

Egg-cellent Ideas!

Here are some ways to help keep eggs from spoiling:

- Only buy eggs from refrigerated cases in supermarkets.
- Refrigerate the eggs as soon as you get home.
- Throw away any cracked or broken eggs immediately.
- Do not use the egg shell to separate eggs. There may be bacteria on the outside of the shell and you may contaminate the egg.
- Do not leave broken eggs, egg salad, or any food prepared from uncooked eggs at or above room temperature for more than two hours.
- Cook breakfast eggs thoroughly. Scrambled eggs should be cooked until there is no liquid left, and sunny-side up eggs should be cooked until the albumen is firm and white.



SCRAMBLED EGGS!

The good chef Pierre is in charge of cooking breakfast for many guests, but there is one problem: he can't figure out how to prepare his eggs because their names are all scrambled! Can you help him unscramble the names so he can prepare breakfast?

ftso iolbde _____
vero saey _____
rdha oilbde _____
ggse enebdtic _____

crsblmeda _____
nnusydeis pu _____
aochped _____

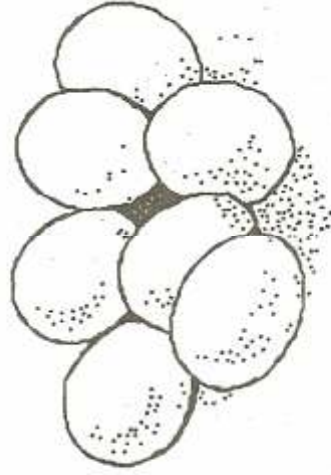
Students for the Responsible Use of Animals (SRUA)
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Partially funded by Pennsylvania Dept. of Agriculture and American Agriculturalist Foundation.



Students for the Responsible Use of Animals

Let's Learn About Eggs



PENNSYLVANIA

College of Agricultural Sciences
Department of Dairy and Animal Science

Talk Like an Egg Producer

Air cell. "bubble" of air on the inside of an egg at the blunt end which grows larger as the egg ages.

Albumen- a protein present in eggs. Also called "egg white".

Blood spot- is caused by a broken blood vessel while the egg is being formed. Most eggs with blood spots never make it to the store because they are discarded during the candling process, even though they are safe to eat.

Candling- looking at the inside of an egg by illuminating the shell to determine internal egg quality. Today candling is done with many bright lights, but it was originally done with a candle.

Chalazae- the white, ropey structures in an egg which hold the yolk in the center of the egg (Yes, it's edible!).

Cholesterol- a normal component of egg yolk which is also made in our bodies.

Egg washing- removing dirt and bacteria from the egg shell so the egg is safer to eat.

Fertile- an egg from which a live chick can hatch.

Grading- a way of categorizing the quality of an egg. Eggs we purchase in a store are either Grade AA or Grade A.

Infertile- Eggs that will never develop into a chicken. They are commonly known as "table eggs."

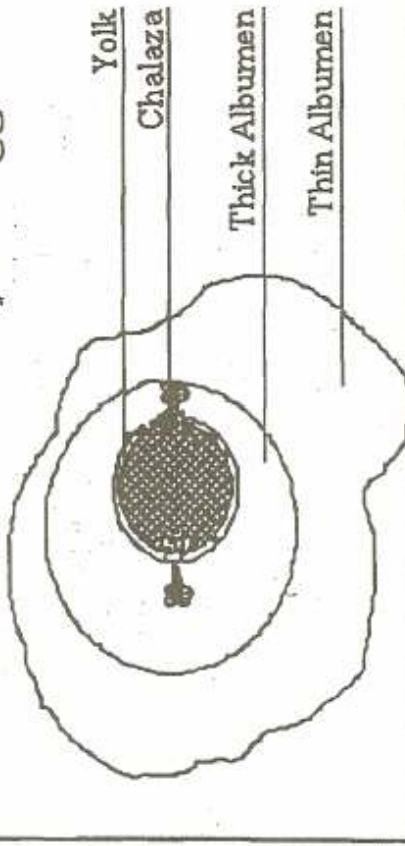
Layer- a hen that produces large numbers of eggs.

Leghorn- a breed of layer.

Protein- an essential nutrient for people. Eggs are a great source of high-quality protein.

Yolk- the yellow part of the egg. It provides nutrients to the chick if the egg is fertile.

The Structure of an Egg



Good Egg or Bad Egg?

Certain characteristics are used to classify eggs into "grades" based on their quality. These characteristics are determined by candling. The best quality eggs are graded AA or A. Medium quality eggs are graded B. Eggs with blood spots or dirty, cracked shells are not sold in the supermarket.

Best Quality

small air cell
small, centered yolk
firm albumen
no blood spots
clean shell, no cracks

Medium Quality

large air cell
large, flat, free-moving yolk
watery albumen

Egg-citing Facts!

- The average person in the United States eats over 235 eggs per year!
- There are over 280 million hens in the United States alone, and each one produces about 250 eggs per year!
- Chicken eggs weigh from 1.25 to 2.5 ounces, whereas ostrich eggs weigh from 32 to 64 ounces!

Chickens are not the only animals that lay eggs. Can you unscramble the names of these other egg-laying animals?

lytspupa _____
ekurty _____
risothc _____
knsea _____
brino _____