

Egg Study Sheet

References: Lecture in Class  
Food for Today, Chapter 18.3  
World of Food, Chapter 17

Name \_\_\_\_\_  
Period \_\_\_\_\_  
Test date \_\_\_\_\_

1. Draw and label the parts of the egg.

- shell
- thin albumen
- thick albumen
- yolk
- chalaza
- air cell

2. Name the six sizes of eggs and give the weight per dozen of each.

- a.
- b.
- c.
- d.
- e.
- f.

3. How should eggs be stored and why?

4. What are some principles of egg cookery?

5. What are the nutritional contributions of eggs?

6. What are the functions of eggs in cookery?

7. Name the different grades of eggs. Explain how one would differentiate between the white, yolk, and shell of each. Tell how you would use each.

	White	Yolk	Shell	Use in Recipe
Grade AA				
Grade A				
Grade B				
Grade C				

8. What are the uses of fresh eggs and old eggs?

9. T or F The color of the egg shell has no influence on nutritional values or eating quality.
10. T or F Most recipes are developed to use extra large eggs.
11. Explain the proper term: **hard-cooked** or **hard-boiled**.
12. What are some ways to prepare eggs in the shell?
13. What are some ways to prepare eggs out of the shell?
14. What is responsible for the dark ring around the cooked egg yolks? What can be done to avoid them?
15. What are the stages of beaten egg whites?
16. \_\_\_\_\_ inhibit beaten egg whites from forming.

**Define the following:**

17. candling -
18. albumen -
19. yolk -
20. air cell -
21. shell -
22. chalaza -
23. bloom -
24. USDA -