

# Life Skills & Lunch Featuring 'The Incredible, Edible Egg'

Students in Dexter's Alternative Education program recently spent a morning learning about the versatility of the egg as a nutritious option for any meal. Heather Williams and Elizabeth Zaebst, dietitians and graduate students at the U-M School of Public Health, not only educated the class on the many benefits of eggs, but cooked up delicious treats for students to sample. Williams and Zaebst have been interning with DCS Director of Food & Nutrition Jennifer Mattison this fall semester, gaining practical food service experience in a public school setting.

This presentation is one of Dexter's many life skills units designed to prepare students for success in their adult lives. In this lesson, the class learned eggs are a great source of protein, do not require much cooking knowledge and are cost-efficient for young adults just starting out on their own. Easy to prepare for breakfast, lunch or dinner, eggs are filling and provide many nutrients a body needs to function. The dietitians provided students with information on the different kinds of animal eggs (chicken, duck, etc.), the various sizes, local vs. regional and how eggs are graded. They also shared why eggs need to stay refrigerated, how long they stay fresh and why undercooked eggs can run the risk of salmonella.

After sharing how they like to prepare and eat eggs, the group discussed different recipes and ways various cultures prepare eggs. Williams cooked fresh toad-in-the-hole (fried egg in a pepper ring) for one student, while Zaebst demonstrated how to make the perfect hard-boiled egg. Frittata cups with peppers, onions and cheese, pre-made earlier in the morning, were also available for everyone to enjoy. Needless to say, Dexter students came away from this lesson full of good, nutritious food and practical knowledge that will serve them for years to come.

*Dexter's Alternative Education program provides students the support they need to complete their schoolwork while learning valuable study and life skills that will help them in their next endeavor, whether that is entering the workforce, training in a skilled trade or post-secondary study.*

