

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



- Picture 3
- Picture 2

- c. Picture 1
- d. None

20. What nutrient is eggs high in?

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

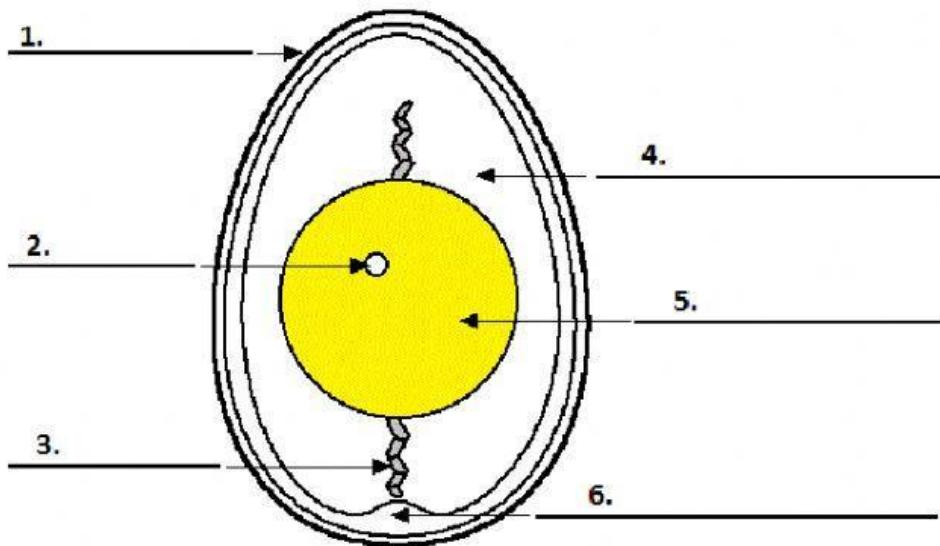
21. The foodborne illness associated with eggs is:

- 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 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