EGGS TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on eggs. Here is some information on eggs.

What Is an Egg?
An egg has a hard shell to protect what is inside, a clear white part full of body-building protein, and a yellow middle part (the yolk) packed with vitamins. **Read trivia for the week.**

Science and Eggs
Try this science experiment. Fill a glass with white vinegar, carefully place an egg in the glass and make sure the vinegar covers the egg. Over 4-5 days, you'll observe the shell dissolve in the vinegar. When the shell is completely dissolved, examine your egg. Does it bounce?
Did you know that you can tell if an uncooked egg is fresh by carefully placing it into a glass of water? If the egg sinks to the bottom of the glass, it's a sign that it's fresh and can be eaten. If it floats to the top, that means it's stale and you need to throw it away. **Read trivia for the week.**

Health Benefits of Eggs
Eggs are packed with high-quality protein, essential vitamins like B12 and D, and nutrients such as choline(which helps your nervous system and memory). They support muscle repair, boost brain function and protect eye health with powerful antioxidants. One large egg gives you 6 grams of protein with all nine key amino acids. **Read trivia for the week.**

Fun Egg Facts
Chicken eggs can be white, brown, blue, or green depending on the type of chicken. They all taste the same inside. An eggshell has up to 17,000 tiny holes called pores. These holes let air move in and out so the inside can breathe. Today the ostrich lays the largest egg. One ostrich egg is equal to 24 hen eggs. The hummingbird lays an egg no bigger than a coffee bean. A healthy hen can lay up to one egg a day. The largest chicken egg ever laid weighed 1 pound- that's four times the size of an average egg. The Japanese eat more eggs than any other country. **Read trivia for the week.**

Eggs in South Dakota
In South Dakota, egg production is led by commercial operators like Dakota Layers in Flandreau, which houses over a million hens. Dakota Layers is a family-owned operation that started in 1999. Schools require egg producers to obtain a Class A Egg-Dealer Candling/Grader License from the South Dakota Department of Agriculture in order to purchase from the producer. **Read trivia for the week.**

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HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the "Harvest of the Month Artists".
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

Adventure Time:

- Take a virtual field trip to an egg farm. Search virtual field trips on YouTube.
- Ask a local grower to come in to share with the students about eggs.
- Ask the students to research what types of chickens lay certain colors of eggs. For example, Rhode Island Reds lay brown eggs.

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