



United States Department of Agriculture



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



**FAMILY  
HANDOUT**

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# Dear Family,

Today, your child made scrambled eggs with spinach as part of a cooking activity. He or she learned how to include vegetables in egg dishes and practiced many basic cooking skills. This Family Handout includes the recipe as well as step-by-step instructions for the cooking skills. Give it a try at home for breakfast or as part of a quick dinner—your child would love the chance to show off his or her new skills! If you would like, you can share a picture of your prepared recipe with us on Twitter: @TeamNutrition #Eggswithspinach.

## Some skills we covered today include:

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

Ask your child about today's activities. Here are some questions to get the conversation going:

- What did you cook today?
- What steps did you follow to make scrambled eggs with spinach?
- Do we have the kitchen tools we need to make scrambled eggs with spinach?
- What other ingredients do we need to make scrambled eggs with spinach?
- What could we serve with these scrambled eggs to include other food groups?

Make meals and memories together! Cooking is a skill your child will use for life. You can also watch a video that shows many of the skills used in this activity at <https://www.fns.usda.gov/tn/cooks>.



# 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

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

## 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 or thawed frozen spinach
- olive, canola, or vegetable oil
- black pepper
- whole-wheat bread (optional)

## Optional Add-In Ingredients

Below are optional ingredients that can be added to this dish. Cook the ingredients on medium-low in a small amount of oil first. When they are tender, add to the whisked egg mixture and scramble them together:

- sliced onion or scallions (¼ cup per 2 eggs)
- sliced mushrooms (¼ cup per 2 eggs)
- diced peppers or zucchini (¼ cup per 2 eggs)
- herbs (½ teaspoon dried), such as basil or tarragon

## 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.

Add these when the eggs are almost set:

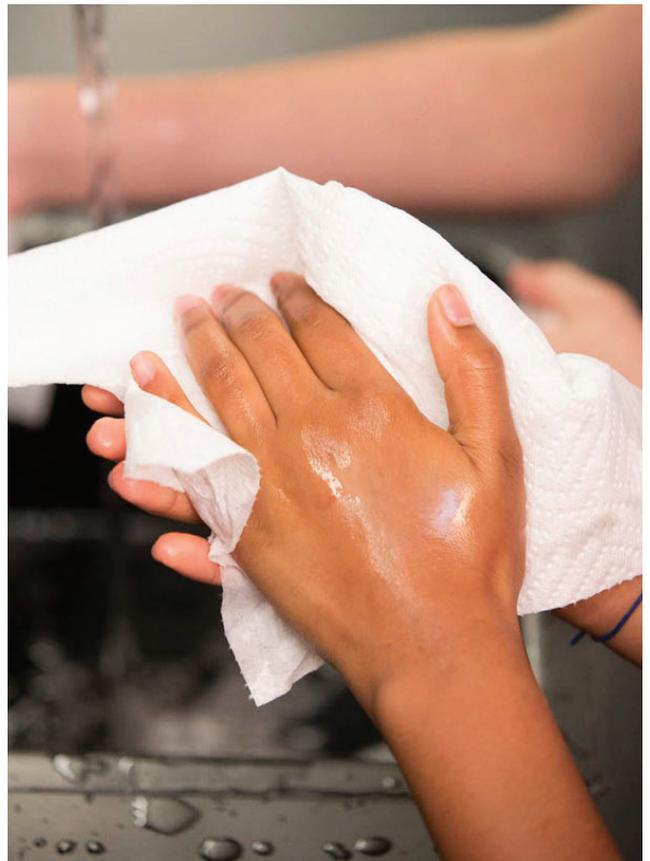
- diced tomatoes (¼ cup per 2 eggs)
- chopped kale (¼ cup per 2 eggs)
- herbs (½ tablespoon chopped fresh basil, flat-leaf parsley, or cilantro leaves)



# How to Wash Your Hands

Washing our hands helps keep foods safe and prevents germs from spreading. Everyone must wash their hands before any tasting or cooking begins. Remind your child to keep his or her clean hands away from his or her mouth, nose, face, or other places on the body.

1. Take off all jewelry on your arms and hands.
2. Wet your hands with clean, running water and apply soap.
3. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, your palms, between your fingers, and under your fingernails.
4. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
5. Rinse your hands well under clean, running water.
6. Dry your hands using a clean towel or air-dry them.
7. Turn off the faucet with a paper towel, not your bare hands.



# Skills We Used Today

During the activity, your child learned about and might have practiced some of the skills that follow. Encourage him or her to show you these skills and to help out in the kitchen. Depending on the age of your child, he or she may need supervision when practicing these skills. You can use these skills when making other recipes as well. As a reminder, you and your child should wash your hands and wipe down surfaces before cooking or practicing cooking skills.

## How to Chop

Take this opportunity to talk about knife safety, including teaching your child to go slowly and to keep an eye on the knife at all times. Always cut on a cutting board to avoid damaging the countertop and use a nonslip cutting board for safety. Adults should wash and dry the knives.

In this recipe, the spinach needs to be chopped before measuring. Your child can use a butter knife to learn chopping skills or just tear the spinach with his or her hands.

### These are the steps your child followed in this activity:

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 your hand holding the spinach should always stay the same.
4. Chop the spinach into small pieces.



## How to Crack Eggs

While your child is still learning, he or she might let some of the shell into the egg whites and yolk. That's okay! Eggshells are easy to remove. If the shell falls in, have your child use a fork or slotted spoon to remove the eggshell. An adult can help if needed.



### These are the steps your child followed in this activity:

1. Make sure the eggs are not broken or cracked.
2. Crack the eggs, one at a time, into a 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 does not 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 the small mug or bowl into the larger bowl where the other ingredients 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.





### How to Whisk

Whisking means beating or stirring quickly to mix ingredients. While your child is still learning, he or she might need some help cleaning up spills or making sure the egg mixture is fully combined.

#### These are the steps your child followed in this activity:

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 yolks and whites are blended together and the mixture is pale yellow.



## How to Measure

It is important to measure correctly when following a recipe. The measuring tools your child learned about today are measuring cups and measuring spoons. While your child is still learning, he or she might need some help cleaning up spills or making sure the measurements are correct. Help your child double-check the measurements before putting the ingredients in a recipe.

**These are the steps your child followed in this activity:**

### How to Measure Oil (liquid measurement)

1. Fill a 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 Measure Spinach (dry measurement)

1. Place the 1-cup dry measuring cup on a flat surface.
2. Fill the measuring cup with chopped spinach. Push the spinach down to make sure there are no air pockets.
3. Empty the spinach into a medium bowl.
4. Repeat Steps 1-3 twice so that you end up with three cups of chopped spinach in the bowl.



## How to Use a Cooktop Safely

Teach your child how to use a cooktop safely by talking about the points below:

- Different cooktops have different ways to turn on the heat.
- If the cooktop uses gas, you will have to turn the knob to light the burner before choosing the temperature.
- On a gas stove, you will see the flame on the burner.
- With electric and induction cooktops, turn the knob directly to the temperature you want. You will not see a flame on the burner.
- We strongly recommend that you or another adult be the one to turn on the cooktop. You can explain and describe each step to your child.
- Make sure the handle of your pot or skillet is turned inward, toward the center of the cooktop. Otherwise, you could accidentally knock it off the stove, causing serious burns.
- Never walk away from food cooking on the cooktop or leave it unattended.
- When moving any hot skillet, pot, or lid, use pot holders, not towels, which can catch fire.
- Keep your cooking area neat. Do not keep flammable items, like dish towels, papers, or cardboard packages, near the stove.





## How to Scramble

Your child can help pour the whisked eggs into the skillet, scramble them, and add the spinach. He or she might need some help knowing when the skillet is hot and when the eggs are fully cooked. 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 pans, the oil should be added before the pan is heated.

**These are the steps your child followed in this activity:**

1. Pour the eggs into the skillet. Add the chopped spinach.
2. The eggs on the bottom, closest to the heat, will cook first.
3. 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.
4. Keep pulling the cooked eggs aside until the whole mixture is firm and fully cooked.
5. Put eggs on a serving plate or bowl to cool slightly, and then serve while still warm.



## How to Toast (Optional)

Take this opportunity to talk about safety, including keeping hands away from the hot part of the toaster, not having water around electrical cords, and not putting metal into the toaster. Your child can put the bread into the toaster, but might need help plugging in the toaster, choosing a toaster setting, knowing when the toast is done, and carefully removing the finished toast.

### These are the steps your child followed in this activity:

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 your 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. Use non-metal tongs to remove the toast safely.



## How to Cool Food Safely

It is important to let food you have just cooked cool before eating it to avoid the risk of burns. Be sure to talk about safety, including waiting until food cools off before eating it and putting hot kitchen tools somewhere safe. Your child may need help moving the hot eggs or toast onto a plate, removing the skillet from the cooktop, and putting kitchen tools somewhere safe to cool off.

### These are the steps your child followed in this activity:

1. Ask an adult to remove hot food and kitchen tools from the stove, so they can cool faster.
2. Use pot holders or oven mitts to move hot dishes so that you do not burn yourself.

✓ **SAFETY TIP:** Place hot kitchen tools on a trivet or cooling rack so that they do not damage the counter.



## 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 can be added while the eggs are cooking, or they can be added just before eating.

**These are the steps your child followed in this activity:**

1. Taste the cooked eggs before adding any seasonings.
2. Add a bit of the seasoning to the eggs. It only takes a little! Taste the seasoned eggs.
3. Compare the different colors, tastes, textures, smells, and uses of each seasoning. Ask your child which seasoning they liked best.



## How to Set a Table

While your child is still learning, he or she might get the place settings a little confused and need some help. Set up a sample place setting for your child to follow. After showing the correct place setting, give your child the necessary supplies and have him or her set the table.

**These are the steps your child followed in this activity:**

1. Put the napkin and fork on the left side of the plate. The fork should lie on top of the napkin.
2. Place the knife next to the plate on the right side. The blade should face the plate.
3. The spoon belongs on the right side of the knife.
4. The cup goes above the knife and spoon.

# 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.

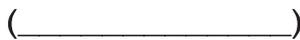
We also learned how to measure and learned about two different kinds of measuring tools. One was measuring ( \_\_\_\_\_ ) and the other was measuring ( \_\_\_\_\_ ). For our scrambled egg dish, we measured spinach in a measuring ( \_\_\_\_\_ ). To measure the oil, we used a ( \_\_\_\_\_ ).

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!



# 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



# Making Half Your Plate Fruits and Vegetables

Today, we made scrambled eggs with spinach, which included foods from two of the five food groups. We need foods from each of the food groups every day for good health.

Eggs fit into the **Protein Foods** Group, shown as the purple shaded part of MyPlate. Protein foods supply many nutrients. These may include protein, B vitamins, iron, zinc, and magnesium.

Spinach comes from the **Vegetables** Group which is shaded green. The MyPlate icon reminds us to make half our plates fruits and vegetables. Fruits and vegetables are delicious when served with protein foods, or you can also add them to recipes with protein foods. Fruits and vegetables can also add taste, color, and crunch to your meals and snacks.

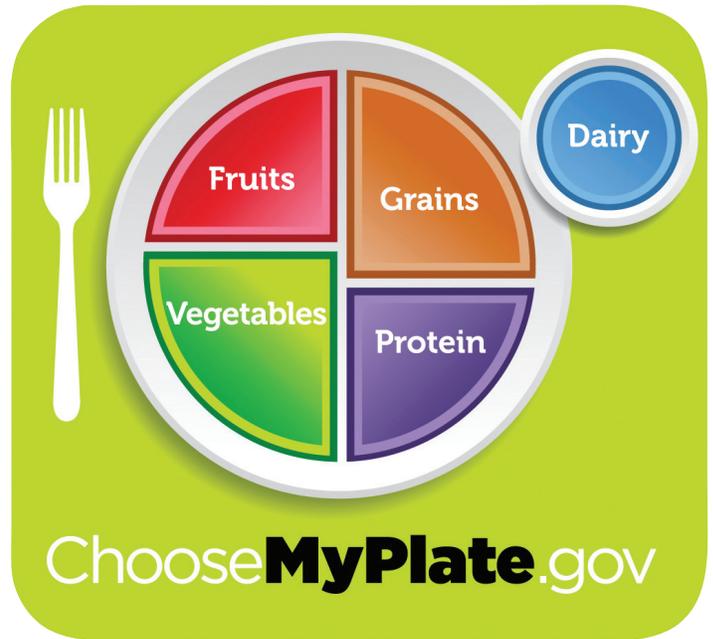
## MyPlate at Home

Tonight, my family will make half our plates fruits and vegetables by:

- adding veggies to a stir-fry
- adding extra broccoli to casseroles
- adding veggies to tacos
- serving fruit salad with grilled chicken breast
- serving roasted vegetables with baked fish
- other ideas \_\_\_\_\_

My family will try a new recipe with vegetables called:

\_\_\_\_\_



## Fill up your plate!

Draw a picture of your favorite meal with fruits and vegetables on the plate below:

