



# Eggstravaganza School Pack

Your free teaching resource from the  
Love Free Range Eggs campaign

**Classroom  
activities and  
nutritional  
information  
guide inside**



[www.lovefreerangeeggs.co.uk](http://www.lovefreerangeeggs.co.uk)

# Dear Free Range Egg Fan!

Welcome to the Love Free Range Eggs Eggstravaganza School Pack

Inside this pack you will find loads of ways of using eggs to teach the children in your school, but there are lots more ideas and activities on [www.lovefreerangeeggs.co.uk](http://www.lovefreerangeeggs.co.uk)

## Why not hold an egg-related event during:

- British Egg Week
- World Egg Day
- Easter
- Pancake Day

## What else can you do with eggs?

- 1 Write a story about the hatching of a mystery egg
- 2 Write an egg poem
- 3 Visit a free range egg farm
- 4 Invite a free range egg farmer to speak to the class
- 5 Decorate hard-boiled eggs
- 6 Design a box for an Easter egg

We hope you enjoy the pack  
The Love Free Range Team



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# Build and test your own egg parachute

## What you'll need:

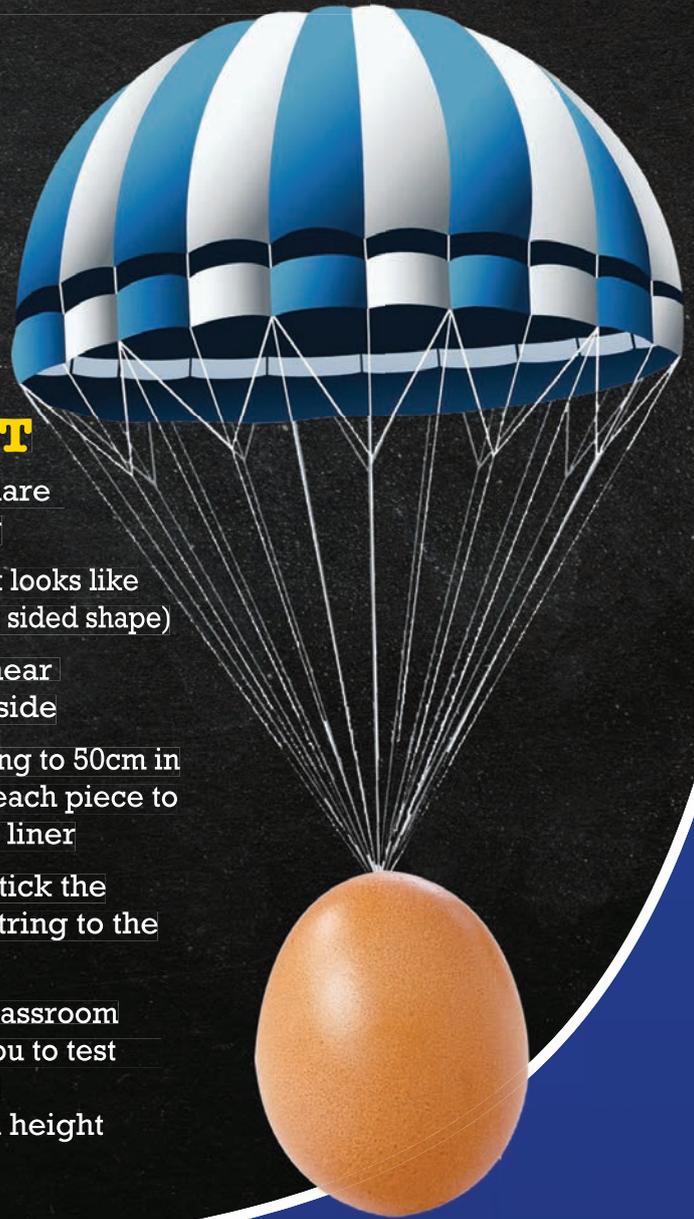
- Bin liners
- Sellotape
- A ball of string
- Scissors
- Plenty of free range eggs

## THE ACTIVITY

This activity works best as homework as having lots of eggs around can get messy! Get your students to create a parachute that's going to slow the descent of an egg when it's dropped from a height. Each student needs to find the materials to design and build a parachute which they can attach to an egg and bring into school to test in the playground or on the playing field. When testing at home, the children can use a small object such as an action figure to attach to the parachute.

## HOW TO DO IT

- 1** Cut out a large square from your bin liner
- 2** Trim the edges so it looks like an octagon (an eight sided shape)
- 3** Cut a small hole near the edge of each side
- 4** Cut 8 pieces of string to 50cm in length and attach each piece to a hole in your bin liner
- 5** Use sellotape to stick the other end of the string to the side of the egg
- 6** Get a teacher or classroom assistant to help you to test your parachute by dropping it from a height



## How to take it to the next level...

This experiment can show that the size of the parachute makes a difference to the speed of descent, but what if you tried different materials for the parachute? Repeat the experiment with a parachute made from construction paper, plastic grocery bags or other items you have around your house. Do you think the results will vary? Come up with a new hypothesis each time you try new materials and see if your guesses are correct.

# Compile a list of facts about eggs

## What you'll need:

- A computer with internet access
- Books about chickens and eggs
- The anatomy of an egg fact sheet
- The Love Free Range Eggs nutrition sheet

## THE ACTIVITY

This activity will get children learning more about free range eggs. Using a computer, any books that you have with chicken and egg facts in them and the two information sheets included in this pack the children can create a list of ten facts about free range eggs and the chickens that lay them.



## HELPFUL WEBSITES

[www.lovefreerangeeggs.co.uk](http://www.lovefreerangeeggs.co.uk)  
[www.egginfo.co.uk](http://www.egginfo.co.uk)  
[www.thinkegg.com](http://www.thinkegg.com)

## QUESTIONS FOR PUPILS TO RESEARCH

- 1** List three animals that lay eggs
- 2** List all the different parts of an egg and what function they provide
- 3** Find out how many eggs are eaten in Great Britain every day
- 4** List three reasons why eggs are good for your health
- 5** Find your favourite food that includes an egg and find a recipe for how to make it
- 6** Find your most interesting egg fact
- 7** Describe in no more than 20 words why free range egg are called free range
- 8** Find a picture of a hen that lays an egg
- 9** What do free range hens eat?
- 10** Why is egg protein important?

# Create posters persuading people to eat more eggs

## What you'll need:

- A3 paper
- The anatomy of an egg fact sheet
- The Love Free Range Eggs nutrition sheet
- A computer with internet access to research facts about eggs

## THE ACTIVITY

This activity gets children thinking about how they could convince others to eat eggs and in turn will teach them the benefits of eating eggs too.

Give each student a piece of A3 paper and the Love Free Range Eggs nutrition sheet. Tell your class to

make a poster that will encourage others to eat free range eggs. Let them be as inventive and creative as possible and see what they come up with. Creating a poster to promote eating eggs will help them understand why it is a good thing for them to do the same.



## THINGS TO INCLUDE

- What nutritional benefits to human health do eggs have?
- Are there lots of different things you can do with them?
- How healthy is an egg? Compare its fat content with other foods?
- How much do eggs cost? How does their price compare with other foods?
- Eggs are available to buy in lots of different forms – how many can you list?
- What are your favourite egg-based dishes? Boiled, scrambled, poached?

# Create your own egg story

## What you'll need:

- A pen and some paper

## THE ACTIVITY

Kids love to come up with stories, so this activity aims to get them thinking creatively about eggs and chickens.

### In the story you must include:

- A chicken
- A box of eggs
- Trees
- A hen house
- A member of your family or a friend
- One picture showing what's happening in your story

## IDEAS FOR YOUR STORY

- 1** Give your chicken a name and think about where she lives
- 2** What happens to the box of eggs? What colour is it? How big is it? How many eggs are inside? Does the egg hatch? What's inside?
- 3** How tall are the trees? What colour are they? How many of them are there in your story? Can the chickens scratch under them or sit in the branches?
- 4** How many other hens are in the hen house? What are they doing in there? Are they all friends or members of the same family? Are they laying eggs?
- 5** Which friend or family member are you going to put in your story? What are they doing with the chickens? Are they going to eat any of the eggs or climb the trees?
- 6** Can you include all the bits of your story in one picture, or do you want to draw a picture of one of the chickens and the eggs that they lay?



# The big debate:

## Free range versus indoor egg production

### What you'll need:

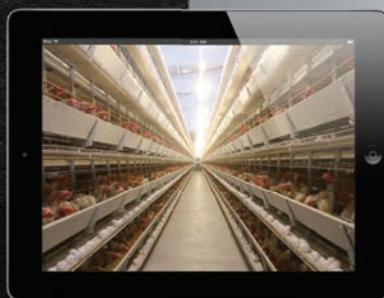
- ❑ A computer with access to the internet for both groups

### THE ACTIVITY

This activity is a fantastic way to encourage pupils to think about how food is produced and the different conditions in which animals are kept.

Separate your class into two groups to research birds which are kept indoors permanently and others that are free range.

Get each group to research their subject and give a two-minute presentation to the rest of the class on what they found out.



- ✓ **Research**
- ✓ **Present**
- ✓ **Discuss**

### AREAS TO RESEARCH

- What conditions are the birds kept in?
- Are they given the choice to go outside?
- What are the benefits of the hens being inside all the time?
- What are the benefits of allowing hens to go outside?
- What are the drawbacks?
- Why might farmers want to keep their birds in all the time, and why do some want them to go out?
- Do the different ways to produce eggs have an impact on price?
- Why might someone pay more in the shops for a box of eggs that's produced in a certain way?

# The big egg survey

How many eggs do your friends, family and teachers eat? What's their favourite food that includes eggs? Find out by carrying out your own survey. Fill out your name, age and class number below and then ask ten people the questions. Note their answers by putting a tick and then count up the ticks and put the total in the box when you have finished your survey.

**NAME** ..... **AGE** ..... **CLASS** .....

## 1 DO YOU EAT EGGS?

Yes .....

No .....

*(if yes, go to question 2, if no go to question 4)*

**TOTAL YES**

**TOTAL NO**

## 2 DO YOU EAT EGGS EVERY DAY?

Yes .....

No .....

**TOTAL YES**

**TOTAL NO**

## 3 HOW MANY EGGS DO YOU EAT IN ONE WEEK?

1 .....

2 .....

3 .....

4 .....

5+ .....

**TOTAL 1**

**TOTAL 2**

**TOTAL 3**

**TOTAL 4**

**TOTAL 5+**

## 4 OUT OF THE FOLLOWING, WHICH IS YOUR FAVOURITE?

Scrambled eggs .....

Dippy eggs and soldiers .....

Hard boiled eggs .....

Omelette .....

Poached eggs.....

I don't like any of these .....

**TOTAL**

**TOTAL**

**TOTAL**

**TOTAL**

**TOTAL**

**TOTAL**

## 5 DID YOU KNOW THE FOLLOWING FACTS:

Eggs can be laid by ducks as well as chickens

Yes ..... No .....

**TOTAL YES**

**TOTAL NO**

Eating eggs can give you energy to help you run and play

Yes ..... No .....

**TOTAL YES**

**TOTAL NO**

Eggs have a shell that can crack and make a mess

Yes ..... No .....

**TOTAL YES**

**TOTAL NO**

Chickens lay one egg a day

Yes ..... No .....

**TOTAL YES**

**TOTAL NO**

Chickens sleep inside but free range chickens go outside during the day

Yes ..... No .....

**TOTAL YES**

**TOTAL NO**

**NOW:** Get into pairs with someone in your class and look at their survey. Did you find out the same things? Did your surveys show that people in your class have a clear favourite egg food? If your results are different to your partner, why do you think that might be?

# THE ANATOMY OF AN EGG

Read this diagram and see if you can remember each part of an egg

## SHELL

- The first line of defence for the egg, stopping bacteria getting in
- Breed of hen will determine the colour but this is usually white or brown
- Pores allow moisture to enter and leave the egg

## SHELL MEMBRANES

- There is an inner and an outer layer
- This is another layer of defence against bacteria entering the egg

## ALBUMEN

- This is the official name of the white of the egg
- It is made of two layers – one thick, one thin
- It contains high-quality protein, minerals and water

## CHALAZA

- A pair of spiral bands that anchor the centre of the egg in place
- These are more prominent the fresher the egg

## AIR CELL

- This cools after being laid at the wide end of the egg
- The fresher the egg, the smaller this bit will be

## GERMINAL DISC

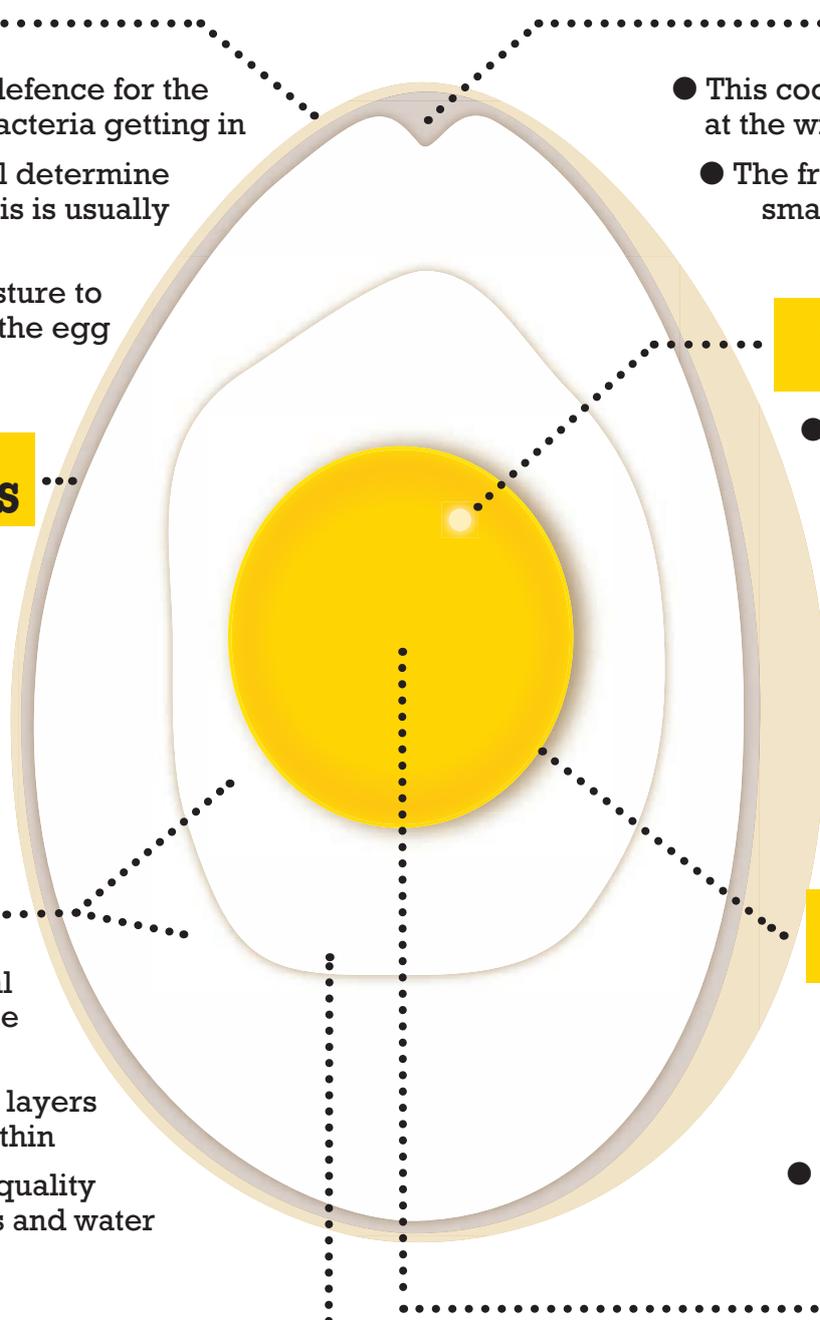
- This appears as a slight depression on the surface of the yellow part of the egg
  - We eat unfertilised eggs but this is where the egg can be fertilised to produce chicks

## YOLK MEMBRANE

- It's job is to surround and protect the yellow part of the egg
- Is always stronger when it's fresher

## YOLK

- This is the major source of all the good stuff you find in an egg vitamins, minerals, proteins and fatty acids
- Represents one-third of the egg's weight
- Usually yellow but ranges in colour from light to dark orange



# LOVE FREE RANGE EGGS NUTRITION SHEET

Learn all that is good about eggs with our fact sheet containing everything you need to know and more!

## DID YOU KNOW?

One little egg is packed with several vitamins essential to your health...

### VITAMIN B2

Which helps your body to break down food into energy

### VITAMIN A

Which is great for your eyesight

### VITAMIN B12

Vital for producing red blood cells

### VITAMIN E

Which helps prevent tissue and cellular damage

## EGGS ARE A GREAT WAY OF GETTING YOUR RECOMMENDED DAILY ALLOWANCE (RDA)

**6%**

**VITAMIN A**  
6% OF YOUR RDA

**5%**

**FOLATE**  
5% OF YOUR RDA

**7%**

**VITAMIN B5**  
7% OF YOUR RDA

**15%**

**VITAMIN B2**  
15% OF YOUR RDA

**9%**

**PHOSPHOROUS**  
9% OF YOUR RDA

**9%**

**VITAMIN B12**  
9% OF YOUR RDA

**22%**

**SELENIUM**  
22% OF YOUR RDA

Eggs also contain decent amounts of Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Calcium and Zinc.

## BUST THOSE MYTHS

### CHOLESTEROL

There is a good and a bad type of cholesterol in our bodies. Eggs are high in the good type which helps the body, rather than damaging it.

### KEEP EGGS HEALTHY

If you are worried about your cholesterol, it is how you cook your eggs that matters, without the addition of saturated fat from other sources like butter and cheese. There is no limit to the number of poached, boiled and scrambled eggs (without butter) that you can eat in a week.

### FOOD SAFETY AND EGGS

Most eggs have a stamp on the shell which shows that they have been produced in the safest way possible. Nearly all eggs laid on British farms now have this. UK egg production is among the safest in the world.

## WHY SHOULD YOU EAT EGGS?

- Whole eggs are among the most nutritious foods on the planet, containing a little bit of almost every nutrient we need.
- Eggs are high in cholesterol, but eating eggs does not have adverse effects on our health for the majority of people.
- Egg consumption is linked to a reduced risk of many diseases.
- Eggs are among the best dietary sources of choline, a nutrient that is incredibly important but most people aren't getting enough of.
- Eggs contain a vitamin that can help your eyes stay in tip top condition.