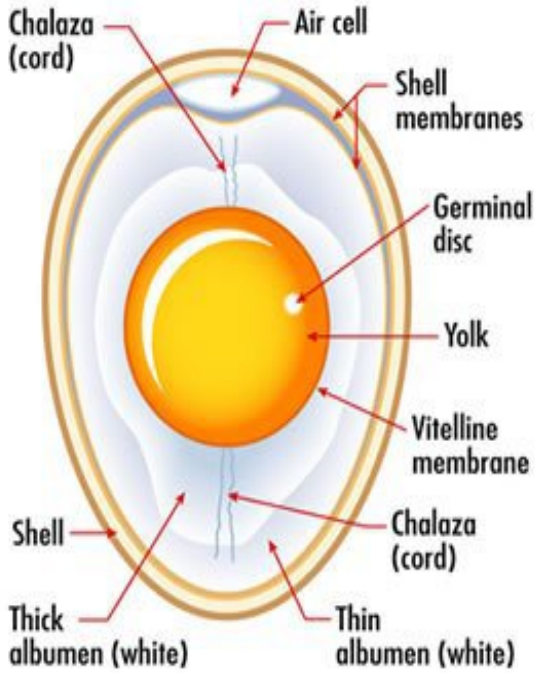


**Ch 18 EGGS**, pages 308-317

1. Label the parts of the egg.



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\_\_\_\_\_ – The outer covering of egg composed largely of calcium carbonate. May be white or brown depending on breed of chicken. Color does not affect egg quality, flavor, cooking characteristics, nutritive value or shell thickness.

\_\_\_\_\_ – Yellow portion of egg. Color varies with feed of the hen, but doesn't indicate nutritive content. Major source of egg vitamins, minerals and fat, about 1/2 of the protein.

\_\_\_\_\_ – Twisted cord like strands of egg white. Anchor yolk in center of egg. Prominent chalazae indicate freshness.

\_\_\_\_\_ – Pocket of air formed at large end of egg. Caused by contraction of the contents during cooling after laying. Increases in size as egg ages.

\_\_\_\_\_ – White portion of the egg. Major source of egg riboflavin and protein. Stands higher and spreads less than thin white in higher grade eggs. Thins and becomes indistinguishable from thin white in lower grade eggs.

2. What two grades of eggs are available in most U.S. supermarkets? \_\_\_\_\_ & \_\_\_\_\_

3. What three sizes of eggs are most commonly sold? \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_

4. What is the difference between brown and white-shelled eggs? \_\_\_\_\_

5. How should eggs be stored in the refrigerator? \_\_\_\_\_  
 \_\_\_\_\_ How long? \_\_\_\_\_

6. Define:

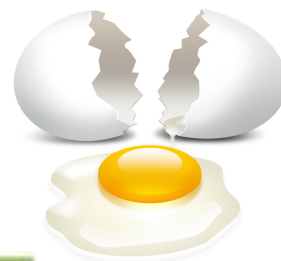
Emulsion \_\_\_\_\_  
 \_\_\_\_\_

Pasteurized \_\_\_\_\_  
 \_\_\_\_\_

3. Review the nutritional differences, in chart, between the yolk and the white?

“MyPlate” suggest you limit Cholesterol intake to less than 300 mg. per day.

How much does cholesterol does one egg yolk contain? \_\_\_\_\_ mg.



NUTRIENT	WHOLE EGG	EGG WHITE
Calories	70	17
Total Fat	5 g	0 g
Saturated Fat	1.5 g	0 g
Cholesterol	185 mg	0 mg
Protein	6 g	3.6 g
Folate	24 mcg	1 mcg
Iron	0.88 mg	0.03 mg
Zinc	0.65 mg	0.01 mg
Riboflavin	0.2 mg	0.1 mg
Selenium	15.4 mcg	6.6 mcg
Vitamin D	41 IU	0 IU
Choline	126 mg	0.4 mg

4. Explain the differences between the 3 stages of egg foams?

Foamy stage:

\_\_\_\_\_

Soft peak stage:

\_\_\_\_\_

Stiff peak stage:

\_\_\_\_\_

5. Identify 10 Methods of Cooking.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

