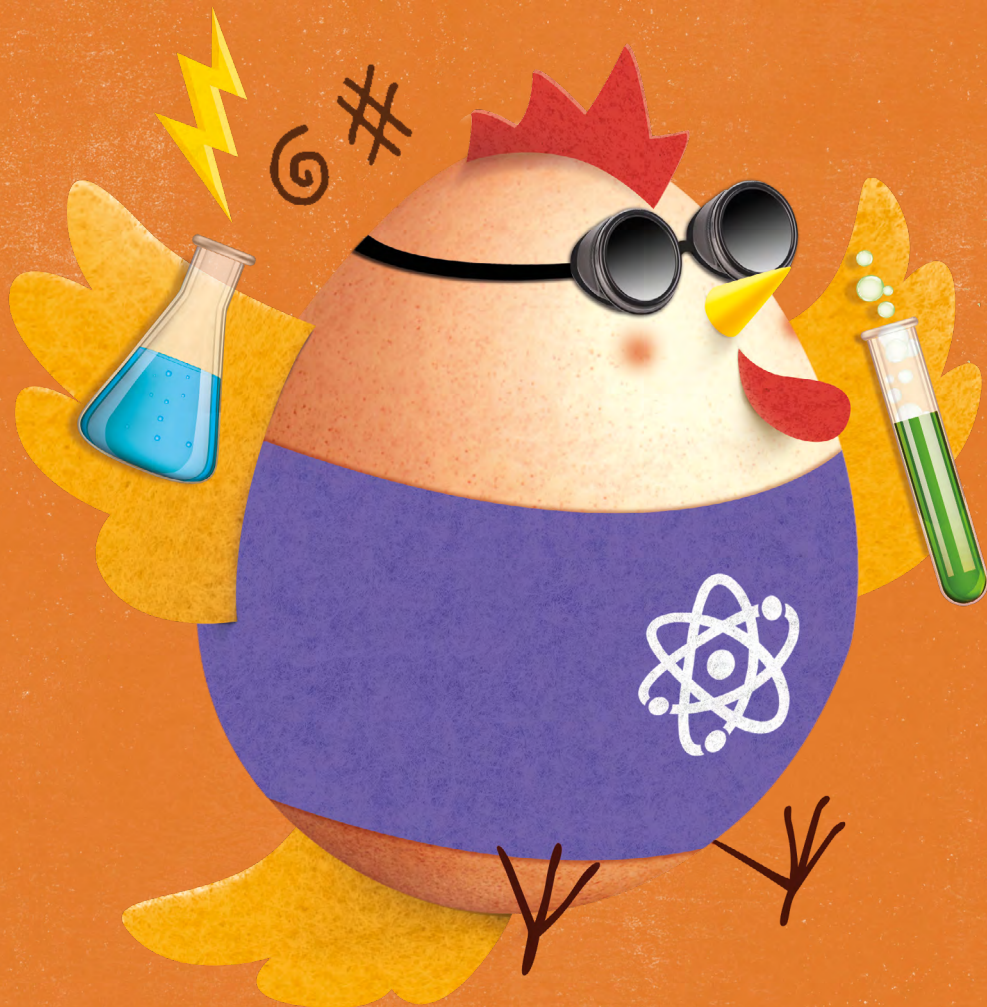


# HAPPY Eggventures

TEACHER GUIDE



A natural source  
of goodness





# TEACHER GUIDE

This resource is designed to support the delivery of science, D&T, PSHE, literacy and Art & Design curriculum objectives to Key Stage 2 pupils (there are details of how the resource links to the different nations' curricula at the end of this guide). 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.

Following the lesson, pupils can participate in a pupil competition, designed to be completed at home to consolidate their learning. Pupils are invited to further develop their storytelling and artistic skills by designing their own comic book, sharing what they've learned with other children.

## RESOURCES IN THIS PACK

1. Teacher Guide and lesson plan
2. PowerPoint presentation
3. Comic book pdf
4. Advert activity sheet
5. the happy egg co. recipe booklet
6. Pupil competition
7. Information for parents



## 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 teaching this lesson, you will be too.**

A natural source  
of goodness





# 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<sup>1</sup> but, by simply eating 2 large Happy Eggs a day, you can get almost all (95%) of your daily vitamin D recommended intake<sup>2</sup>.**

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.<sup>2</sup>**

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 pupils and our girls.**



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



# 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. Pupil competition leaflet
  2. *Freda's Super Six and their Happy Eggventures* comic book pdf
  2. Information for parents
  3. the happy egg co. recipe leaflet

## Starter

- Put pupils into pairs or groups of three (these groupings can be random or based on ability, behaviour or simply group dynamics, depending on the needs of your class).
- Give each group a large piece of paper and pencils/pens. Using **slide 2** ask them to write down everything they know about eggs. Give pupils enough time to discuss their knowledge and write down some facts. They could think about where eggs come from, naming the different parts of an egg, how they can be cooked, the health benefits etc.
- Then, share one thing from each group. You could collect these on the board, exploring pupils' existing understanding and correcting any misunderstandings (ensure pupils also correct any mistakes on their team sheets so this becomes a collection of accurate egg facts which they can refer to later on).

## Activity 1: *Freda's Super Six and their Happy Eggventures* (slide 3)

- Tell pupils you are going to read a comic together. Ask them to write down any facts they learn from the comic. Clarify your pupils' understanding of a fact: a thing that is known or proved to be true. They should add these facts to their existing list of egg-based facts (collected and discussed during the starter).





- Using slides 4 to 21 of the PowerPoint presentation, read *Freda's Super Six and their Happy Eggventures* comic book as a class. You may wish to read this aloud to your class, or, you may wish to ask pupils to volunteer to help you read it. If you do, there are seven characters which you could allocate (with more character info included on the pupil competition leaflet):
  1. Freda Roam
  2. Tweety McFly
  3. Professor McCluck
  4. Flapper Doodle
  5. Charlie Chickpea
  6. Skippy Six Pack
  7. Taylor Whisk
- Read the comic together, discussing and emphasising key points in the narrative and prompting pupils 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 19)

- Give each group a sheet of A4 lined paper. Ask pupils to come up with a team name (this could be egg or hen based) and write this at the top. They should also write numbers one to seven in the margins.
- Using slides 23 to 27, test each group's comprehension of the comic you have just read together. They can refer to the notes they made during the comic book reading, on their large sheets of paper.
  - 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
  - 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.
  - 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.
  - Name one of the domestic chicken's ancestors.  
T-Rex (dinosaurs) or the Red Junglefowl.
  - 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!<sup>1</sup>

1: Research conducted in conjunction with Newcastle University





- After you have asked all five questions, get pupils to swap their answer sheets with another group (**slide 28**). Then, using **slides 29 to 33**, go through the answers so pupils can mark them as correct or incorrect. How much did pupils remember?

### Activity 3: Join the Eggventurers!

- Display **slide 34**, which shows Freda Roam inviting pupils to join the Eggventurers on their mission to spread a little sunshine and defeat the Evil Oval-Lord Villain Vit. D Deficiency. Explain that pupils must help by convincing other children in their school to get more vitamin D this winter (or just stay healthy) by eating more eggs.
- As a class, 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 will run with your class (**slide 35**). 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
- Your choices will depend on your class. For example, you could divide the class up into three groups with each group working on a different activity, you could run all three activities as a carousel (this would take longer overall) or you could focus on one activity across multiple lessons.
- Whatever your choice, give pupils 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 36** 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 37** as an example. You may wish to ask pupils to think of other examples they know to reinforce their understanding.
- Once pupils have used this sheet to plan their campaign content they can work on their poster/advert/jingle in small groups.



## Plenary:

- Invite pupils to present or perform their work to the rest of the class.
- Using the success criteria on **slide 38** of the presentation, invite pupils to give positive feedback and praise to their classmates (in true Super Six style!). How well did each group's work:
  - target other children
  - have a memorable slogan
  - explain why they should eat eggs

## Competition time:

- Using **slide 39**, and the **competition leaflet**, introduce pupils to the Happy Eggventures competition and their homework. Using Freda's Super Six, or their own characters, pupils should create their own comic strip that encourages children to eat eggs to stay healthy. Have an in-class competition for the best designs. You could get your pupils to vote for their favourite comic strips.
- Hand out the **Parent information leaflet**, the **happy egg co. recipe booklet** and the **Pupil competition leaflet** to take home.





## England Key Stage 2

**PSHE:** Making informed choices about food; Benefits of a balanced diet

**Science:** Food groups and nutrition

**Design and Technology:** Cooking and nutrition; Where food comes from

**Literacy:** Reading; Writing; Spoken language skills, Persuasive language in all different forms

## Scotland 2nd Level

**Health and Wellbeing:** Preparing and cooking foods – enjoyment and achievement; Healthy diet; the food journey

**Sciences:** Applying specialist skills in preparing food

**Expressive Arts:** Expressing and communicating ideas, thoughts and feelings through art and design/drama/musical activities

**Literacy and English:** Reading; writing; listening and talking

## Wales KS2

**Personal and Social Education:** Making informed choices when planning, preparing and cooking food; Understanding characteristics of ingredients

**Science:** Importance of food for health

**Design & Technology:** Applying current healthy eating messages and considering nutritional needs; Understanding the nutritional, functional and sensory characteristics of ingredients

**Art & Design:** Designing and making images imaginatively and expressively as individuals and in groups

**English:** Oracy; Reading; Writing (to describe, inform, persuade)

## Northern Ireland KS1 & KS2

**Communication across the curriculum:** Engaging with, and demonstrating, the skill of communication; Transferring knowledge about communication concepts and skills to real-life meaningful contexts across the curriculum.

**Language and Literacy:** Expressing themselves creatively and to communicate confidently (through Talking and Listening, Reading and Writing) using a variety of skills and media.

**The Arts:** Developing creativity, allowing children to express their ideas, feelings and interpretations of the world through pictures, sound and drama.

**Science and Technology in the World Around Us:** How lifestyle choices can have a positive or negative impact on body organs and on human health.

**Personal Development and Mutual Understanding:** Strategies and skills for keeping healthy (KS1); Sustaining health, growth and wellbeing (KS2)

