

# Egg Cookery Resources

## Human Science and Education (FCS) Teachers

The Poultry & Egg Division of the Nebraska Department of Agriculture has the following educational materials, recipe brochures and recipe cards available for egg cookery classes at no cost. Complete this form and send to the address below. **Please indicate how many of these items you would like** for your teaching needs.

### These resources are for Nebraska teachers only.

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**(Limit one per teacher – in this column)**

- \_\_\_\_\_ **Eggs 101 DVD** (29 minutes)  
A comprehensive, award-winning egg production education DVD to educate young consumers about the good animal care practices of the egg industry; educators' PDF provides reviews and exercises to correspond with each chapter.
- \_\_\_\_\_ **From the Inside Out! Poster** (11¾" x 15")  
Laminated wall poster shows all that is incredible about the egg from yolk to shell.
- \_\_\_\_\_ **Know Your Eggs Poster** (11" x 17")  
Information includes egg quality and sizes, tips for cooking with eggs and determining egg freshness.
- \_\_\_\_\_ **It's All in an Egg Poster** (11" x 24")  
Laminated poster lists the many nutritional benefits of eggs
- \_\_\_\_\_ **My Plate 2-Sided Poster** (11" x 17")  
Laminated poster that illustrates the My Plate guidelines for building a healthy plate at each meal. Also has eight helpful hints to achieve the nutritional balance of daily requirements. (English on one side/Spanish on flip side)
- \_\_\_\_\_ **The Yolk – A Nutrient Goldmine** (11" x 16")  
Brochure/poster lists nutrients found in the yolk vs white.
- \_\_\_\_\_ **My Plate Egg Shaped Cling**  
Egg shaped My Plate Window Cling. Full-color peel-off backing that will allow this informational piece to cling to any smooth surface. It is easily repositionable and contains nutritional information that will assist in building a healthy plate at each meal.
- \_\_\_\_\_ **Build a Healthy Plate at Each Meal Brochure**  
My Plate, full-color recipe booklet with five recipes that are perforated for easy removal.
- \_\_\_\_\_ **Egg Handling & Care Guide** (3<sup>rd</sup> Edition)
- \_\_\_\_\_ **Eggyclopedia** (5<sup>th</sup> Edition)

**(Class Distribution – please indicate how many)**

- \_\_\_\_\_ **Back to Basics – Egg Cooking 101 (English)**
- \_\_\_\_\_ **Back to Basics – Egg Cooking 101 (Spanish)**
- \_\_\_\_\_ **Eggs, Facts & Fiction (English)**
- \_\_\_\_\_ **Eggs, Facts & Fiction (Spanish)**
- \_\_\_\_\_ **Timeless Egg Classics (English)**
- \_\_\_\_\_ **Timeless Egg Classics (Spanish)**
- \_\_\_\_\_ **The Incredible, Delicious, Nutrition Egg**
- \_\_\_\_\_ **Howard Helmer Presents Get Crackin' in the Kitchen**
- \_\_\_\_\_ **Simply Omelets**

**Egg Recipe Cards:**

- \_\_\_\_\_ Coffee Cup Scramble
- \_\_\_\_\_ Basic Hard-Cooked Eggs
- \_\_\_\_\_ Basic Deviled Eggs
- \_\_\_\_\_ Classic Egg Salad
- \_\_\_\_\_ Microwave Denver Slider
- \_\_\_\_\_ Easy Egg Quesadillas
- \_\_\_\_\_ Microwave Ham & Egg Bowl

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Teacher: \_\_\_\_\_ School: \_\_\_\_\_  
(please print or type)

School Mailing Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

School Phone (include area code): \_\_\_\_\_ Home Phone: \_\_\_\_\_

\_\_\_\_\_ E-mail address

\_\_\_\_\_ Date