There once was an egg named Jack.
He came out of a chicken and never went back.
While inside of the chicken, Jack was safe and warm.
But things quickly changed when he was born.
The eggshell would break and leave a mess.
And Mom won't be happy, by my guess.

It's important to handle them with care.
Lots of vitamins and minerals are packed in there.
They're nature's perfect food, as I've been told.
But it's really important that you keep them cold.
People don't think it causes eggs are so tasty and clean.
But if bacteria makes it, they can be ruined.

If eggs aren't kept cold, some bacteria may grow.
Then we could become sick, from nature's foe.
You must be careful, when you're in the decorating mood.
Make them pretty, make them colorful, but remember— they're food.

When you hide and find eggs, it can be so much fun.
But put them in the refrigerator as soon as you are done.
If eggs aren't kept cold for more than two hours,
You should treat them like decorations or even like flowers.

Look at your creation or put them in your basket to fold.
But ask Mom to cook you a fresh egg that you know
has been cold.

Eggs are full of good things, they say they're nutritious.
But best of all, a fresh egg is delicious!

EVERYONE LOVES DEVILED EGGS and it's a great way to use up leftover Easter eggs. Here's an easy way to fix them called, Deviled Eggs with Legs because they travel so easily. Fix filling and whites at home, pack on ice, and squeeze out the filling when you get there. Easy, delicious, and safe! Recipe: 8 hard-cooked eggs (peeled), 1/4 C. mayonnaise, 1 T. mustard, 1 T. relish

2. Place rest of the ingredients in the bag with the yolks. Press out air.
3. Close bag. Mash the egg mixture until it is well blended.
4. Push mixture toward one corner. Cut about 1/2 inch off the corner of the bag.
5. Squeeze the bag gently and fill the egg whites with yolk mixture. Chill or serve right away.
**Eggs are easy to fix and delicious, too!**

Before you start cooking:
- Wash hands
- Get permission or help to use the kitchen
- Set everything out that the recipe says you need

Breaking an egg is easy!
Top it on the edge of a clean bowl to crack it, then hold it with both hands—pull the shell apart and let the inside of the egg fall into the bowl.

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**Egg Tacos**
(Scrumbled eggs in taco shell)

**Ingredients:**
- 2 eggs
- 2 tablespoons low fat milk
- 1/2 teaspoon margarine
- Salt and pepper
- 2 taco shells, crisp and hot

**Instructions:**
- Combine eggs and milk and scramble in melted margarine in a skillet over medium heat until firm but still moist. Fill each taco shell with half egg mixture and add toppings. Enjoy them while they are warm. Serves 2.

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**Egg Burger**
(Cooked egg on hamburger bun)

**Ingredients:**
- 1 egg
- 1 slice of cheese (optional)
- 1 teaspoon margarine
- Sprinkling of salt and pepper
- Hamburger bun, toasted and spread

**Instructions:**
- Cook egg in a skillet over medium heat. Break egg into pan, break the yolks and mix well with white. Sprinkle on salt and pepper. When egg is set, turn and cook other side. Place cheese slice on warm bun. Place cooked egg. Cover with top of bun and enjoy your favorite burger toppings.

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**Easter Bunny Bundles**
(Scrambled eggs in Pita Bread)

**Ingredients:**
- 2 eggs
- 2 tablespoons low fat milk
- 1/2 teaspoon margarine
- Salt and pepper
- Pita Pocket

**Instructions:**
- Beat egg with milk in a small bowl. Melt margarine in a skillet over medium heat. Pour in egg mixture and as eggs begin to cook, move the pan up and down, until it is firm, but still moist. Salt and pepper to taste. Cut Pita Bread in half and fill each half with hard cooked egg. Add toppings if you wish. Wrap in foil to eat it later!

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**Egg Dog**
(Egg salad in Hot Dog Bun)

**Instructions:**
- 1 hard cooked egg, peeled
- 1/2 cup chopped celery
- 1/4 cup mayonnaise
- Salt and pepper to taste
- 2 tablespoons mustard
- 1 Hot Dog Bun

**Directions:**

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**Egg Whites**

- Contain NO CHOLESTEROL and NO FAT.

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**Eggs are so nutritious!**

- Studies show that eating breakfast—like eggs—helps kids do better on exams.
- A large egg has 1.5 grams of saturated fat and 4.5 grams of total fat—just be careful of the fat you add when you cook them.
- Eggs contain EVERY VITAMIN except C and most of the minerals in varying amounts.
- On a diet? Eggs are perfect—ONLY 75 CALORIES in 1 large egg.
- We need protein to build or maintain muscles, skin, and blood. Eggs have PERFECT PROTEIN. The only protein better is in mother’s milk!
- EGG WHITES contain NO CHOLESTEROL and NO FAT.

**Handle Food with Clean Hands**

There are a lot of germs that can get onto your food and into your mouth from your hands. These germs can make you sick. Washing your hands before you eat or cook kills the germs. Use warm water and plenty of soap. Sing this song while you are washing:

**Icky Germs Song**
(Tune: London Bridge)

Germs on hands

- Can make you sick.
- Germs are sick.

Soap and water fisse it.

I am washing!

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**How to Hard Cook Eggs**

Here’s how you do it:

- Put eggs in a single layer in a pan.
- Cover with cold water, one inch above eggs. Place cover on top.
- Turn heat on high. As soon as big bubbles appear, turn heat off. Let eggs sit in hot water for 17 minutes.*
- * Then, carefully pour the hot water off and run cold water over the eggs until they are cold. Keep in refrigerator. Eat within one week.

- **Add 3 minutes for extra large eggs.** Subtract 3 minutes for smaller eggs.
- **Very fresh eggs will be hard to peel. Use your oldest eggs for easier peeling.**

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**Fun Easter Egg Dyeing Ideas**

1. Wash hands. Hard cook eggs. Use only dye meant for food. Refrigerate or store in a cool dry place for at least a week.

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**Dye Designs from Nature**

- **Madder Root Egg Dye**
  - Place small leaves or flowers on hard-cooked egg. Hold in place by wrapping a strip of string in a spiral shape around egg. Microwave for 1-1/2 to 2 minutes. Dye hard cooked egg. Dye can be reheated and reused. Coat eggs with vegetable oil for shine.

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**Multicolor Egg Dye**

- Wrap hard-cooked egg in a small square of an old terrycloth towel (with). Add an eyedropper, drop of green. Colors of egg dye are different: place on the wet cloth wrapped egg. Colors will run together. Let sit for 15 minutes. Then carefully remove the towel.

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**Plaid or Striped Egg**

- Wrap hard-cooked eggs in rubber bands or strips of narrow masking tape. Before placing them in the dye, be sure the egg is completely dry before removing the bands.