## Egg Nutrition Target Grade Level: 3rd Grade

## Full Lesson Plan: [https://www.iowaagliteracy.org/Article/Egg-Nutrition](https://www.iowaagliteracy.org/Article/Soybean-Life-Cycle-Sequencing)

This document is meant for you, the teacher, to use to convert the lesson plan into a virtual learning module for your students. You can use the steps outlined below to create different elements of a Google Classroom lesson or other online learning module. You can also send the steps directly to your students in a PDF, present them in a virtual meeting, or plug them into any other virtual learning platform you use. Find more virtual lessons here: [Virtual Learning.](https://www.iowaagliteracy.org/Tools-Resources/Other/Virtual-Learning)

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| Engage | Do you know the song Head, Shoulders, Knees and Toes? Try singing it with these new words:  Brain, muscles, heart and stomach,  Heart and stomach.  Brain, muscles, heart and stomach,  Heart and stomach.  And eyes, and ears, and mouth, and bones.  Brain, muscles, heart and stomach,  Heart and stomach. Today we will be learning how eggs are good for brain health, building muscle, maintaining a healthy heart, staying full longer after a meal, and even helping with good eyesight. |
| Explore | Next, read *My Family’s Egg Farm* by Katie Olthoff.   * [*My Family’s Egg Farm*](https://www.iowaagliteracy.org/Tools-Resources/Publications/My-Familys-Farm) |
| Explain | Eggs provide valuable sources of protein. Watch the video to learn more about foods in the protein group and why they are important.   * [My Plate. The Protein Group](https://youtu.be/-29CVnHjOBQ)   Now, think about what you ate yesterday. Write down the protein foods that you ate. Did you eat different types of protein? If so, way to go! |
| Elaborate | Eggs are good for the whole body! Read the slides to learn why eggs are good for your brain, eyes, muscles, heart, blood, stomach, and bones!   * [Excellent Eggs](https://docs.google.com/presentation/d/1CxGLWTzpilIQ81FtiKfujl0GgGImQPPqymRSY7FY6C8/present?usp=sharing) |
| Evaluate | Commercials can affect our decisions about our health including what to eat. Watch the commercials below to see how eggs have been marketed over the years.   * 1978: <https://youtu.be/DkHsUSfqd1U> * 2000: <https://youtu.be/6nFLecjWXG0> * 2019: <https://youtu.be/vJYroAkA3Mo>   Now, write a script for a commercial that showcases the health benefits of eating eggs. Use at least one fact from the [Excellent Eggs](https://docs.google.com/presentation/d/1CxGLWTzpilIQ81FtiKfujl0GgGImQPPqymRSY7FY6C8/present?usp=sharing) slides. |