This month’s **Family Activity** explores one popular breakfast food – the egg*! If anyone in your family has an egg allergy, please note this family activity may not be for you! You can make breakfast smoothies in the blender instead of the activity described here!

There are many ways you can cook an egg—poached, scrambled, over-easy, sunny-side up, hard-boiled, soft-boiled… and the list goes on! One dish that uses eggs is the omelet.

For this family activity, start by asking each member of your family what the ingredients would be in his or her “perfect” omelet or added to scrambled eggs! For example, maybe your big sister likes ham and mushrooms in hers while your mom likes peppers, onions, and cheese in hers! Write them all down on the chart below and compare each person’s list.

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<th>Name:</th>
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<td>Perfect ingredients:</td>
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Which family members like the same ingredient?

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Does anyone like an ingredient that no one else likes?

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* Eggs are among the most nutritious foods on earth and can be part of a healthy diet. However, they are perishable just like raw meat, poultry, and fish. Today some unbroken, clean, fresh shell eggs may contain *Salmonella enteritidis* bacteria that can cause food borne illness. While the number of eggs affected is quite small, there have been cases of food borne illness in the last few years. To be safe, eggs must be properly handled, refrigerated, and cooked.
Now, pick one of these “perfect” omelets and make it for breakfast together! Better still make one of everyone’s favorite to enjoy! Depending on the age of the members in the family, you may want to ensure an adult’s presence.

Whole Egg Omelet:
1 whole egg
1 1/2 teaspoon 2% milk
1 tablespoon shredded cheddar cheese
1 tablespoon chopped mushroom
1 tablespoon chopped green pepper

Egg White Omelet:
2 egg whites
1 1/2 teaspoon 2% milk
1 tablespoon shredded cheddar cheese
1 tablespoon chopped mushroom
1 tablespoon chopped green pepper

Directions (makes 1 small omelet):
1. Begin by cracking the egg into a medium bowl. Add milk and blend well with a whisk or fork.
2. With a responsible person’s help, begin heating a small, 8-inch nonstick frying pan over medium-low heat. After 2 minutes of warming, coat the bottom of the pan with canola cooking spray.
3. An adult or older member can pour the beaten egg into the frying pan so that the egg covers the bottom. When the omelet is almost set, add desired topping ingredients. Then loosen the edges with a knife or spatula and shake the pan to loosen the bottom of the omelet.
4. Use a spatula or knife to fold half of the omelet over onto itself and press gently to seal. Slide the omelet onto a plate and serve.
5. Add salt and pepper to taste.

A second family activity you can do is the Breakfast Cereal Scavenger Hunt. This activity will help you learn about what makes a healthy cereal different from an unhealthy one and how you can make sure your cereal is giving you the nutrients and vitamins you need! This activity can be found on the State 4-H web site at http://www.4-h.uiuc.edu/opps/move/.