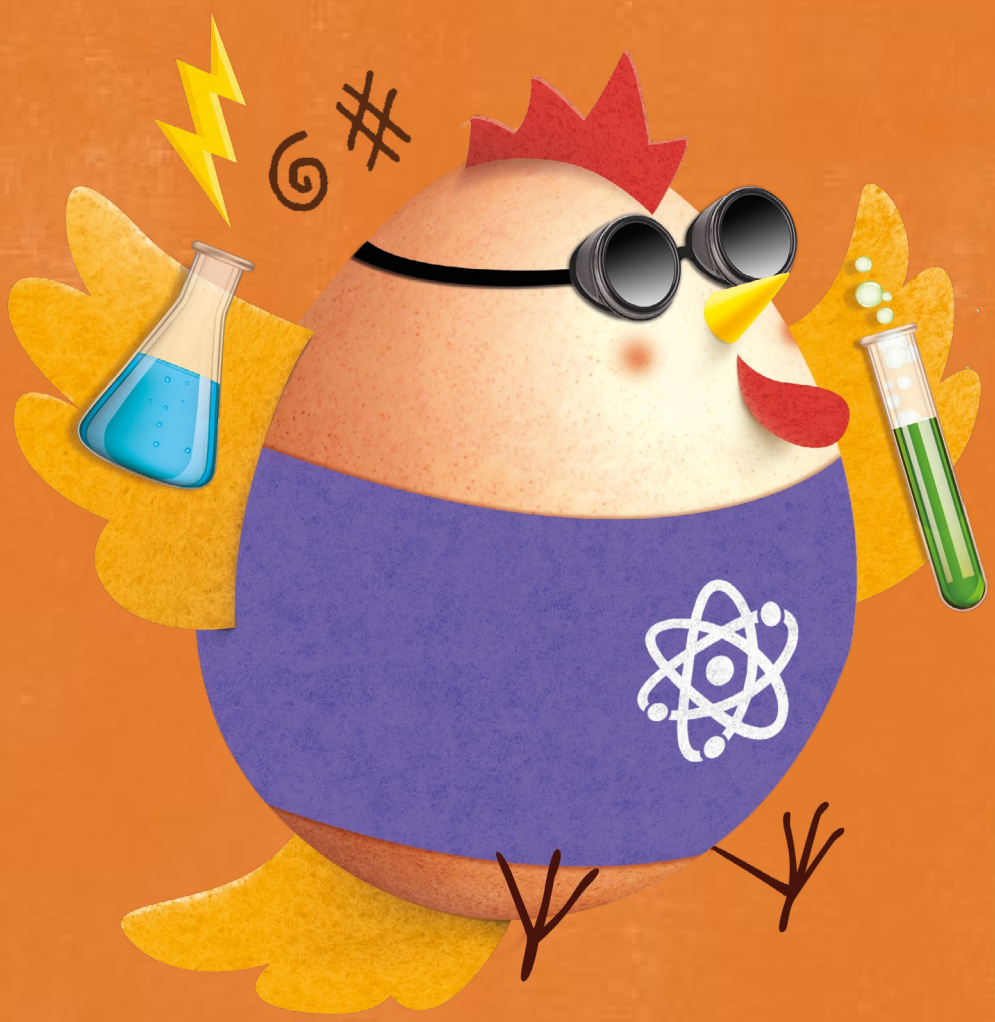
# HAPPY Eggventures

## LESSON GUIDE



A natural source of goodness

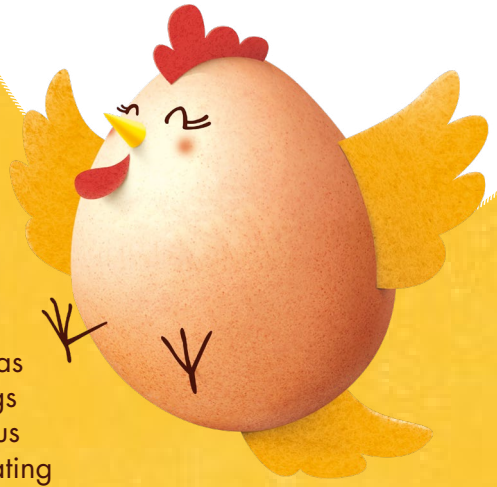
the happy egg co.

# LESSON GUIDE

This resource is designed to support the delivery of science, D&T, PSHE, literacy and Art & Design curriculum objectives to Key Stage 2 learners (Ages 8-11). The lesson and suggested activities are centred around a fun comic book adventure, designed to engage children whilst teaching them about the importance of vitamin D and how to obtain it naturally in their diet.

# RESOURCES IN THIS PACK

1. Lesson Guide and lesson plan
2. PowerPoint presentation
3. Comic book pdf
4. Advert activity sheet
5. The happy egg co. recipe booklet



# ABOUT THE HAPPY EGG CO.

We are the original free range egg brand. We love our eggs as much as our hens and we want to get everyone eating and enjoying Happy Eggs everyday, because our eggs are full of natural goodness which makes us feel-good inside and out. So, join us on our mission to get the nation eating and living happy.

With hen welfare at the heart of all we do, we work with like-minded organisations such as the **RSPCA**, The **The British Hen Welfare Trust** and **The British Lion Quality Code of Practice**.

To date, we've successfully influenced how many people think about – and shop for – eggs. But our mission continues. You may be thinking that an egg is just an egg… But it can also be a boost of sunshine, a kick of protein, a quick fix whenever we need one. It can be the hero at breakfast, the winner at teatime – a treat to look forward to at the weekend. An egg is just an egg – except when it's a Happy Egg. Perfectly tasty and nutritionally powerful…it's a natural source of goodness – whatever goodness means to you.

That's why we've decided to work with Primary schools across the UK. We believe that we can make a lasting impact on children's health *and* hen welfare, by helping children learn about (and fall in love with) our free-range eggs from an early age. We've created these resources in line with curriculum objectives and we think they're pretty fun.

**We're passionate about the natural, tasty, goodness of our eggs.**

**We hope that after this lesson, you will be too.**

A natural source of goodness

the happy egg co.

# NUTRITIONAL INFORMATION

Vitamin D is vital because it helps our bodies use calcium and phosphorus properly, giving us healthy bones, teeth and muscles. **1 in 5 people in the UK have low levels of vitamin D in their blood**[1] but, **by simply eating 2 large Happy Eggs a day, you can get almost all (95%) of your daily vitamin D recommended intake**[2].

We get vitamin D (the 'sunshine vitamin') from 2 sources – the action of sunlight on the skin, and through our diets. **Sunlight is the best source of vitamin D**, and in the UK, from around late March/April to the end of September most people are able to get their vitamin D intake from sunlight exposure. In the UK, we can't make enough vitamin D when the sunlight isn't strong enough (between October and March) so we have to look to diet to help us out. Very few foods in our diet naturally contain vitamin D and **eggs are one of the few and best natural sources of vitamin D, with vitamin D found in the yolk**.

Hens, like us, need vitamins to improve their health and wellbeing. To keep our girls full of natural goodness, here at the happy egg co. we feed our hens a special diet of increased vitamins & minerals. This includes adding extra vitamin D to their diet to help keep their bones strong too. While working with poultry and human nutritionists at Newcastle University, we made a pretty incredible discovery - that the extra vitamin D is being rapidly absorbed and passed on into their eggs. **This means that the happy egg co. eggs contain 28% more vitamin D (per 100g), naturally, than standard eggs.**[2]

But the goodness of eggs doesn't stop with vitamin D. Eggs are also low in fat and incredibly nutrient dense, so they're a really healthy food to serve up to little ones. They're packed with protein, which helps children's bodies build and maintain healthy cells. They contain 8 vitamins and 3 minerals including vitamin A, which helps to look after their eyes, and folate, which is really important for growth and development.

**Happy Eggs -**
**Natural, tasty,**
**goodness for you,**
**your children and our girls.**

1: National Diet and Nutrition Survey (2014-16)
2: Research conducted in conjunction with Newcastle University

A natural source of goodness

the happy egg co.

# LESSON PLAN

## Resources needed

- *Happy Eggventures* PowerPoint presentation (including PDF of *Freda's Super Six and their Happy Eggventures* comic book)
- Advert activity sheet (including egg nutrition facts and creating memorable slogans)
- Pencils/pens
- Large sheets of paper
- Crayons/pencil crayons/felt pens – if making posters
- Printed copies of:
    1. *Freda's Super Six and their Happy Eggventures* comic book pdf
    2. The happy egg co. recipe leaflet

## Activity 1: *Freda's Super Six and their Happy Eggventures* (slide 2)

- Tell learners you are going to read a comic together. Ask them to write down any facts they learn from the comic. Clarify their understanding understanding of a fact: a thing that is known or proved to be true.
- Using **slides 3 to 20** of the PowerPoint presentation, read *Freda's Super Six and their Happy Eggventures* comic book. Discuss and emphasise the key points in the narrative and prompt learners to make notes on facts about vitamin D and vitamin D deficiency, nutritional information about eggs and the ancestry of chickens, as they arise in the story.

## Activity 2: Egg-Heads Quiz (slide 21)

- Give learners a sheet of A4 lined paper and ask them to write numbers 1-5 in the margins
- Using slides **22 to 26**, test comprehension of the comic you have just read. They can refer to the notes they made during the comic book reading, on their sheets of paper.

1. What does the Evil Oval-Lord Vit. D Deficiency want to do in the story?

   Blocks out the sun over winter to stop us from making enough vitamin D

2. What is the sunshine vitamin and why do we need it?

   Vitamin D. It helps us to absorb calcium which we all need for strong bones, teeth and muscles. Hens also need vitamin D to stay happy and healthy too.

3. What effect can not having enough vitamin D have on our bones?

   Not enough vitamin D can mean our bones become less strong, leading to a greater risk of fractures.

4. Name one of the domestic chicken's ancestors.

   T-Rex (dinosaurs) or the Red Junglefowl.

5. Where can we find extra vitamin D to help us get through the winter?

   Few foods naturally contain vitamin D, but the egg yolk of two large Happy Eggs contains almost all of the vitamin D you need for the whole day![1]

- Using **slides 28 to 32**, go through the answers so learners can mark them as correct or incorrect. How much did they remember?

1: Research conducted in conjunction with Newcastle University

## Activity 3: Join the Eggventurers!

- Brainstorm some of the ways you could run a Happy Egg eating campaign in your school (e.g. posters, assembly, making t-shirts, performing a play or a song, cooking eggs recipes for fellow pupils etc.)
- Now decide which activity or activities you the learner will do. **(slide 33)**. You could decide from the following:
  1. Design a poster advert that encourages children to eat eggs and be more healthy.
  2. Create a TV advert (you could role play or film depending on time and resources) that encourages children to eat eggs and be more healthy
  3. Write and perform a radio jingle (song or poem) that encourages children to eat eggs and be more healthy
- Whatever your choice, give learners the **Advert activity worksheet** which gives them some facts about egg nutrition and helps them come up with a catchy slogan. This advertising worksheet can be applied to any of the three activities. **Slide 34** of the presentation will also help explain what a slogan is, using the happy egg co. slogan 'Happy Eggs - a natural source of goodness' found on **slide 35** as an example. You may wish to ask if they can think of other examples they know to reinforce their understanding.
- Once learners have used this sheet to plan their campaign content they can work on their poster/advert/jingle.

## Further Eggeventures

- We hope you enjoyed this Eggventure as much as we did. Why not take it further by trying out some of our delicious egg-based recipes using the Happy Eggventures Recipe Booklet?