

Lesson 4B Funky Farm Fresh Breakfast Scramble

Materials Required:

- Mixing bowls
- Casserole dish
- Plates 1 per student
- Mixing spoons
- Napkins
- Cleaning supplies
- Child safety knives
- Cutting boards

1) Wash hands, ensure *mise en place*, and start recipe

Recipe:

Ingredients: Chicken sausage patties, diced onions and peppers, scrambled eggs fully cooked-makes large batch for entire class

1. Chop 5 chicken sausage patties into small pieces
2. Dice 1 small white onion and 1 small green pepper
3. Mix chicken sausage, vegetables, and contents of 2 bags of scrambled eggs (or 10-12 egg patties, chopped) together in large microwave safe casserole dish for 2 minutes/160F
4. Stir before serving in individual bowls

2) Quick Review: Food Allergies

- Do you know the top eight food allergies? They are peanuts, tree nuts, eggs, milk, wheat, fish, soy, shellfish.
- Does anyone have a food allergy?
- What is a food allergy? A food allergy is when the body reacts as though a particular food product is harmful. The body's immune system which fights infections and disease creates antibodies to find the food allergen
- If your friends have food allergies you should know that food allergies are very serious, don't share food with friends who have food allergies, wash hands after eating, and if a friend with food allergies feels sick, get help right away!
- It is important for cooks to be aware of food allergies when creating and cooking recipes

3) Clean Up

Optional Recommendations for this lesson (see back of booklet):

- Video: Food Allergies