

LESSON 3: TAKEOUT



TIPS AND TRICKS

1. **Incredible Eggs** Compared to many meats, eggs are packed with protein and relatively low in calories. Chock full of nutrients that may even help fight disease, an egg paired with a whole grain bread, is a filling and nutritious way to start the day. Omega-3 enriched or free-range eggs provide even more nutrients.
2. **Cheesy Choosiness** When choosing cheese, stick with the basics. Most shredded cheeses are more processed and more expensive than a basic block of cheese. Some sliced cheeses are even MORE processed, and those that are not tend to be more expensive. A block of your favorite cheese is your best bet – healthier and cheaper!
3. **Cut the Grease** Tired of feeling weighed down after eating a greasy breakfast sandwich from your favorite fast food joint? High fat meats can contribute to that feeling. Cut the meat all together or opt for lower fat poultry options like chicken sausage or turkey bacon.



LESSON 3: TAKEOUT



TODAY WE LEARNED | THE HISTORY OF FOOD

- Early hunter/gatherers wandered the earth exploring food on a trial and error basis. The ancestors of modern humans ate food raw, before they had the tools to cook.
- Around 9,000 BC, humans began to settle down into larger stationary communities, and created small farms. We call this the Agricultural Revolution.
- In the early 1900s, scientific advances led to the development of electricity, new technologies (like motorized tractors), and chemicals (like pesticides, herbicides and fertilizers) meant that farms started to look more like factories, and looked less like nature. The industrialization of farming expanded dramatically starting in the 1950's.
- In present day, nearly all food is produced using the factory farming methods that were developed in the last one hundred years.
- The modern food system has its up sides and its down sides. The up side is food is available to more people so they won't go hungry, but the down side is that producing food in this way can be very unhealthy for us, the plants and animals involved, and the Earth.

BREAKFAST IDEA | "ZAPPED" EGG SANDWICH

- Use your favorite mug or microwave safe dish. A mug makes the perfect shape for a sandwich!
- Crack an egg (or two) into the mug and give it a quick stir with your fork. You can add a dash of salt and pepper to taste.
- Pop it into the microwave for 30 seconds.
- Complete your meal by making it into a sandwich. Just add multigrain toast and cheese. For variety you can occasionally add your favorite breakfast meat. Say goodbye to greasy fast food breakfast sandwiches that leave you feeling blah. Making food at home gives you the control to know what goes in your body. You are what you eat, so make it good!

