



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

**SPECIAL PROGRAM IN TECHNICAL VOCATIONAL EDUCATION (SPTVE)
COOKERY 9 Quarter 3 Week 5**

I. Topic: Perform Mise'en place (Prepare Egg Dishes)

II. Objectives:

At the end of this module, you are expected to:

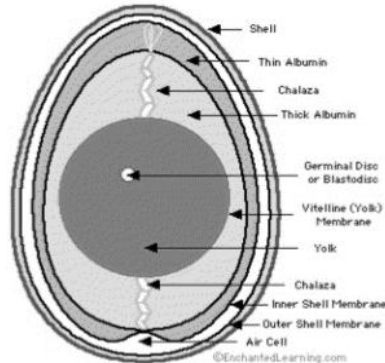
1. identify egg components and its nutritive value;
2. identify the tools in preparing egg dishes;
3. observe sanitary practices in preparing egg dishes.

III. Brief Introduction of the Lesson

In cookery, egg refers to poultry or fowl products. The versatility of eggs is evident in its presence in numerous food items. Eggs may be eaten cooked in its shell, fried or poached or may be combined with other ingredients to produce another dish. In baking, egg acts both as an emulsifier and leavener.

PHYSICAL STRUCTURE AND COMPOSITION OF EGG

We normally distinguish 3 parts of an egg, the shell, the egg white and the egg yolk, but a closer scrutiny reveals more detailed components of an egg.



1. Shell. The egg's outer covering, the shell, accounts for about 9 to 12% of its total weight depending on egg size.
2. Air cell. This is the empty space between the white and shell at the large end of the egg.
3. Albumen/ Egg white. Albumen, also called egg white, accounts for most of an egg's liquid weight, about 67%.
4. Chalaza. This is the ropey strands of egg white at both sides of the egg, which anchor the yolk in place in the center of the thick white.
5. Germinal Disc. This is the entrance of the **lutebra**, the channel leading to the center of the yolk.
6. Membranes. There are two kinds of membranes, one just under the shell and the other covering the yolk. These are the shell membrane and the vitelline membrane. Just inside the shell are two shell membranes, inner and outer.
7. Yolk, the yellow to yellow-orange portion makes up about 33% of the liquid weight of the egg.










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Nutritive Value of Egg

- Egg contains high quality or complete protein with essential amino acids.
- Source of energy, about 75 calories in large supplies.
- Vitamin A, B-complex, D, E.
- Minerals such as phosphorus, zinc, and folate.
- Omega 3 polyunsaturated fatty acids.
- Lutein which reduces cataracts.

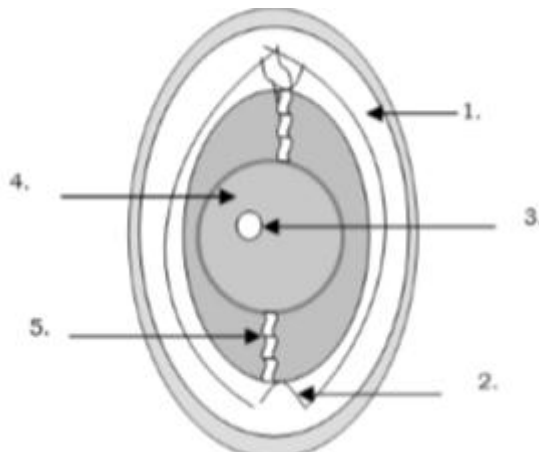
Tools and Utensils in Preparing Egg Dishes

	Channel Knife	A simple tool that has a handle with the size and shape of a vegetable peeler. This is used mainly for cutting strips of citrus fruit rind for cocktail garnishes and also for other decorative work like cutting strips to create design.
	Omelet Pan	It is made with low curved edges and a wide, flat diameter bottom for smooth movement, turning and removal of an omelet or other egg mixtures.
	Egg Poacher	A kitchen tool that enables eggs to be easily cooked when poaching is desired.
	Rubber Spatula or Scraper	The rubber spatula is an essential, multi-purpose kitchen tool that has evolved over time. A rubber spatula is the go-to utensil for such tasks as gently scraping out the contents of bowls without scratching the surface; stirring and blending batters and other mixtures; and gently folding mixtures.
	Wire Whisk	A cooking utensil which can be used to blend ingredients smooth and to incorporate air into a mixture, in a process known as whisking or whipping. Most whisks consist of a long, narrow handle with a series of wire loops joined at the end.

IV. Activities

Activity 1:

Direction: Identify and label the components of Egg. Write your answer in you activity notebook.





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Activity 2:

Directions: Unlock the following scrambled words.

1. LKYO – This is the yellow to yellow or orange portion which consists the 33% total liquid Weight of the egg.
2. BRANMMESE – These are the shell membrane and the vitelline membrane.
3. MBLNAU – This is produced from the oviduct (passage way of the fallopian tube to the ovary.)
4. ELSLH – The egg’s exterior surface which consists the 9 to 12% of the eggs total weight.
5. ZACHALA – This is the ropey strands of egg white at both sides of the egg.

Activity 3:

Directions: Circle the names of the nutritive value of an egg from the word list in the letter grid below. To find them all, you will have to look in every directions including backward and diagonal.

VITAMINS
 MINERALS
 LUTEIN
 PROTEIN
 OMEGA

C	V	B	B	B	E	R	H	V	A
A	R	E	D	N	A	L	O	I	P
C	B	O	M	E	G	A	M	S	P
C	O	P	L	B	B	M	E	N	I
O	T	Y	U	I	A	O	L	I	S
F	O	G	H	I	A	O	E	M	L
P	R	O	T	E	I	N	T	A	L
R	O	N	L	I	H	A	P	T	K
U	L	N	C	L	J	A	A	I	L
N	M	N	B	U	T	N	N	V	M
E	A	N	N	T	I	P	M	S	N
V	M	I	N	E	R	A	L	Z	T
O	A	L	I	I	P	P	K	N	R
L	P	M	O	N	E	O	K	S	T
R	E	H	C	A	O	P	G	G	E

Activity 4: Identify the tools in preparing egg dishes



1 _____



2 _____



3 _____



4 _____



5 _____





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V. Assessment:

Directions: Choose the letter of the best answer.

1. Which of the following vitamins is found in eggs?
A. B1 B. C C. D D. K
2. Which of the following parts of an egg is produced by the oviduct and consist of four alternating layers of thick and thin consistencies.
A. Air cell B. Albumen C. Chalaza D. Yolk
3. It is the egg's outer covering which accounts for about 9 to 12% of its total weight depending on egg size.
A. Chalaza B. Germinal disc C. Shell D. Yolk
4. This is the entrance of the *latebra*, the channel leading to the center of the yolk.
A. Chalaza B. Germinal disc C. Shell D. Yolk
5. It refers to poultry or fowl products.
A. Bread B. Egg C. Milk D. Starch

VI. Reflection:

Direction: Now that you are about to complete this module, You may now able to write your reflections by answering the sentence given below.

1. What significant learning did I gain from the lesson?

2. How do I apply in actual situation the knowledge and skills that I gained from the lesson?

References:

Technical Vocational Education Livelihood Education, Cookery Module 2 Manual (Department of Education, 2016)
Public Technical Vocational High Schools. Competency Based Learning Material Fourth Year (Department of Education 2008)

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