



United States Department of Agriculture

Team Nutrition Cooks!
**Scrambled Eggs
With Spinach**



Scrambled Eggs with Spinach

Quick Start Guide

Total Time for Activity: 10 minutes

Serving Size: 2 eggs with spinach

Crediting Information: 2 eggs with spinach provide 4 oz. eq. meat/meat alternate.

1 Ingredients List

- ___ large eggs
- ___ cup(s) chopped spinach
- ___ teaspoon(s) oil, any kind

Optional

- ___ slice(s) whole-wheat bread
- ___ ground pepper or other spices

Use the **Ingredient Conversion Chart** to figure out the amount of ingredients you will need for your group size. Fill in the ingredients list with the amounts you need, such as “2 large eggs” or “3 cups chopped spinach.”

Ingredient Conversion Chart

	6 people	12 people	18 people
Eggs	12	24	36
Chopped spinach	3 cups	6 cups	9 cups
Oil	6 tsp	12 tsp	18 tsp
Whole-wheat bread (Optional)	6 slices	12 slices	18 slices

3 Safety Tips

- ✓ Wash everything raw eggs touch with hot soapy water.
- ✓ Use pot holders, not hot towels, when moving a hot skillet, pan, or lid. Towels can catch on fire.
- ✓ When cooking, stand a safe distance from the pan and pour oil slowly.

2 Supplies

- ___ cutting board(s)
- ___ whisk(s) or fork(s)
- ___ small bowl(s)
- ___ small skillet(s)
- ___ measuring spoon(s)
- ___ measuring cup(s)
- ___ heatproof spatula(s)
- ___ cooktop(s)
- ___ pot holder(s)
- ___ butter knife/knives
- ___ plate(s)
- ___ napkin(s)
- ___ utensil(s)

Amount needed of each item will depend on the size of your group and the layout of your room. See page 56 for details.

4 Instructions for Program Operators

1. Have adults and children wash his or her hands with soap and water.
2. Crack one egg into a small bowl.
3. Pour the egg into a larger bowl. Repeat with the second egg by first cracking it into the small bowl, and then pouring it into the larger bowl.
4. When both of the eggs are in the larger bowl, beat or whisk the eggs until the mixture is pale yellow.
5. Put the skillet on the stove and turn the heat to medium. When the skillet is hot, add the oil.
6. Carefully pour the eggs into the skillet. Add the spinach.
7. The eggs that are on the bottom, closest to the heat, will cook first. Drag the spatula across the bottom of the skillet to move the cooked eggs aside so that the uncooked eggs can move closer to the heat. Keep pulling the cooked egg aside until the whole mixture is firm and fully cooked. If you want to add herbs to your eggs, you can add them when the eggs are almost finished cooking.
8. Serve right away, with whole-wheat toast if you would like.



Scrambled Eggs With Spinach Activity Guide

All About Scrambled Eggs With Spinach

Eggs aren't just for breakfast anymore! This quick-cooking recipe lets kids practice their chopping, measuring, and whisking skills as they prepare a simple and delicious dish that can be enjoyed any time of day!

Overview

Remember that the *Team Nutrition Cooks!* recipes can be made in any order, and recipes can be made over a period of days, weeks, or the entire year. Each *Team Nutrition Cooks!* session is meant for children ages 8 to 12 years old, and takes about 1 hour of preparation time and 1½ hours to complete. Each recipe also has a Family Handout that the children can use during and after the cooking activity to learn about healthy foods and practice their cooking skills. There is also a short video that shows the cooking skills needed for this recipe. The Activity Guide, Family Handouts and videos can be found at <https://www.fns.usda.gov/tn/cooks>.



Preparation

- **Before starting, be sure to review all policies related to your program or facility regarding food preparation.** Check with your local health department about food safety requirements specific to your program.
- **Read this module before you start.** Pay special attention to notes marked “**Do Ahead,**” “**Safety Tip,**” “**Bright Idea,**” or “**Instructor Tip.**”
- **Review the Ingredient and Supplies Checklist on page 56.** Make sure you have all the ingredients, materials, and handouts needed.
- **Practice preparing the recipe.** Use all of the cooking tools in the room and area where the session will take place.
- **Plan for the time you have.** If your group has extra time, do the worksheets in the Scrambled Eggs Family Handout as part of the session (see pages 12–14 of the Family Handout). If not, let the children know they can use these worksheets at home. This guide includes discussion questions that you may use at the beginning of the activity or during times that you are waiting. If you are short on time, you may have to shorten or skip some sections.

Activities

1. **Introductions, Goals, and Ground Rules** (5 minutes) p. 47
2. **All About Eggs and Spinach** (10 minutes) p. 49
3. **Nutritious and Delicious MyPlate** (5 minutes) p. 50
4. **Cooking and Eating** (35 minutes) p. 51
5. **Cleanup** (15 minutes) p. 61
6. **Wrap-Up and Summary** (5 minutes) p. 62

INSTRUCTOR TIP

If you are short on time then focus on **Handwashing, Ground Rules, Cooking and Eating, and Cleanup.**

Supervision and Room Management

This Scrambled Eggs With Spinach recipe makes one serving, with ingredient and kitchen tools lists provided for a group of five children and one adult. This ratio of one adult for each group of five children will help you manage preparation, instruction, and behavior and avoid long waiting times and overcrowding of the cooking stations. Each child will help prepare the recipe and be able to eat a full serving.

Options for Large Groups

If you have a large group, you may want to try some of the ideas below to help the activities run smoothly:

- **Repeat the Activity**—Divide the children into small groups and then repeat the activity throughout the day or week.
- **Demonstrate**—Show cooking skills in front of the large group, and then have each small group practice one skill, such as cracking eggs or whisking.
- **Use Volunteers**—Teenagers can help with the activities, particularly those who are in a culinary arts or service learning program. They can help you get ready for the session and help children with reading recipes, mashing, stirring, and other cooking skills that do not involve sharp knives. They can also help with cleanup. For more ideas of how to get teens involved, see [Teen Talk: Opportunities for Service Learning](#) on page 12.

Additional Supplies

In addition to this activity guide, you will need:

- A computer with speakers, a projector, and a screen large enough for showing skill videos
- A chalkboard/whiteboard or large paper and markers
- Pens and pencils for each child
- Name tags and markers (optional, if you are not already familiar with the children)
- Copies of the *Scrambled Eggs With Spinach Family Handout*, which you can order or download at: <https://www.fns.usda.gov/tn/cooks>
- Ingredients and supplies listed on page 56
- Access to a handwashing sink and hand soap
- Access to a food preparation sink. Having a food preparation sink that is separate from the handwashing sink is ideal. If this is not possible, be sure to clean out the sink with hot soapy water before rinsing the spinach.
- MyPlate poster (free from <https://teamnutrition.usda.gov>)



Introductions, Goals, and Ground Rules (5 minutes)

OBJECTIVE: At the end of this activity, the children will be able to state the goals and ground rules.

➔ **DO AHEAD:** Decide what questions you will ask to help the children share a fun food fact.

Introductions

If you are not familiar with the children, you may want to introduce yourself, and have them introduce themselves at the beginning of the session. Let the children know about the recipe they are making today, and the activities involved in making the recipe.



1. If needed, have children make name tags. Make a name tag for yourself and other instructors or staff too. This will help everyone remember each other's names.
2. Then, have the children sit facing one another in a circle or square so that everyone can see each other. If the space does not allow for this, have them face each other as much as possible.
3. Start by introducing yourself: who you are, where you are from, and include a fun food fact about yourself, such as your favorite food (or use the questions below). Then, have the children introduce themselves, adding a fun food fact or an answer to one of the questions below.

Questions

- What does your family cook at home?
- What is your favorite fruit or vegetable?
- What do you like to eat for breakfast?
- What do you like to eat for a snack?

Once everyone has had a chance to speak, thank the group for sharing their thoughts. Let the group know what activities they will be doing today.

Goals

The goal of this session is to get the children familiar and comfortable with following a recipe and making scrambled eggs with spinach. The activities in this session give the children a chance to learn and practice the following skills:

- **How to Chop**
- **How to Measure Wet and Dry Ingredients**
- **How to Crack Eggs**
- **How to Whisk**
- **How to Use a Cooktop Safely**
- **How to Scramble**
- **How to Toast (Optional)**
- **How to Season (Optional)**
- **How to Set a Table (Optional)**

Ask the children if they have ever tried or heard of any of these skills before. You can ask questions such as “Have you ever used a whisk? Raise your hand if you've ever scrambled eggs before. How about if you've helped a grown-up cook breakfast or lunch or dinner, or if you've cooked a meal by yourself?” This will let you know how familiar and comfortable the group might be with cooking, and what sections and skills you might need to spend more or less time on.



Ground Rules

Review and have the children agree to the Ground Rules before starting.

When reading the Ground Rules, remind the children why each rule exists or ask them to explain the reasoning behind each rule. Make sure everyone understands and agrees to the Ground Rules before moving on. You can either get a “thumbs up” or have the children sign the rules as an agreement.

➔ **DO AHEAD:** Write the Ground Rules on the chalkboard, white board, or large piece of paper so that the children can see them when you are reading them out loud. This will help visual learners and remind everyone of the rules he or she should follow during the session.

You can decide if you want to write only the words that are in bold below, or if you want to write the additional text that explains the rule in more detail. The text in *italics* are reminders that you and the other adults can use to help children understand why it's important to follow that rule.



- **Clear the desks.** Keep books, backpacks, electronics, and coats off the tables or counters where food is prepared or served. Be sure bags are not in the aisle or in a place where people will trip over them. *Remind the children that this is for their safety and to keep germs out of the food.*
- **Wear sneakers.** Wear closed-toed shoes, such as sneakers. *Remind the children that this is for their safety.*
- **Tie back long hair.** Pull long hair into a ponytail or bun to prevent accidents and to minimize hair getting into food. *Remind the children that this is for their safety and to keep germs out of food.*
- **Scrub in and out.** Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom. *Need a timer? Hum the “Happy Birthday” song from beginning to end twice.*
- **Be careful.** Use the kitchen tools carefully and stay aware of where everyone is around you. *Remind the children that this is for their safety.*
- **No “ewwwws.”** You are going to try some new things and you may love them, but if you don't, no “ewwwws.” *Remind the children that this helps everyone to keep an open mind. It is also a part of practicing good manners.*
- **No “double-dipping.”** Tasting utensils should never be used in shared food. Watch to make sure that the children don't put tasting utensils back into shared food and *remind the children that this is for their health and safety.*
- **Clean up your mess.** Everyone will clean up his or her own mess. *Remind the children that this is practicing responsibility.*

💡 **BRIGHT IDEA:** Ask the children to come up with more rules that they think are good for this class. Add them to this list if they make sense.



All About Eggs and Spinach (10 minutes)

OBJECTIVE: At the end of this section, the children will be able to describe where eggs and vegetables come from, list ways they are eaten together, and name three facts about eggs and spinach.

To start the discussion, ask:

- Where do eggs come from?
- Does your family make eggs at home? How do you prepare them?
- What do you eat with your eggs?
- What are some things we need to do to cook safely with eggs?
- Where do vegetables come from?
- What vegetables go well with eggs?
- What vegetable are we using in our scrambled eggs today?

Use the discussion questions on this page to help the children learn more about eggs and spinach. You can ask the group the questions written in **bold green text**, and then fill in with the answers in black text as needed. Or, you can choose a few facts about eggs and spinach and share them with the group.

Where do eggs come from?

Eggs come from birds, and in United States, most of the eggs we eat are laid by hens, which are female chickens. Eggs are gathered, rinsed, sorted by size and quality, and then packed into cartons and refrigerated. Other kinds of eggs that we can eat include those from quails, ducks, geese, ostriches, and emus.

What are some of the ways that people eat eggs?

Eggs can be prepared many different ways. In a scrambled egg dish, eggs are cracked into a bowl and can be mixed together with seasonings. They are then cooked by pushing the whisked egg mixture around a hot skillet with a spatula until the mixture becomes firm. Eggs can also be hard cooked by boiling the whole egg in water until the white and the yolk become very firm inside the egg. The eggshell is then cracked and peeled off the cooked egg before eating.

Eggs are eaten many different ways around the world. Because they are so tasty together, vegetables and eggs are often combined in dishes. In France, omelets, quiche, and crêpes are filled with a variety of different vegetables, such as spinach, broccoli, asparagus, potatoes, or cauliflower. In Mexico, *huevos rancheros* is a popular egg dish that contains beans and other vegetables and is served on top of tortillas. These dishes taste different, and they all use eggs as their base and are a great way to include vegetables in a meal.



What vegetables go well with eggs?

Vegetables that go well with eggs include spinach, kale, asparagus, tomatoes, onions, bell peppers, broccoli, mushrooms, scallions, zucchini, and chopped fresh herbs, especially basil, chives, and parsley.

What vegetable is being used with eggs in this recipe?

This recipe includes spinach, which is a dark green, leafy vegetable. Spinach can be eaten raw or cooked by steaming, boiling, microwaving, sautéing, or stir-frying.

Spinach can be bought fresh, canned, or frozen. When buying fresh spinach, look for green leaves without spots or damage. When using a fresh vegetable like spinach, we must first rinse it under cool, running tap water, unless it comes in a bag that says it is “washed” and “ready to eat.” When buying canned spinach, look for “low sodium” or “no salt added” on the can.

Nutritious and Delicious MyPlate (5 minutes)

OBJECTIVE: At the end of this section, the children will be able to describe how eggs and spinach fit into a healthy diet.

To start the discussion about MyPlate, ask the group if anyone has seen the MyPlate icon before, and what MyPlate tells us about healthy eating. Then, use the bold green points below to lead a discussion about how eggs and spinach fit into MyPlate, and the nutrients in eggs and spinach that our bodies need to be healthy and strong.

Protein foods and vegetables are part of a healthy diet.

The MyPlate icon reminds you to eat foods from all five food groups. MyPlate's five food groups are:

- **Fruits**
- **Vegetables**
- **Grains**
- **Protein Foods** and
- **Dairy**

The MyPlate icon is also a reminder to make half your plate fruits and vegetables. This will help you get the nutrients you need to feel and look your best. One way to help you eat enough fruits and vegetables each day is to choose fruits and vegetables at each meal and as snacks.

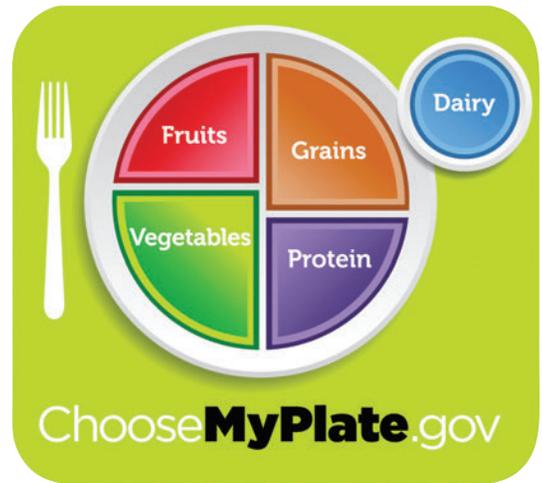
Protein foods help your body build muscle

Eggs are part of the **Protein Foods** Group, which is in the lower right, purple section of the MyPlate icon. Eggs can be eaten as part of a meal or as a snack.

Foods with protein help your body build healthy muscle, skin, and tissue. Other foods in the **Protein Foods** Group include meat, poultry, fish, beans and peas, nuts, and seeds. Eating a variety of different types of protein-rich foods during the week helps you get the nutrients you need for good health. It is important to choose leaner (lower-fat) options more often, such as beans, peas, and lean cuts of meat.

Protein foods have vitamins

Many protein foods give your body vitamins B (niacin, thiamin, riboflavin, and B6) and E as well as the minerals iron, zinc, and magnesium. These nutrients help you to grow and be healthy. For example, the iron in eggs helps your body carry oxygen from your lungs to the rest of the body. Eggs also have vitamin D and calcium, which help build strong bones and teeth, and vitamin A, which helps protect your eyes and skin.



Protein and your health

You may have heard that eggs are high in cholesterol and that too much cholesterol in your blood increases your risk of heart disease. It's true that the egg yolk is a source of dietary cholesterol, but today, scientists believe that saturated fat and *trans* fat affect blood cholesterol levels more than the cholesterol in your diet. This means that eggs can be a part of a healthy diet, especially when you eat many different kinds of protein-rich foods in a week.

Vegetables and your health

Spinach fits in the lower left, green section of the MyPlate icon. This section is the **Vegetables** group. Spinach is an excellent source of vitamin A and also has potassium and other nutrients. In addition to protecting eyes and skin, vitamin A also helps the body fight infections. Potassium helps muscles work properly and also helps the body keep a normal heartbeat and blood pressure.

It's important to eat many different types of vegetables. Different vegetables often include different combinations of nutrients. By eating many different vegetables and a variety of foods from all five food groups, you can make sure you are getting many of the nutrients you need to stay healthy.

BRIGHT IDEA: Display the MyPlate icon in a place where everyone can see it.

OPTIONAL ACTIVITY: Decide if you want to do the **Making Half Your Plate Fruits and Vegetables** activity found on page 14 of the Family Handout. If so, have copies of the Family Handout and pencils for each child.

INSTRUCTOR TIP

Remind the children that it's okay if the protein foods or vegetables they eat are mixed with other foods, such as an omelette or chicken vegetable soup. These foods would still count as part of their MyPlate meal. To see how much of each food group to eat every day, visit Choose MyPlate's webpage at <https://www.choosemyplate.gov>.



Cooking and Eating (35 minutes)

OBJECTIVE: At the end of this section, the children will have made scrambled eggs with spinach.

✓ **SAFETY TIP:** Be sure the children wash their hands before they start cooking.

Each child will make an individual serving of scrambled eggs with spinach. Adult instructors will make their own serving after the children are done. The children who finish cooking can eat their eggs and then help with cleanup or work on optional activities.

💡 **BRIGHT IDEA:** The hands-on portion of cooking is the part of the activity that the children will be most excited about, other than eating. It's important to supervise and keep as much control as possible so that everyone stays safe and gets a chance to participate. We recommend having at least one adult instructor for every five children.

➡ **DO AHEAD:** Rinse the spinach before the children arrive to save time or buy pre-washed spinach. If you are using bagged spinach and the package indicates that the contents are washed and ready to eat, you do not need to rinse the spinach again before using.

Ingredient list per person

- 2 large eggs
- ½ cup fresh spinach
- 1 slice whole-wheat bread (for toast; optional)
- 1 teaspoon vegetable oil
- pinch of ground pepper or other spices (optional; see [How to Season](#) on page 61)

Ingredient list per group (5 children, 1 adult)

- 1 dozen eggs
- 3 cups fresh spinach
- 6 slices whole-wheat bread (for toast; optional)
- vegetable oil
- ground black pepper or other spices (optional; see [How to Season](#) on page 61)

➡ **DO AHEAD:** Make sure all adult instructors are comfortable using all the tools. Watch each video, and, if possible, practice the cooking skills in advance. Videos can be viewed at <https://www.fns.usda.gov/tn/cooks>.

Skills that will be covered during this activity:

- [How to Chop Spinach](#)
- [How to Measure Wet and Dry Ingredients](#)
- [How to Crack Eggs](#)
- [How to Whisk](#)
- [How to Use a Cooktop Safely](#)
- [How to Scramble](#)
- [How to Toast \(Optional\)](#)
- [How to Season \(Optional\)](#)
- [How to Set a Table \(Optional\)](#)

INSTRUCTOR TIP

If you are short on time, space, or kitchen tools, have the children tear the rinsed spinach into small pieces instead of chopping.



INSTRUCTOR TIPS FOR TEACHING COOKING SKILLS

Watch the skills videos with the children at <https://www.fns.usda.gov/tn/cooks>.

If your group is new to cooking, you may want to talk to the group about how to read a recipe. See [How to Read A Recipe](#) on page 8. The recipe and [Look and Cook Recipe](#) are included in the Family Handouts, so you can give each child a copy of the Family Handout to use during this session. This Activity Guide includes the [Look and Cook Recipe](#) and Instructor's version of the recipe on pages 54 and 55. The [Look and Cook Recipe](#) is the same as the one in the Family Handout. The Instructor's version of the recipe is similar to the one in the Family Handout, with text in *italics* to show tips for instructors.

Set up stations for children to practice their cooking skills:

- Designate a table or desk for each station that will not be used or touched before it is time to cook.
- In order to let the children practice their skills with enough supervision, divide them into groups of five children for every one adult.
- Once divided into groups, each group will use each skill to make its own scrambled eggs with spinach. In **Option Two**, children will practice some, but not all skills used in the recipe.
- **Options One** and **Two** should be used if groups are large or if you are short on time. In **Option Three**, all of the children will practice the same skills.
- You can decide the best way to set up the cooking stations; some recommendations are below. At each station, have an adult remind children how to use each tool before allowing them to try.

Options for practicing skills at stations:

- **Option One:** Each child will prepare the scrambled eggs recipe and get to crack and whisk his or her own eggs; chop, measure, and add his or her own spinach, and scramble the eggs and spinach on the cooktop. In this option, eggs are made in individual servings. (Recommended)
- **Option Two:** All the skills are practiced at each station, but each child contributes to only one part of the recipe. For instance, at each station one child may do the measuring, another may whisk, and another may scramble, etc. In this option, eggs are made together instead of in individual servings.
- **Option Three:** Each station focuses on a single skill, but children may rotate through all the stations, trying all the skills. Groups rotate through

cooking stations, cracking their eggs and whisking at the first table, and then continuing on to the measuring table, and then to a scrambling station. If you have a large group, this may lead to a bottleneck at the scrambling station. Use this with small groups only. In this option, eggs are made together instead of in individual servings.

NOTE: If using **Option One**, each child can use two eggs and ½ cup of chopped spinach to make individual servings.

Suggested Stations and Supplies for Option Two and Option Three:

The number of each tool needed will depend on the size and number of each group.

The stations:

Chopping and Measuring Spinach

- cutting board
- butter knives
- ½-cup dry measuring cup

Cracking and Whisking

- small bowl or mug
- large bowl
- forks or whisk
- trash can

Scrambling

- cooktop
- spatula
- skillet
- plates
- 1 teaspoon measuring spoon

- potholders

Toasting (optional)

- toaster
- plates
- tongs for removing toast (optional)

KEY SKILLS

- [How to Chop Spinach](#) p. 57
- [How to Measure Wet and Dry Ingredients](#) p. 57
- [How to Crack Eggs](#) p. 58
- [How to Whisk](#) p. 58
- [How to Use A Cooktop Safely](#) p. 59
- [How to Scramble](#) p. 60
- [How to Toast \(Optional\)](#) p. 60
- [How to Season \(Optional\)](#) p. 61
- [How to Set a Table](#) p. 10



Look and Cook Recipe: Scrambled Eggs With Spinach

Ingredients

Ground pepper



Spinach



Oil



Eggs



Whole-wheat bread
(Optional)



Directions

1



Wash your hands.

2



Chop the spinach.

3



Measure the spinach.

4



Optional: Toast the bread.

5



Crack the egg.

6



Break the egg.

7



Whisk the eggs.

8



Add the oil to the pan.

9



Pour the eggs in the pan.

10



Add the spinach to the eggs.

11



Scramble the spinach and eggs.

12



Enjoy the scrambled eggs with spinach!



Scrambled Eggs With Spinach

INSTRUCTOR TIP

Below is the recipe as it appears in the Family Handout. Tips for program operators have been added in *italics* or in boxes with **INSTRUCTOR TIP** as a heading. These tips are not on the recipe in the Family Handout.

Try this traditional breakfast dish any time of day!

Total Time: 15 minutes • Hands-on Time: 15 minutes • Yield: 6 servings • Serving Size: 2 Eggs with Spinach

INSTRUCTOR TIP

Don't forget to review the **Food Safety** (page 5) and **Handwashing** (page 9) sections with the group before cooking.

Allergy Notes:

- This recipe contains eggs.
- If using vegetable oil, make sure that the source is specified and that there is no peanut allergy warning on the label.
- If including toast, this recipe will include wheat.

INGREDIENTS*

- 1 teaspoon olive, canola, or vegetable oil
- 12 large eggs
- 3 cups rinsed chopped fresh spinach
- 6 slices whole-wheat bread, toasted (optional)
ground pepper or other herbs and spices (optional)

*NOTE: The amounts listed here are for a batch of scrambled eggs with spinach that serves a group of six. If each child is preparing his or her own serving of scrambled eggs with spinach, then each child should use two eggs and a ½ cup of chopped spinach.

SHOPPING LIST

- 12 large eggs
- 3 cups fresh spinach
- olive, canola, or vegetable oil
- black pepper
- whole-wheat bread (optional)

INSTRUCTOR TIP

See **Ingredients and Supplies Checklists** on page 56 for amounts needed for your group.

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your kitchen tools and ingredients and put them on a clean counter or other cooking surface.
2. Chop the spinach.
3. Measure the chopped spinach and set aside.
4. Optional: If you'd like to make toast, put your bread in the toaster now. That way, the toast will be done at the same time as the eggs and you can eat them together.
5. Crack one egg by hitting its midpoint quickly against the rim of a small bowl or cup.
6. Break the egg into the bowl or cup. Pour the egg into a larger bowl. Repeat with the remaining egg(s).
7. Whisk the eggs in the larger bowl until they are pale yellow.
8. Put the skillet on the stove or cooktop and turn the heat to medium. When the skillet is hot, add the oil. If using a nonstick skillet, you may need to add the oil before heating.
9. Carefully pour the eggs into the skillet.
10. Add the spinach to the eggs.
11. Drag the spatula across the bottom of the skillet to evenly scramble and cook the eggs and spinach.
12. Season the scrambled eggs with spinach by sprinkling with pepper or other spices. Serve and enjoy!

Amount per serving: Calories: 192; Total Fat: 14 g; Saturated Fat: 4 g; Sodium: 189 mg; Total Carbohydrate: 3 g; Dietary Fiber: 0 g; Sugars: 2 g; Protein: 13 g; Vitamin A: 2112 IU; Vitamin C: 4 mg; Calcium: 95 mg; Iron: 2 mg.

Crediting Information: Two eggs with ½ cup spinach provide 4 oz. equivalent meat alternate. One slice of bread (at least 1 oz. or 28 grams in weight) will provide 1 serving/oz. equivalent grain.

INSTRUCTOR TIP

The recipe in the Family Handout also includes Optional Add-In Ingredients that can be added to this dish. If you have time, encourage children to read these ideas out loud as a group and try them at home!



INGREDIENTS AND SUPPLIES CHECKLISTS

Use these checklists to make sure you have all of the ingredients and supplies for the activities in this session.

INGREDIENTS

For Taste Test and Cooking and Eating Activities (for a group of six)

Produce Section

- 3 cups chopped fresh spinach

Refrigerated Section

- 1 dozen eggs

Grocery Section

- 6 slices whole-wheat bread (optional)
- vegetable oil
- seasonings such as black pepper, red pepper flakes, dill, basil, parsley, tarragon, chives, or cilantro (optional: see [How to Season](#) on page 61)

SUPPLIES

For How to Season Activity

- 4 to 5 small bowls (optional; one for each spice)
- 1/8 teaspoons (optional; one for each spice)

For Cooking

The number of kitchen tools listed in this section is based on a group of six. This includes five children plus one adult instructor to demonstrate the skills, and everyone in the group getting a chance to practice most of these skills. These numbers may be different for your session, depending on how the cooking stations are set up. See [Instructor Tips for Teaching Cooking Skills](#) on page 52 for more information.

- 6 small bowls
- 6 fork or whisks
- 2 small skillets
- 2 heatproof spatulas
- 6 measuring spoons
- 6 1/2-cup measuring cups
- 1 cooktop
- 2 pot holders
- 6 butter knives
- 6 cutting boards

For Eating

- 6 plates
- 6 forks
- napkins

For Cleanup

- trash bags
- dish cloths and dish soap
- paper towels
- sponges
- hand soap
- broom and dustpan
- gloves for dishwashing (optional)

For Other Activities

- name tags
- markers
- 6 pens or pencils
- chalkboard/whiteboard or paper, markers, and tape for Ground Rules list
- a computer with speakers, a projector, and a screen large enough for showing videos
- MyPlate poster (free from <https://teamnutrition.usda.gov>)
- copies of *Team Nutrition Cooks! Scrambled Eggs With Spinach Family Handout* (free from <https://teamnutrition.usda.gov>)



How to Chop

If using fresh spinach, the spinach needs to be chopped before measuring. Butter knives can be used to chop the spinach in this activity. They are safe for children to use because they are not too sharp but will still cut through spinach leaves. Remind the children that they should always cut on a cutting board for safety and to avoid damaging the counter or table. If time, space, or kitchen tools are limited, the spinach can also be ripped.



1. Stack the spinach leaves on top of each other, so you can cut several leaves at once. You can also roll the stack of leaves into a log and cut the log into shorter pieces. This method is called chiffonade.
2. Hold the knife in the hand you use to write with, and grip it firmly around the handle.
3. Use your other hand to steady the spinach, keeping your fingers curled under, away from the knife. Pay attention to where the knife is; as it moves forward, your hand holding the spinach should move backward. The distance between the knife and hand holding the spinach should always stay the same.
4. Chop the spinach into small pieces.

How to Measure

It is important to measure correctly when following a recipe. The measuring tools the children will be learning about today are dry measuring cups and measuring spoons.

Dry measuring cups are meant to be filled to the top and then leveled off using the straight edge of a knife or fork. "Leveled off" means that the dry ingredients are made even with the top of the measuring cup so that the measurement is accurate.

Measuring spoons can be used for dry or liquid measurements. Level off dry ingredients on a measuring spoon the same way you would on a measuring cup.



How to Measure Spinach (dry measurement)

1. Fill the ½-cup dry measuring cup with chopped spinach. Push the spinach down to make sure there are no air pockets.
2. Level off the spinach to make sure the measurement is correct.



How to Measure Oil (liquid measurement)

1. Fill the teaspoon until the liquid reaches the edges. Pour the oil into the teaspoon while holding it over a bowl or other container that can catch any extra liquid.
2. Pour the oil into the skillet.



How to Crack Eggs

1. Make sure the eggs are not broken or cracked.
2. Crack the eggs, one at a time, into a small bowl or mug. It is important to crack eggs into their own bowl, separate from other ingredients, and not directly into the pan. This is so that any shell that falls into the bowl can be easily removed.
3. Crack the egg at the midpoint by hitting it quickly against the rim of the bowl.
4. Try to crack the egg in one hit so that there are fewer eggshell pieces that may fall into the bowl. There should be one big crack. If it doesn't work the first time, that's okay!
5. Hold the egg over the bowl with the cracked part facing up.
6. Put your thumbs on either side of the crack and gently pull the shell apart to allow the egg to slide into the bowl.
7. Pour the egg from its small bowl into the larger bowl where the other eggs will go. You should do this after each egg.
8. Make sure to thoroughly wash everything that the raw egg touches with hot, soapy water. Wash your hands after touching raw eggs too.

INSTRUCTOR TIP

Cracking eggs can be challenging for kids! Plan to have enough eggs in case eggs are cracked or dropped. Have kids place the small bowl or mug closer to the edge of the table or counter, which will give them better control of the eggs.

How to Whisk

Whisking means beating or stirring quickly to mix ingredients. You can whisk using a fork or a tool called a whisk. The girl in the picture on the right is using a whisk to whisk her eggs.

1. When all the eggs are in the bowl, use your wrist to move the fork or whisk quickly in a circular motion.
2. Stop whisking when the eggs are blended together and the mixture is pale yellow.



How to Use a Cooktop Safely

This skill should be demonstrated by an adult, with the children watching. The adult should explain each step to the children, emphasizing the steps needed to stay safe when using a stove or cooktop.

1. Have the cooktop ready and plugged in.
 2. Different cooktops have different ways to turn on the heat. If the cooktop uses gas, you have to turn the knob to light the burner before choosing the temperature. On a gas cooktop, you will see a flame on the burner. For electric and induction cooktops, turn the knob directly to the temperature you want. You will not see a flame.
 3. Make sure the handle of the skillet is turned inward, toward the center of the stove. Otherwise, you could accidentally knock the skillet off the stove, causing serious burns.
- ✓ **SAFETY TIP:** Never walk away from food cooking on a burner.
 - ✓ **SAFETY TIP:** When moving a hot skillet, pan, or lid, use a pot holder, not towels, which can catch fire.
 - ✓ **SAFETY TIP:** Keep your cooking area neat. Do not keep flammable items, like dish towels, papers, or cardboard packages, near the stove.

INSTRUCTOR TIP

Some kids may be nervous or afraid to use the stovetop. You can have the older or more confident children model safety. If needed, have a step stool on hand for children to stand on if they need help seeing over the top of the cooktop or stove.



INSTRUCTOR TIP

Unlike gas or electric burners, induction burners only work if the pot or pan you are using contains steel or iron, and the burner itself will not become hot, even when it's on. However, an induction burner that has recently been used for cooking might get and stay hot from the pot or pan that has been on top of it—so be careful! Copper, aluminum, or glass cookware that does not contain steel or iron will not work on an induction burner.

How to Scramble

1. Put the skillet on the stove and turn the heat to medium. When the skillet is hot, add the oil. (If using a nonstick skillet, follow the manufacturer's instructions on preheating. For nonstick skillets, the oil should be added before the skillet is heated.) The oil will help the eggs to cook and keep them from sticking to the skillet.
2. Pour the eggs into the skillet. Add the chopped spinach.
3. The eggs on the bottom, closest to the heat, will cook first.
4. Drag the spatula across the bottom of the skillet to move the cooked eggs aside so that the uncooked eggs can move closer to the heat.
5. Keep pulling the cooked eggs aside until the whole mixture is firm and fully cooked.
6. Put eggs on a plate or serving bowl to cool slightly, and then serve while still warm. See **BRIGHT IDEA** below for more serving tips. Overcooked eggs will be rubbery in texture.

 **BRIGHT IDEA:** The skillet will not need to be washed or prepped in between each use, but it may be helpful to have a few skillets on hand in case buildup occurs on one. This will save time instead of washing the skillet between each use.



 **BRIGHT IDEA:** Because the cooked eggs may cool quickly, you may want to let the children eat their food when it is done, instead of waiting to eat together as a group. Or, cover the cooked eggs with foil to keep them warm until everyone has finished cooking. The children can help set the table while they wait.

How to Toast (optional)

1. Plug in the toaster.
2. Put the bread into the slot on the top of the toaster.
3. Select how much you would like the bread to be toasted, using the knob. Most toasters have either numbers or markings labeled light to dark. “Light” means the bread will be toasted slightly, and “dark” means the bread will be very well toasted.
4. Push the lever down to start toasting.
5. Keep an eye (and nose) out to make sure the toast is not burning.
6. When the toast is done, it will pop up. If needed, use nonmetal tongs to remove the toast safely.





Cleanup (15 minutes)

OBJECTIVE: By the end of this activity, the children will be able to demonstrate how to clean dishes, kitchen tools (not sharp items), and table surfaces.

It is important to let the children know that cleaning up is an important part of the activity. Some children may not know the correct way to clean dishes, counters, and floors, so showing them what you expect is recommended. Have the children use hot water to wash dishes. Show them the correct amount of soap to put on the dish cloth: a drop or two should be enough for a few pots and pans.

Have dish soap, dish cloths, and dish towels on hand. The children can also use rubber dish gloves when washing dishes if you like.

- **Soak dishes:** If food is baked on or stuck to the dishes, soak them in warm water to loosen it.
- **Wash dishes:** Show the children how to scrub dishes, pots, and pans. Make sure that they wash both the inside and outside and the top and bottom of each. Since utensils go directly into our mouths, be sure they are washed well. It is important to wash all parts of every item, including the handles.
- **Dry dishes:** Show the children where they can leave dishes to dry, or how to dry them with a dish towel. Have them check to make sure there are no remaining grease streaks or traces of food stuck on the pots and pans.
- **Put away kitchen tools:** Show the children where the kitchen tools belong so that they can help put them away.
- **Wash surfaces:** Wash all surfaces that were used for cooking with hot, soapy water.
- **Clean and dry sink:** Wash out the sink with hot, soapy water and dry it with a clean dish towel.
- **Sweep the floor:** Show the children how to sweep into a dustpan and throw away the waste.

- ✓ **SAFETY TIP:** When washing dishes, never swirl your hands around the bottom of the sink, especially if you cannot see the bottom. There may be sharp tools or utensils under the water.

INSTRUCTOR TIP

If eating together as a group, check out [How to Set a Table](#) on page 10.

How to Season

“Seasoning” means adding herbs or spices to bring out the flavors in a food, or to give foods more flavor. There are many herbs like basil, chives, and parsley that go well with eggs. Seasonings are usually added while the eggs are cooking, but in this activity, they will be added just before eating.

1. Set up a station or an area with spices such as black pepper, cumin, and paprika, and/or chopped fresh and dried herbs like parsley, dill, chives, basil, or cilantro.
2. Leave each seasoning in its container for the children to identify and sprinkle onto their eggs. Or you can put the seasonings into small bowls with $\frac{1}{8}$ -teaspoon measuring spoons.
3. Ask the children to taste their eggs before adding any seasonings. If possible, have another adult or older child help you supervise this area so that children do not add too much seasoning.
4. After everyone has tasted their eggs, encourage children to add some seasoning(s) to their eggs and taste again. It only takes a little! Ask them to try their seasoned eggs.
5. Have the children talk about the different colors, tastes, textures, and smells of each herb or spice, using the Discussion Questions below.
6. Have the children help clean up leftovers and trash.

DISCUSSION QUESTIONS

- Which seasoning(s) did you taste today?
- Which herbs or spices have you tasted before?
- Which seasoning(s) did you like the best?
- Were there any tastes that you didn't like as much?
- Are there any other seasonings, fillings, or toppings that taste good on eggs?





Wrap-Up and Summary (5 minutes)

OBJECTIVE: At the end of this section, the children will be able to list five facts or skills they learned from the activity.

This is a great time to have a group discussion about the activities. This can be done in a few different ways. Some ideas are listed below:

- Ask the children:
 - Which step of the recipe was your favorite?
 - What did you learn to do today that you didn't know how to do before?
 - Could you teach someone in your family a skill you learned today?
- Ask for volunteers to name something that they learned.
- In groups, the children can create a 30-second commercial “advertising” scrambled eggs with spinach.
- The children can make a 30-second “fast forward” skit about everything they did today during the activity, including five facts or skills that they learned from it.
- Read aloud the [My Scrambled Egg Story](#) on page 63 and have the children follow along on page 12 of their Family Handout. Ask them to write their answers as you go along. At the end, have a child share his or her story with the group. An answer key is provided for instructors on page 64 of this guide.
- Have the children complete the [Kitchen Tools](#) activity sheet on page 13 of the Family Handout to test their knowledge. An answer key is provided for you on page 66 of this activity guide.

Additional Wrap-Up Items

- Review the Family Handout that the children will bring home to their families.
- Review and answer any questions about the day.
- Thank the children for being such good cooks today and have them give themselves a round of applause.



My Scrambled Eggs Story

Fill in the blanks and bring this home to share with your family.

WORD BANK: bones/muscles/skin/tissues, teaspoon, kitchen tools, quail/ostriches/ducks/geese, protein, scrambled eggs with spinach, cooktop, spoons, cup, potassium, Protein Foods, chickens/hens, whisk, spinach, eggs, half, A, cups, whisk, ingredients, Vegetables

Today, we made (_____). The main ingredient is (_____), which are part of the (_____) Food Group of MyPlate. Foods in this group are high in (_____), which is used by our bodies to build (_____). We also added (_____) to our eggs. Spinach is in the (_____) Food Group of MyPlate. Dark-green vegetables like spinach include a lot of nutrients needed for good health, like vitamin (_____) and (_____). We learned that making (_____) of our plates fruits and vegetables helps us get the nutrition we need.

We also learned some things about where eggs come from. Most of the eggs that Americans eat come from (_____), but people around the world eat eggs that come from other animals too, such as (_____).

Today, we also learned how to read a recipe. It's important to read a recipe all of the way through first so that we know what (_____) and (_____) we will need, what all of the steps are, and how much time it will take to make the recipe.

When we made the scrambled eggs, we learned to use some new tools. One of these tools was a (_____), which we used for mixing the eggs. We can also use a fork if we don't have a (_____) at home. We used a (_____) to cook our eggs.

We also learned how to measure and learned about two different kinds of measuring tools. One was measuring (_____) and the other was measuring (_____). For our scrambled egg dish, we measured spinach in a measuring (_____). To measure the oil, we used a (_____).

After the scrambled eggs were cooked, we got to eat them. We added some seasonings, including (_____). We didn't need too much though, because eggs are tasty on their own and the spinach gave it a lot of flavor too. It was delicious!



My Scrambled Eggs Story

Read this story out loud and ask the children to fill in the blanks on the sheet in the Family Handout. You can then share the answers from the answer key below with them.

WORD BANK: bones/muscles/skin/tissues, teaspoon, kitchen tools, quail/ostriches/ducks/geese, protein, scrambled eggs with spinach, cooktop, spoons, cup, potassium, Protein Foods, chickens/hens, whisk, spinach, eggs, half, A, cups, whisk, ingredients, Vegetables

Today, we made (**scrambled eggs with spinach**). The main ingredient is (**eggs**), which are part of the (**Protein Foods**) Food Group of MyPlate. Foods in this group are high in (**protein**), which is used by our bodies to build (**bones, muscles, skin, and tissues**). We also added (**spinach**) to our eggs. Spinach is in the (**Vegetables**) Food Group of MyPlate. Dark-green vegetables like spinach include a lot of nutrients needed for good health, like vitamin (**A**) and (**potassium**). We learned that making (**half**) of our plates fruits and vegetables helps us get the nutrition we need.

We also learned some things about where eggs come from. Most of the eggs that Americans eat come from (**chickens/hens**), but people around the world eat eggs that come from other animals too, such as (**quail/ostriches/ducks/geese/etc.**).

Today, we also learned how to read a recipe. It's important to read a recipe all of the way through first so that we know what (**ingredients**) and (**kitchen tools**) we will need, what all of the steps are, and how much time it will take to make the recipe.

When we made the scrambled eggs, we learned to use some new tools. One of these tools was a (**whisk**), which we used for mixing the eggs. We can also use a fork if we don't have a (**whisk**) at home. We used a (**cooktop**) to cook our eggs.

We also learned how to measure and learned about two different kinds of measuring tools. One was measuring (**spoons**) and the other was measuring (**cups**). For our scrambled egg dish, we measured spinach in a measuring (**cup**). To measure the oil, we used a (**teaspoon**).

After the scrambled eggs were cooked, we got to eat them. We added some seasonings, including (**dependent on child's experience**). We didn't need too much though, because eggs are tasty on their own and the spinach gave it a lot of flavor too. It was delicious!



Kitchen Tools

These are the tools we need to make scrambled eggs with spinach.
Can you name them all?



(_____)



(_____)



(_____)



(_____)



(_____)



(_____)



(_____)



(_____)



(_____)

WORD BANK: spatula, whisk, dry measuring cups, cutting board, bowl, fork, measuring spoons, skillet, butter knife



Kitchen Tools

These are the tools we need to make scrambled eggs with spinach.
Can you name them all?



(**skillet**)



(**spatula**)



(**fork**)



(**butter knife**)



(**bowl**)



(**measuring spoons**)



(**dry measuring cups**)



(**whisk**)



(**cutting board**)



