

# Unit 09: Incredible Eggs

Content Area: **Family and Consumer Sciences**  
Course(s):  
Time Period: **Marking Period 1**  
Length: **1 Week**  
Status: **Published**

## Brief Summary of Unit

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In this unit, students will explore the nutrition and the various functions of eggs. Students will practice using eggs in preparing different recipes and in individually practice preparing eggs. They will also explore the differences between shelled eggs and egg alternatives. In this course, students are provided with opportunities to develop skills that pertain to a variety of careers. When completing this course, students can make informed choices and pursue electives in the FCS program that further their study and contribute toward the formation of career interest.

Reviewed Summer 2026

## Standards

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National Standards for Family and Consumer Sciences Education

Standard 8.0 Food Production and Services Comprehensive Standard: Integrate knowledge, skills, and practices required for careers in food production and services.

8.3.6 Identify a variety of types of equipment for food processing, cooking, holding, storing, and serving, including hand tools and small ware.

8.5.4 Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of variety of foods.

Cross curricular connections:

2020 New Jersey Student Learning Standards – Career Readiness, Life Literacies, and Key Skills

9.4 Life Literacies and Key Skills by the End of Grade 12:

9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas

9.4.12.CI.2: Explain the potential benefits of collaborating to enhance critical thinking and problem solving

2023 New Jersey Student Learning Standards for Mathematical Practice:1 Make sense of problems and

persevere in solving them.

2020 New Jersey Student Learning Standards for Comprehensive Health and Physical Education Practices: Communicating clearly and effectively (verbal and nonverbal)

2020 New Jersey Student Learning Standards for Comprehensive Health and Physical Education Practices: Making decisions

2020 New Jersey Student Learning Standards for Comprehensive Health and Physical Education Practices: Setting goals

2023 New Jersey Student Learning Standards for English Language Arts Domain Anchor Statements: System and Structure of Language: By the end of grade 12, demonstrate command of grammar and usage, capitalization, punctuation and spelling

2023 New Jersey Student Learning Standards for English Language Arts Domain Anchor Statements: Knowledge of Language: By the end of grade 12, apply knowledge of language and command of vocabulary to understand how language functions in different contexts ... to comprehend more fully when reading or listening.

2020 New Jersey Student Learning Standards for Computer Science and Design Thinking Practices: Practice 2: Cultivate working relationships with individuals possessing diverse perspectives, skills, and personalities.

2020 New Jersey Student Learning Standards for Computer Science and Design Thinking Practices: Practice 2: Create team norms, expectations, and equitable workloads to increase efficiency and effectiveness.

ELD standards: <https://docs.google.com/document/d/1wdmsiGOdCHlrjU-WPvAtENnEgi0EStZXo0uiFYv1Nu4/edit>

FCSE.9-12.8.2	Demonstrate food safety and sanitation procedures.
FCSE.9-12.8.2.5	Practice standard personal hygiene and wellness procedures.
FCSE.9-12.8.2.10	Demonstrate safe and environmentally responsible waste disposal and recycling methods.

## Essential Questions

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- • Are eggs "all they are cracked up to be?" Why or why not?
- • How can eggs be prepared?

## Students Will Know

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- • key terms: candling, chalazae, emulsion, coagulate, meringue, egg substitute.
- • principles and methods for preparing eggs.
- • the reasons for including eggs in a healthful eating plan.

## Students Will Be Skilled At

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- identifying the parts of an egg
- identifying the ways eggs can be used in food preparation ( as an emulsifier, thickening agent, leavening agent, foaming agent, color additive, nutritional additive)
- making eggs in various ways (scrambled, hard boiled, fried, omelet, poached)

## **Evidence/Performance Tasks**

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FCS courses are designed to promote skill attainment. Student progression and pace through which they proceed through the performance tasks is based on their affinity for and ability to reach skill attainment. The teacher will determine formative and summative skill attainment; alternative assessments will be incorporated for each student based on their strengths and challenges.

Students will:

- actively and meaningfully participate in performance tasks
- be evaluated by the teacher through observation of performance.
- compare and contrast shell eggs with egg substitutes and determine the ways they are similar and different. Consider why some might prefer one over the other.
- complete a self evaluation rubric of performance.
- complete research and/or engage in written reflection in answering the essential question: Are eggs all they are cracked up to be? Why or why not?
- complete the unit quiz: eggs.
- engage in the "Egg challenge"
- meaningfully participate in guided question and answer sessions, group and individual discussions
- participate in related labs
- prepare foods with eggs
- show an understanding of the purpose of the unit lesson(s), and the key terms and concepts.

## **Learning Plan**

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- Administer quiz: eggs.
- Administer Worksheet: "Egg Function Sort"
- Encourage students to brainstorm with a partner a dozen ways eggs are used in food preparations.
- Engage students in Activity: compare and contrast shell eggs with egg substitutes. Make comparisons and discuss findings
- Facilitate Egg Lab #1: Egg Challenge. Each student will prepare an egg in one of the following ways to practice principles of egg cookery: hard cooked, fried, scrambled, poached, microwaved, or an omelet. Eggs will be served with juice and toast.
- Facilitate Egg lab #2: French toast.
- Facilitate Egg lab #3: Egg functions. Each group will make one of the following recipes- each using eggs in a different function.
  - o Meatballs o Cream Puffs o Thumbprint Cookies o Egg Casserole o Custard
- Preview the essential questions and connect to learning throughout the unit.
- Support students as they complete egg study guide using the corresponding power point. The study

guide covers nutrition, freshness, and functions of eggs as an ingredient, egg parts, egg cookery, egg substitutes, meringue, and custard.

## **Materials**

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The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environments

In addition to the materials below, the link connects to district approved textbooks and resources utilized in this course: [CORE BOOK LIST](#)

- • Interactive use of SmartBoard
- • Software programs
- • Topic related videos or DVDs
- • Virtual Field Trips
- • Web sites
- Necessary kitchen equipment
- Necessary recipes and ingredients

## **Suggested Strategies for Modifications**

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This link includes content specific accommodations and modifications for all populations: <https://docs.google.com/spreadsheets/d/1ZSDsCUamViCaBpr1lPOB7FJEC-jx4KnDjZzegIUKeMg/edit?usp=sharing>