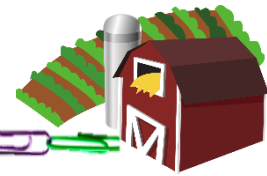




Links to Agriculture
Egg-celent Eggs



What is your favorite way to eat eggs? **Eggs** can be eaten many ways. They can be fried, scrambled or hardboiled. Any way you like to eat them is perfectly fine because eggs are super nutritious!

Eggs contain vitamins, minerals and protein. For children to grow healthy and strong bodies and minds a diet rich in B and D vitamins should be eaten. **Choline** is an important nutrient that is used to build cell membranes and improve **signal molecules** in the brain. Think of choline as a commuter train for vitamins and minerals! An egg contains all those necessary nutrients, making eggs pretty much a perfect food.

What color eggs do you like to eat? You may choose from cream, pink, blue, green, white or brown. The breed of chicken called Ayam Cemani, lays a black egg! Quite a choice! No matter the color of the shell, all eggs have the same nutritional value and flavor. Shell color is determined by the breed of the chicken and specifically by the color of the chicken's earlobe!

The egg yolk may vary in color from pale yellow to dark orange. The yolk color changes according to the hen's **diet**. Free range chickens may eat more grass and less grain, thereby creating a medium yellow yolk. When it comes to taste and nutrition, there is no difference among the different colors of eggs. Hens of different breeds being raised in the same **environment**, given the same feed, water and exercise area will produce eggs with similar nutritional values.

Generally, a hen will lay an egg every 24 to 26 hours. Once an egg has been laid, a hen will begin another egg within 30 minutes. A double yolk occurs when a chicken releases two yolks into the same shell. A hen can lay about 300 eggs in one year! Crack one open, cook and enjoy today!



How Well Did You Read?

Answer the following questions after reading about soybeans on the front. Use complete sentences.

1. Why are egg yolks often different colors?

2. What determines the color of the eggshell?

3. Other than color, is there a difference between white and brown eggs? Support your answer.

4. What is in eggs that makes them a healthy food choice?

5. **Math Connection:** It takes a hen 24 to 26 hours to lay one egg. How many eggs would 5 hens lay in a year? Show your thinking below:

Fun Egg-speriment: Can you make an egg bounce?

The Bouncing Egg

(Get an adult to help before starting!)



Materials:

- One hard cooked egg
- White vinegar
- A clear container or jar with a lid

Instructions:

1. Without breaking the shell, examine the hard -cooked egg carefully. Record your observations on paper.
2. Place the egg in the container. Cover it with the vinegar. Place the lid on the container.
3. Predict what will happen in one hour, one day and one week. Record your predictions.
4. Observe the egg at the designated times.
5. Record your observations.
6. At the end of one week, rinse and dry the egg. Drop it. What happens?
7. What amazed you most as you did this experiment?

Egg Trivia Facts

- Iowa leads the US in eggs produced each year with an average of 14.8 billion.
- Large eggs are the most popular size because recipes are based on large eggs.
- Most commercial laying hens are White Leghorns, which produce white eggs.
- The world's largest egg was 9.1 inches in diameter laid by a hen in the UK named Harriet.
- Label check! Eggs are naturally gluten-, sugar-, and carb-free.



Did You Know...?

- The quality of eggs is graded with AA, A or B, with AA being the highest quality.
- Eggs are sized and labeled as Jumbo, Extra Large, Large, Medium, Small, or Peewee.
- You know carrots are good for your eyes, but so are eggs! Eggs contain lutein, which helps our eyes naturally block blue light from electronic devices and the sun.



Joke Time!

Why did the egg cross the road?

What do you call an egg that goes on safari?



Joke Answer

An "eggs-plore!"

To get to the Shell station!



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