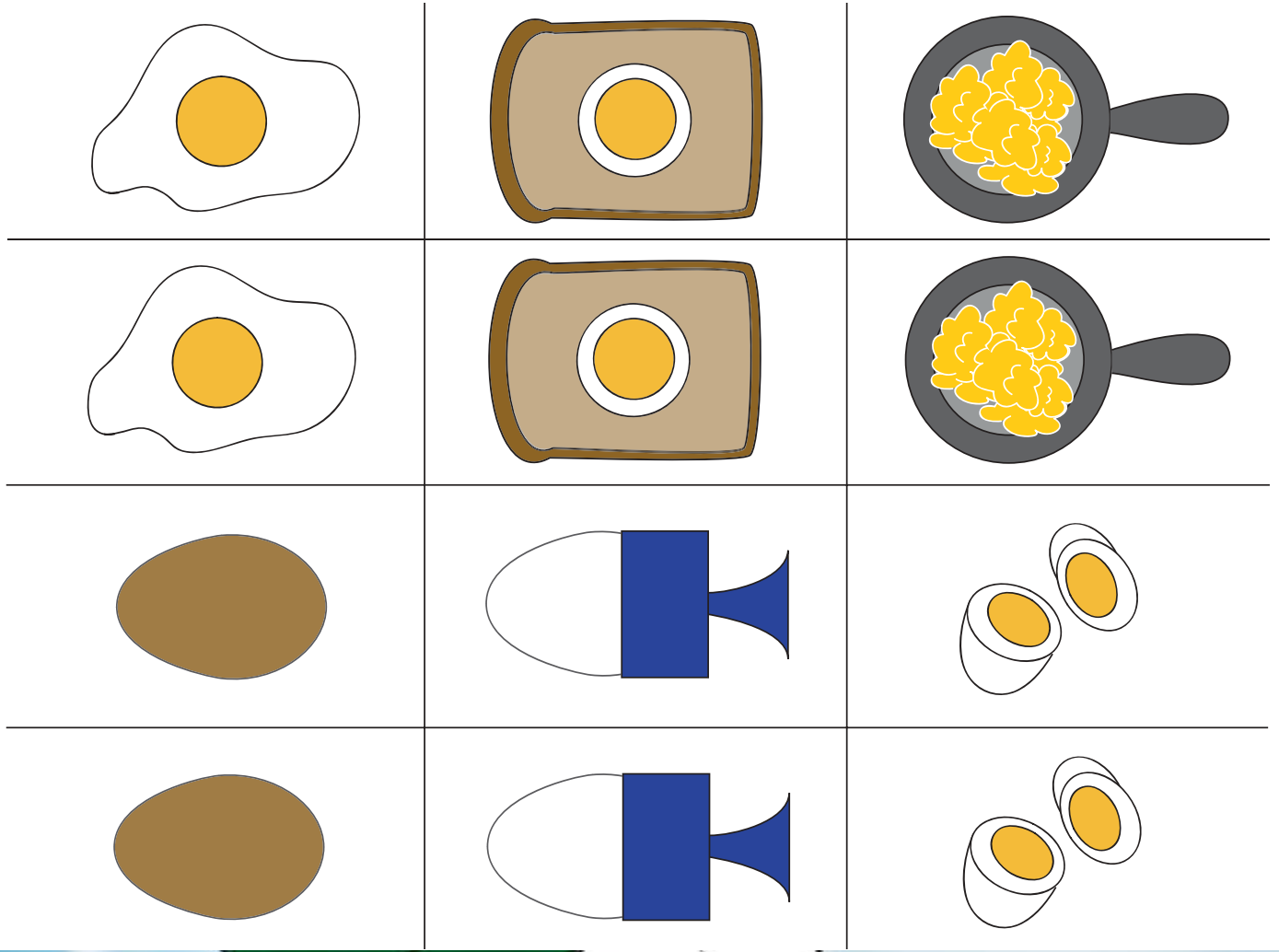
Additional skills developed: listening, creative

Tools and supplies required: eggs, spoon, soil, egg carton with lid cut off, grass seed, small watering can, markers

Instructions: Crack the top off the pointed end of the egg using a spoon. Empty the contents and carefully rinse the egg. Discard the small end piece. Empty the contents and rinse and dry the inside of the shell. Have children put soil in the shell, then place the shell in the egg carton. Sprinkle grass seed over the soil and pat it down gently. Have the children water the soil lightly. Ensure that each child's egg is labelled with his or her name. Place the egg carton in a well-lit and warm location. Over the next while, children can monitor the progress of the grass growing in their egg. After the grass has grown a certain height, it begins to look like hair. Using felt-tip markers, the children can draw a face on their eggshell and turn it into a character.

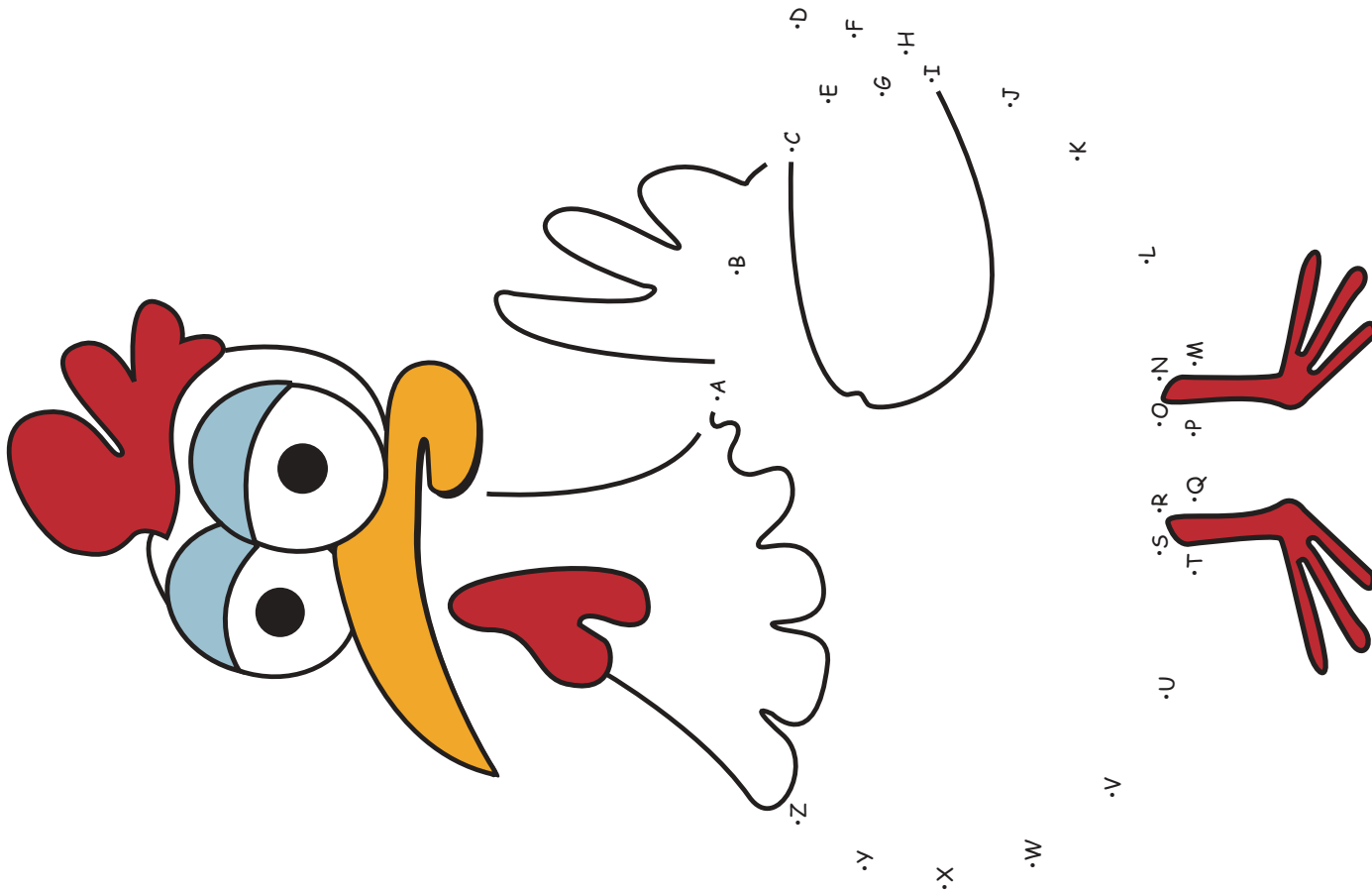








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