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

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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

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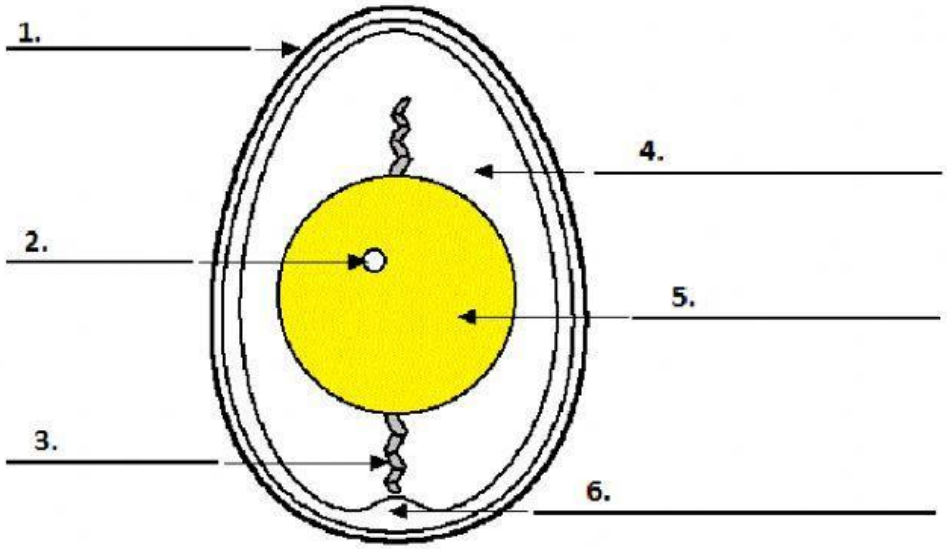
c. Picture 1
d. None

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

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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 cause 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 whites 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

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