

# "Egg" travaganza

## Learning about Eggs and Chickens

### Purpose:

Learn about chickens and caring for them  
Learn about egg nutrition  
Learn parts of egg and grading/judging eggs  
Decorate eggs

### Activity 1: Learning about Chickens

Talk with participants about chickens and eggs.

What do you know about chickens?  
What kind of chicken lays an egg? (female = hen)  
How long does it take a hen to lay an egg? (28 hours)  
What part of forming an egg takes the longest? (making the egg shell can take as long as 20 hours)  
Could you identify a chicken in a group of other birds? (other poultry breeds include Bantam, Duck, Goose, Pigeon, Quail, and Turkey)  
What are ways that farmers take care of their chickens? (give them fresh food and water, provide safety from predators, protect from heat and cold, protect from illness)

### Activity 2: Eggs are Good for You

Ask participants how they like to eat eggs. Eggs contain the highest quality food protein known. The value of protein in eggs (93.7%) is higher than milk, fish, soybeans, rice, wheat, or corn.

Eating eggs helps the brain, nervous system, heart, reproductive system, eyes, teeth and bones, immune system, and muscles.

### Activity 3: Parts of the Egg

Supplies: Eggs and a pan in which to crack them

Identify parts of the egg before and after cracking. There is a diagram you can use at [http://www.ext.vt.edu/resources/4h/virtualfarm/poultry/poultry\\_eggparts.html](http://www.ext.vt.edu/resources/4h/virtualfarm/poultry/poultry_eggparts.html).  
Look for shell, shell membrane, air cell, albumen, and yolk.

Try to grade or judge your eggs.

Grade AA: Egg stands up tall. Yolk is firm. Area covered by white is small. There is a large proportion of thick white to thin white.  
Grade A: Egg covers a relatively small area. Yolk is round and upstanding. Thick white is large in proportion to thin white and stands fairly well around yolk.  
Grade B: Egg spreads out more. Yolk is flattened. There is about as much or more thick white as thin white.

### Activity 4: Dyeing Eggs

Supplies: Hard-boiled eggs, egg-dyeing supplies, table covering

### Activity 5: Paper Egg Hunt

Hide colorful paper eggs around the room for a quick hunt to liven up the group, or to introduce egg activities.

Adapted from 4-H CCS Poultry materials and Colorado Reader 11/04



5 activities for youth grades K - 2 . Allow 45 minutes. Science Standard - Life Science.

Colorado State University Cooperative Extension 4-H Youth Development

<http://4hweb.ext.colostate.edu/schoolenrichment/schoolenrichment.shtml>