SCRAMBLED EGGS ON TOAST

Good scrambled eggs are delicious at any time of day – breakfast, lunch, or teatime! The secret is to cook the eggs slowly and to stir them gently. If you have a 'non-stick' pan use this for scrambling eggs, as an ordinary pan can be difficult to wash up.

Skill Check (as appropriate for each Key Stage):
Follow a recipe; follow food safety & hygiene rules; using measuring spoons and cups; crack an egg; beat an egg; spread with a knife/spoon; use the hob (with adult supervision); season to taste; tidy away.

Equipment: Saucepan (ideally non-stick), bowl, tablespoons, fork, wooden spoon, knife, plates, hob, toaster or grill

Ingredients (serves 12 children):

- 12 eggs
- 6 tablespoons milk
- Shake of pepper
- 3 tablespoon (45g) of margarine
- 12 slices wholemeal bread
- Extra margarine for spreading on toast

Method:

1. Break the eggs into a basin; add a shake of pepper and the milk, and whisk together gently using a fork.
2. Heat the margarine gently in the saucepan until it has melted.
3. Pour in the egg mixture, leave for a few seconds, then stir gently with a wooden spoon.
4. Continue like this as the mixture begins to thicken.
5. Meanwhile toast the bread, using a toaster or grill (if you are using a grill, brown the upper side, then turn it over until brown on the other side). Spread with a thin layer of margarine.
6. Remove the saucepan from the heat when the eggs are almost set, as they continue cooking in the heat of the pan.
7. Spoon on to the toast and serve at once!

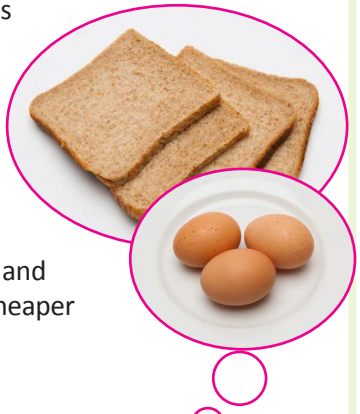
FUN BREAKFAST FACT: *To check if an egg is fresh, place it in a bowl of cold water. Fresh eggs sink; stale eggs will float because air will have entered and increased the size of the air cell in the egg.*

Written by Michelle Hanchard Registered Dietitian | Created: 26/02/2013 | Last modified: 27/11/2015

PhunkyBREAKFAST

SCRAMBLED EGGS ON TOAST
Nutrition Information

So, thinking about scrambled eggs on toast…



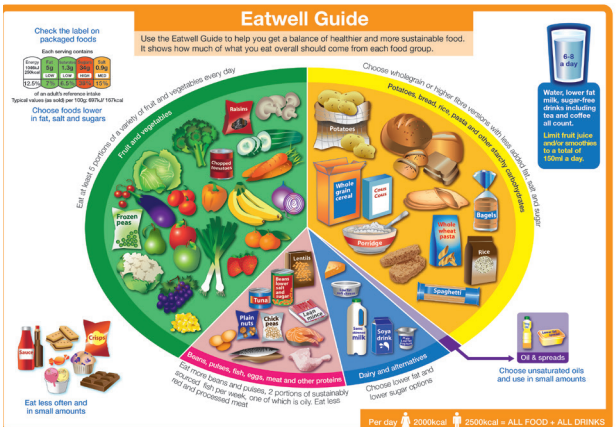
Wholemeal bread provides starchy carbohydrate, which gives us slow-release energy, and is a good source of fibre, vitamins and minerals.

Eggs are an excellent source of protein, vitamins and minerals, and are usually cheaper than meat or fish.

We could easily add some *vegetables* to this dish – for example tinned or grilled tomatoes, grilled mushrooms or baked beans. And a glass of orange juice (150ml) would provide one portion of *fruit*!

Activity and Discussion Ideas

- Ask pupils to discuss the main ingredients and identify where they fit on the eatwell guide. Are there any food groups missing? Is there a good balance of the food groups? Is there anything the pupils would add to either the recipe, or the meal, to make it healthier or more balanced?



- What other types of eggs might the children like for breakfast? Poached, fried, boiled, omelettes … the possibilities are endless! Ask the children to devise an egg-themed breakfast menu.

Energy, sugar, fat and salt per serving

Per 88g serving

	ENERGY 953kJ / 229kcal	11%
MED	**FAT** 13.9g	20%
MED	**SATURATES** 3.3g	17%
LOW	**SUGARS** 1.3g	1%
MED	**SALT** 0.8g	13%

% of an adult's reference intake
Typical values per 100g : Energy 1084kJ / 260kcal

Notes

A traffic light system is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage.

Written by Michelle Hanchard Registered Dietitian | Created: 26/02/2013 | Last modified: 27/11/2015