Be an Easter Artist at The White House 2001

Easter at The White House
I am ________ years old.
I have _____ brothers and ______ sisters.
Today I visited ____________________________
with ________________________________
I found _________ eggs at the White House
Easter Egg Roll. They were colored
___________ and ____________

I saw the
Easter Bunny
and he looked
like this ————

Draw the Easter Bunny here
We are a nation of EXTRA Special people!

I am EXTRA special too!

This is me!
In each box above there is one picture different from the rest. Circle the number of the picture that is different.
President and Mrs. Bush have two dogs, Spot and Barney, and a cat named India. Spot was born at the White House in 1989. His mother, Millie, was also a White House Dog for President George and Mrs. Barbara Bush.

Spot wants to put the egg he found into the nest. Help Spot find the nest.
• The ZINC in EGGS is the PERFECT BRAIN FOOD and helps kids do better in school.
• EGGS are NATURALLY LOW IN SATURATED FAT (only 1.5g per large egg) - Just be careful of the fat you add in the cooking process.
• Protein in EGGS is the HIGHEST QUALITY PROTEIN - The only protein better is in mother’s milk.
• EGG WHITES contain NO CHOLESTEROL and NO FAT - Try poaching a few for those on very low fat diets.
• A large EGG contains only 75 calories; every vitamin except C and many important minerals.

Did you know?

• A fresh EGG is better for baking - cakes will be higher. An older EGG is better for hard cooking because it peels more easily.
• A hen requires about 24-26 hours to produce an EGG. Thirty minutes later, she starts all over again.
• EGG yolk color depends on the hen’s diet.
  - To find out if an EGG is raw or hard-cooked, spin it! Raw eggs will wobble; hard-cook eggs will spin easily.
  - If you drop an EGG, sprinkle it heavily with salt to make clean-up easier.
• EGG shell color is determined by the breed of the hen. Breeds with white ear lobes lay white eggs, breeds with red ear lobes lay brown eggs.

Easter Games

The fact that eggs break so easily probably accounts for its popularity in games down through the centuries.

Egg Rolling

Many variations of egg rolling contests and games may be played. The egg rolling that takes place on the White House lawn has become an American tradition. According to legend, it was started by Dolly Madison in the early 1800’s. The specially decorated eggs are provided by the American Egg Board. A similar event is held in New York’s Central Park.

Egg Hunt

Hiding colored or decorated eggs around the house or garden for youngsters to find has long been an Easter morning tradition.

Egg Toss

Whenever groups gather for picnic games, an egg toss is as predictable as a sack race. Partners line up in two rows facing each other. Every member on one side tosses a raw egg across. After each successful catch, the players step backward, adding to the difficulty of the next catch. This is repeated until all but one egg is broken and most of the players have egg on their faces. The couple with the last unbroken egg wins.
How many eggs did the Bunny find?

Help Baby Bunny color her egg!

Bunny’s friends are bringing him the eggs they found. How many friends does Bunny have?
Springtime Stories

To ancient people, the egg was a springtime symbol of renewed life. For many centuries, eggs have been decorated, blessed and given as gifts to celebrate both Easter and the return of spring!

Red Eggs at Easter
In Greece and Romania, children give red eggs to friends. When the friends meet on Easter Day, each knocks his red egg against the egg of the other person. One friend says, “Christ is Risen”. The other person responds, “Truly, He is risen”. Greek mothers bake a rich bread with three bright red eggs to represent the Trinity.

Easter Carols
Children in Tyrol, Austria used to collect eggs on Easter Eve, then go from farmhouse to farmhouse singing carols. The children carried baskets for the gifts of Easter eggs given by the farmers as a reward for the songs.

Easter in the Fall?
At Easter time in Chile, where the seasons are reversed, the weather is turning to fall instead of spring. The days are still nice, so lots of families spend the holiday at the beach. They still exchange colored eggs, chocolate bunnies and baskets.

Tapestries in El Salvador
In El Salvador, families color sawdust and arrange it on the streets in beautiful designs of palm trees, purple bows and signs of Easter. During a procession through town on Good Friday, the priests stop to rest on the tapestries. For lunch, there is often dry salted cod and Torrejas, a delicious bread pudding dessert.

Holi
Everyone is covered with the colors of spring on Holi Day in India when children and adults throw water and colored powders at each other. To welcome the coming of spring, people light bonfires on the eve of Holi.

Cherry Blossoms in Japan
Just as in Washington, DC, viewing the cherry blossoms is a favorite spring pastime in Japan. Families spend the day in the city park and on the Palace grounds.

St. David’s Day in Wales
On St. David’s Day in Wales, a daffodil or leek is pinned on clothing. The spring flower and the winter vegetable represent the passing of winter.

Pussywillows in Norway
Norwegians go into the woods the Sunday before Easter to collect pussy-willows. The branches are brought into the house and put in water so new green buds open. The branches may be decorated with paper flowers, feathers or toy chicks.

Easter in Korea
In Seoul, Korea, families go to the top of Nam San Mountain for sunrise Easter services. Afterwards, for breakfast, mother puts a beautiful brass bowl in the center of the table, surrounded by colored eggs.

Do Bunnies Lay Eggs?
Goddess Eostre’s favorite animal was a large handsome bird. One day the Goddess became angry and turned the bird into a hare. That is why at Easter time hares build nests to fill with colored eggs.

Many children believe the Easter bunny brings Easter eggs. This belief probably comes from a German legend. Some say a poor woman dyed eggs during a famine and hid them in a nest as an Easter gift for her children. Just as the children discovered the nest, a big rabbit leaped away. The story spread that the rabbit had brought the Easter eggs.

Another version of the story says a Medieval princess who wanted to thank her people for their hard work, hid the eggs. Surprised children found the eggs just as a rabbit ran out from near the nests.
Connect the dots.

I see another one....

Catch me if you can...

This is easier than “hopping down the bunny trail”....
Decorate your own **BIG** egg...
Have Face On Your Egg
Make your own faces on the eggs below!
To Dye Eggs With Natural Materials:

Wash eggs in mild detergent solution to help remove oil coating so color adheres more evenly. Cover eggs with water and simmer with 1 teaspoon vinegar and your choice of materials below for 20 minutes. Use your own judgement about quantities of materials. This is an art, not a science.

<table>
<thead>
<tr>
<th>Materials</th>
<th>Color</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tea</td>
<td>Beige</td>
</tr>
<tr>
<td>Strong coffee</td>
<td>Brown</td>
</tr>
<tr>
<td>Walnut husks</td>
<td>Buff</td>
</tr>
<tr>
<td>Spinach</td>
<td>Grayish gold</td>
</tr>
<tr>
<td>Carrot tops</td>
<td>Greenish yellow</td>
</tr>
<tr>
<td>Yellow Delicious</td>
<td>Lavender</td>
</tr>
<tr>
<td>apple skins</td>
<td></td>
</tr>
<tr>
<td>Onion skins</td>
<td>Golden orange</td>
</tr>
<tr>
<td>Orange peels or thyme</td>
<td>Yellow</td>
</tr>
<tr>
<td>Red cabbage leaves</td>
<td>Blue</td>
</tr>
</tbody>
</table>

MICROWAVE EGG DYE

In a cup of water combine 1/4 teaspoon liquid food coloring, and 1 tablespoon vinegar. Microwave on high for 1-1/2 to 2 minutes. Dye hard cooked eggs. Dye can be reheated and reused. Coat eggs with vegetable oil for shine.

MULTICOLORED EGGS

Wrap hard-cooked egg in a small square of an old terry cloth towel (wet). With an eye-dropper, drop different colors of egg dye on different places on the wet cloth wrapped egg. Colors will run together. Let sit for 15 minutes, then carefully remove the towel.

PLAID OR STRIPED EGGS

Wrap hard-cooked eggs with 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.

DESIGNS BY NATURE

Place small leaves or flowers on hard-cooked egg. Hold in place by wrapping with a square of stocking, tied with a twisty. Dye, let dry, then remove the stocking. The imprint of the leaf or flower will appear.

Be an EGGspert...

TRY AND CRACK THIS (True or False)

1. A hen can lay 300 eggs a year.  
   - True  [ ] False  [ ]

2. A Large egg has fewer than 80 calories.  
   - True  [ ] False  [ ]

3. Eggs that have spent a week in your refrigerator are the best for hard-cooking.  
   - True  [ ] False  [ ]

4. Eggs provide the highest quality protein you can buy.  
   - True  [ ] False  [ ]

5. One dozen large eggs weighs 1-1/2 pounds  
   - True  [ ] False  [ ]

6. Fertile eggs are more nutritious than infertile eggs.  
   - True  [ ] False  [ ]

7. Eggs with yellow-hued yolks have fewer vitamins than those with orange-colored yolks.  
   - True  [ ] False  [ ]

8. A coddled egg is much like a soft-cooked egg.  
   - True  [ ] False  [ ]

9. Eggs should be cooked for a long time and at high temper.  
   - True  [ ] False  [ ]

10. The breed of hen determines the color of the egg shell.  
    - True  [ ] False  [ ]

True or False answers: 1-7, T, 8-9, F, 10-11, T

Peep! Peep!
Color these with EGGstra special care!!
Easter at The White House has been Oh-So-Much FUN!
Recipes and Tips

Leftover Easter Eggs

Eggs are enjoyed all over the world in different ways. EVERYONE LOVES DEVILED EGGS and it is a great way to use up leftover Easter eggs. Be sure to use them within one week.

Here's an easy way to fix Deviled Eggs.

RECIPE:
8 hard cooked eggs (peeled) 1/4 cup mayonnaise
1 tablespoon mustard 1 tablespoon relish

1. Cut eggs in half lengthwise. Place yolks in 1-quart plastic food storage bag. Set whites aside.
2. Place remaining ingredients in bag with yolks. Press out air.
3. Close bag. Mash until yolk mixture is thoroughly blended.
4. Push yolk mixture toward corner of bag. Snip off about 1/2 inch of bag corner.
5. Squeezing bag gently, fill reserved whites with yolk mixture. Chill to blend flavors.

Scrambled Eggs in Pita Bread

INGREDIENTS:
2 eggs, 2 tablespoons low fat milk, 1/2 teaspoon margarine.
Salt & pepper, 1 pita pocket.

Toppings can be grated cheese, chopped tomato, chopped green peppers.

2. Pour in egg mixture and as eggs begin to cook, move it around pan with spatula, until it's firm, but still moist. Salt and pepper to taste.
3. Cut pita bread in half and fill each half with hard cooked egg. Add toppings if you wish.

The Incredible Edible Egg!

For hard cooked eggs
Put eggs in a single layer in a saucepan and add enough tap water to come at least 1 inch above eggs. Cover and bring rapidly just to boiling. Turn off heat.
If necessary, remove the pan from the burner to prevent the water from boiling.
Let stand, covered, in hot water the proper amount of time (15 to 17 minutes for large eggs — adjust time up or down by approximately 3 minutes for each size larger or smaller).
Place eggs immediately in ice water for 1 minute, then peel.

AMERICAN EGG BOARD

“Be an Easter Artist” activities booklet developed by The Virginia Egg Council/Graphic Designer Helen Craig. Additional art by Herb Swartz.
Eggs!
Color them delicious and nutritious.