

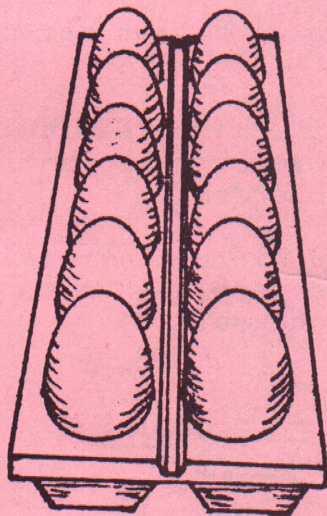
## FOOD TIPS FOR MOMS & TOTS



### EGGS, GOOD AT ANY MEAL

#### MOTHER -

Like meat and milk, eggs are high in protein. Even with their rising cost they are still a bargain source of protein and other nutrients such as vitamin A which is needed for growth and to see well in dim lights.



Eggs can be cooked in many ways. How many of these have you or your children tried?

hard cooked

soft cooked

poached

scrambled

omelet

fried - 'sunny side up' or 'over easy'

Eggs are also used for meringues, in custards, puddings and pie fillings, as coating for breading foods, a binder in meat loaf, and as a leavener when egg is beaten.

Egg combines well with many other foods such as meat, vegetables, cheese, and noodles.



## YOU AND YOUR CHILD

Recipe for Scrambled Eggs

Scrambled eggs can show the child how the raw, runny eggs are changed to solid, scrambled eggs.

## STEPS FOR:

## MOTHER

## CHILD

1.

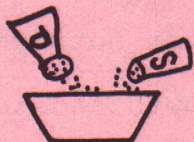
Use 0 or 00 eggs for each person.

2.

Break the 00's into a bowl.



3.



Add 1 tablespoon of milk for each egg. (Help the child measure.)

4.

Season with salt and pepper.

5.



Beat the mixture with a fork or wire whip until well blended.

6.

If you want, add other ingredients to the egg mixture after it is well blended. (It is good plain, but some people like to add crispy fried bacon bits or 1/2 cup of cubed cheese.)

7.

Melt just enough fat (margarine, oil, butter, or shortening) in frying pan to coat the bottom using low heat



8.

Cook over low heat setting.

9.



Stir occasionally to let the uncooked portion flow to the bottom. (Your child will need some help.)

10.

Serve.



## SERVING SUGGESTION

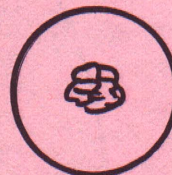
SCRAMBLED EGG BUTTERFLY

Make one slice of toast and butter it.

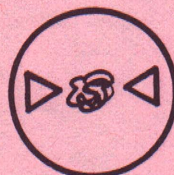
Cut it in half diagonally.



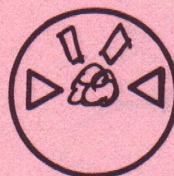
Place a mound of scrambled eggs in the middle of a plate.



Arrange toast triangles to form wings.



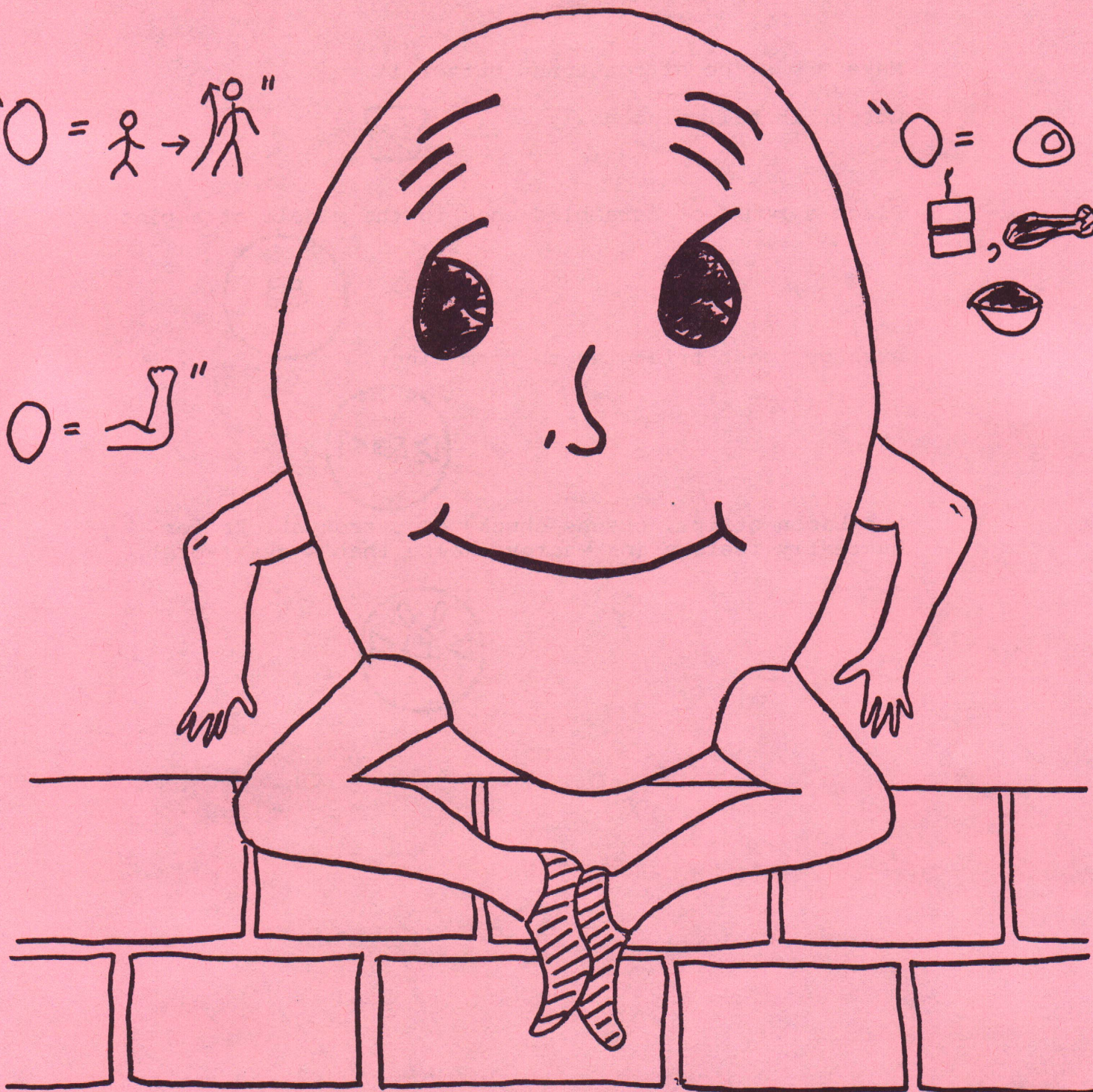
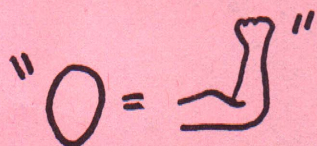
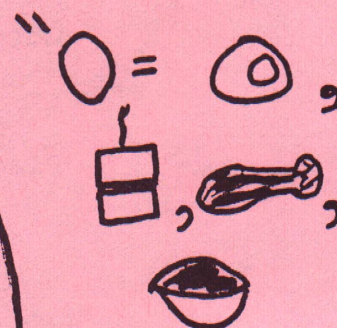
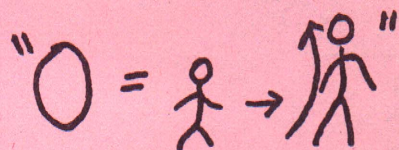
Use bacon strips, cheese chunks or carrot sticks for butterfly feelers (or whatever else that's available).





YOUR CHILD

HUMPTY DUMPTY SAYS:



"Color Me"

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