

The females of many species lay eggs: birds, ducks, geese, amphibians, reptiles and fish. There are even a few mammals that lay eggs. But the eggs that most humans prefer come from chickens! There are many advantages to eating eggs. They are very nutritious. They contain a lot of protein and many vitamins and minerals. Eggs also contain cholesterol, which can increase blood pressure and heart disease. However, experts say that eating eggs does not pose a danger. There are two types of production: free range, in which the hens have their freedom and can move about, and battery, where the hens live in cages and cannot move. Free range eggs are more expensive, but much kinder. Battery production is very cruel. We can cook eggs in many ways: boiled, fried, scrambled, baked, poached and as omelettes. We also use eggs to produce sweet foods: biscuits and cakes. As a symbol, eggs represent new life, new beginnings. The egg is an important symbol of Easter. At Easter, children decorate or paint hard boiled eggs and enter competitions. Chocolate eggs are in the shops, with all sorts of different fillings. Eggs give their name to a shape: oval. So, what is your favourite way of eating your eggs? Mine is huevos rancheros, a spicy Mexican dish. Delicious!

Read the text carefully. Are these statements **True (T)** or **False (F)**? **Choose the correct answer.**

1. Only birds and fish lay eggs. ____
2. Chicken eggs are the most commonly eaten by humans.
3. Eggs are not healthy because they only contain cholesterol. ____
4. Experts believe that eating eggs is dangerous. ____
5. In free range farming, hens can move around freely. ____
6. Battery hens live in cages and cannot move. ____
7. Free range eggs are cheaper than battery eggs. ____
8. Eggs can only be cooked by boiling or frying. ____
9. People use eggs to make sweet foods like cakes and biscuits. ____
10. During Easter, children sometimes decorate hard boiled eggs. ____