



Eggs



For this activity you'll want to refer to the "All About B.C. Eggs" poster and slides from the [Feed BC in K-12](#) website.

- Draw a circle on the map showing where you live in B.C.
- After learning more about B.C. eggs, draw an 'X' where our featured farmer is located.
- Shade or colour in where the majority of eggs are produced in the province.

1) In Canada, there are five main types of eggs. The difference between them isn't the egg itself—it's how the hens are raised! All eggs have the same nutrition, but the hens live in different kinds of homes. Check out [BC Egg](#) for more information.

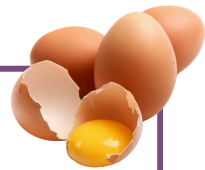
Draw a line or write the matching letter to connect each egg type with its correct description.

Egg Types:

1. Conventional
2. Enriched
3. Free Run
4. Free Range
5. Organic

Description of Hen Housing:

- a) Hens live in open barns and can roam freely inside.
- b) Hens are raised in open barns and have access to the outdoors at least 120 days a year (minimum of six hours per day).
- c) Hens are raised in cages with added space and enrichments like nest boxes, perches, and scratch pads.
- d) Hens are raised in cages under strict standards that ensure cleanliness, access to food and water, and efficient space use. This type of housing is being phased out.
- e) Hens are free range, fed only organic feed, and are never given antibiotics.



2) Eggs are a nutritional powerhouse—no matter how they're produced. They're affordable, full of protein, and great any time of day.

Which of the following statements are true about eggs in B.C.?
(Check all that apply)

- Eggs from free range hens are healthier than conventional eggs.
- All eggs, whether conventional or organic, offer the same nutrition.
- Eggs are a good source of protein.
- Eggs can only be eaten at breakfast.
- Eggs are an affordable food option.

3) Did you know that herring eggs—gathered by many coastal Indigenous communities in late winter and early spring—can be eaten fresh, air-dried, smoked, or frozen? Eggs come in many forms and are prepared in countless ways around the world! Chicken eggs can also be prepared in many different ways.

a) What's your favourite way to cook and eat chicken eggs? Describe your dish:

Dish Name: _____

When you usually eat it (breakfast, snack, lunch, etc.): _____

Ingredients & Cooking Method (boiled, baked, etc.): _____

Why you like it:

b) Interview a classmate and write down their favourite egg dish:

Classmate's Name: _____

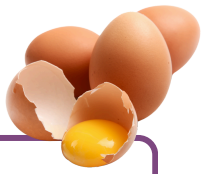
Dish Name: _____

When they eat it: _____

Ingredients & Cooking Method:

Why they like it:

All about B.C. Eggs - Teacher Resources



Background Information:

- [All About B.C. Eggs Poster](#)
- [All About B.C. Eggs Scrolling Slideshow](#)
- [Buy BC Eggs](#)
- [Egg Labels 101 - BC Egg](#)
- [Hen Housing - BC Egg](#)
- [Get Egg-ucated! - BC Egg](#)
- [Virtual Barn Tours - BC Egg](#)
- [Farm & Food Care - Free Run Housing Egg Farm 360](#)
- [Egg Farmers of Canada](#)

Answer Key:

1)

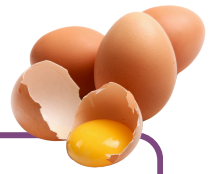
- 1) Conventional - D
- 2) Enriched - C
- 3) Free Run - A
- 4) Free Range - B
- 5) Organic - E

2)

- ✓ All eggs, whether conventional or organic, offer the same nutrition.
- ✓ Eggs are a good source of protein.
- ✓ Eggs are an affordable food option.

3) Answers will vary.

All about B.C. Eggs - Teacher Resources



Curriculum Connections - Secondary

Applied Design, Skills and Technologies

Food Studies

- Local food systems (8&9)
- Variety of eating practices (8)
- First Peoples food use and how that use has changed over time (8&9)
- Food trends, including nutrition, marketing, and food systems (10)

Culinary Arts

- Food products available locally via agriculture, fishing, and foraging, and their culinary properties (10)
- First Peoples food protocols, including land stewardship, harvesting/gathering, food preparation and/or preservation, ways of celebrating, and cultural ownership (10)
- B.C. agricultural practices (11)
- Characteristics and properties of culinary ingredients (12)
- Identify, analyze and evaluate the influences of land, natural resources, and culture on the development and use of culinary ingredients, tools, and technologies (8-12)

Science

- First Peoples ways of knowing and doing (Environmental Science 11)

Social Studies

- Use Social Studies inquiry processes and skills to ask questions; gather, interpret, and analyze ideas; and communicate findings and decisions. (8-12)

English Language Arts

- Strategies and processes; reading strategies; oral language strategies; writing strategies (7-9)
- Synthesize ideas from a variety of sources to build understanding (8&9)
- Apply appropriate strategies to comprehend written, oral, and visual texts, guide inquiry, and extend thinking (8&9)
- Transform ideas and information to create original texts. (8&9)
- Respond to text in personal, creative, and critical ways (8&9)
- Express an opinion and support it with credible evidence (9)

Physical and Health Education

- potential short-term and long-term consequences of health decisions, including those involving nutrition (8&9)
- sources of health information (8-10)
- Assess factors that influence healthy choices and their potential health effects (8)
- Identify factors that influence health messages from a variety of sources, and analyze their influence on behaviour (9)