

Grade 12 -Food and Nutrition Egg Worksheet

1. The air cell is located at the skinny part of the egg.
 - a. True
 - b. False
2. There are 5 chalazae cords.
 - a. True
 - b. False
3. All eggs are white.
 - a. True
 - b. False
4. The different egg grades are A, AA, and B,
 - a. True
 - b. False
5. The hard shell of the egg is porous and lined with amino acids.
 - a. True
 - b. False
6. Albumen gets thicker as an egg ages.
 - a. True
 - b. False
7. The yolk is the round yellow portion of the egg.
 - a. True
 - b. False
8. The yolk flattens as the egg ages.
 - a. True
 - b. False
9. The thinner and more prominent the chalazae, the fresher the egg.
 - a. True
 - b. False
- 10.The yolk of an egg contains more vitamins and minerals than the white
 - a. True
 - b. False
11. An egg color is related to how high its nutrients are.
 - a. True
 - b. False
- 12.The breed of hen does not determine the color of the eggshell
 - a. True
 - b. False
- 13.It is important to purchase refrigerated eggs, and buy them by the sell date,
 - a. True

- b. False
14. Eggs are highly perishable.
- a. True
- b. False
15. An emulsifier is a substance that holds together two liquids that normally do not stay mixed such as water and milk.
- a. True
- b. False
16. I allow moisture into the egg to keep the bacteria out
- a. Shell
- b. Chalaza
- c. Shell membrane
- d. Albumen
17. I hold the egg yolk in place
- a. Air cell
- b. Chalaza cords
- c. Shell membrane
- d. Albumen
18. Which of the following describes a shell?
- a. The empty space between the white and the shell at the large end of the egg
- b. The entrance of the latebra the channel leading to the center of the yolk
- c. The ropey strands of egg white at both sides of the egg.
- d. The eggs outer covering, the first line of defense against bacteria contamination
19. Which part of the picture shows a fresh egg



- a. Picture 3
- b. Picture 2

- c. Picture 1
- d. None

20. What nutrient is eggs high in?

- a. Carbohydrate
- b. Protein
- c. Fats
- d. Cholesterol

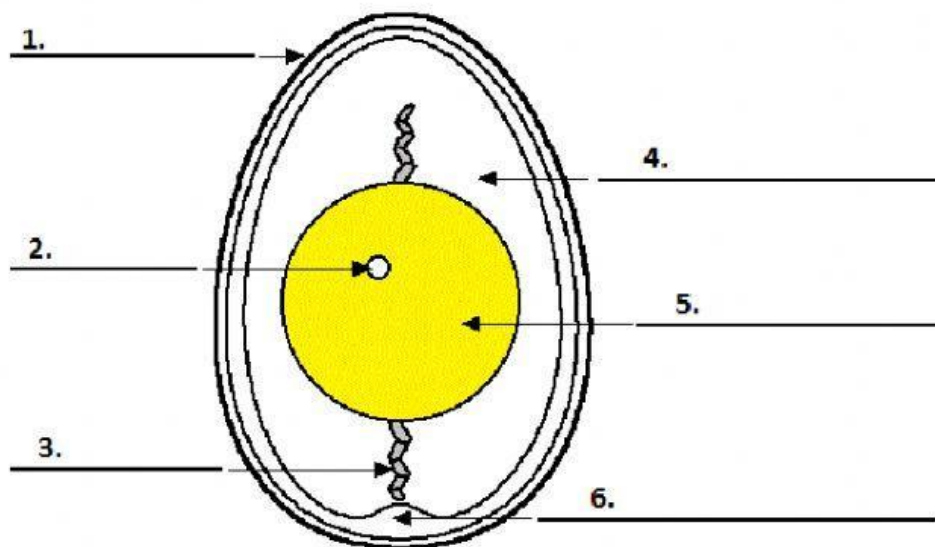
21. The foodborne illness associated with eggs is:

- a. Salmonella
- b. E. coli
- c. Listeria
- d. Coronavirus

22. Give the name of the protective membrane under the shell.

- a. Air pocket
- b. Shell membrane
- c. Chalazae
- d. Thin Albumen

23. Identify label 3 on the egg diagram



- a. Chalazae
- b. Shell
- c. Air Sac
- d. Yolk

24. Identify label 6 on the egg diagram
- a. Air sac
 - b. Yolk
 - c. Albumen
 - d. Chalazae
25. Identify label 4 on the egg diagram
- a. Air sac
 - b. Yolk
 - c. Albumen
 - d. Chalazae
26. An egg has this ability which causes liquid to mix with fat as in mayonnaise.
- a. Emulsifying
 - b. Binding
 - c. Poaching
 - d. Storing
27. Raw eggs stay fresh in the refrigerator for up to ?
- a. 4 weeks
 - b. 3 weeks
 - c. 1 week
 - d. 4 months
28. A Beaten egg white is used to make
- a. Soups
 - b. Pizzas
 - c. Meringues
 - d. Stews
29. The ability of egg proteins to _____ is what helps eggs act as a binder in foods like meatloaf, and chicken dishes such as custards and fillings.
- a. Emulsifying
 - b. Binding
 - c. Poaching
 - d. coagulate
30. An egg is very high in
- a. Cholesterol
 - b. Perishable
 - c. Potential
 - d. Storing