

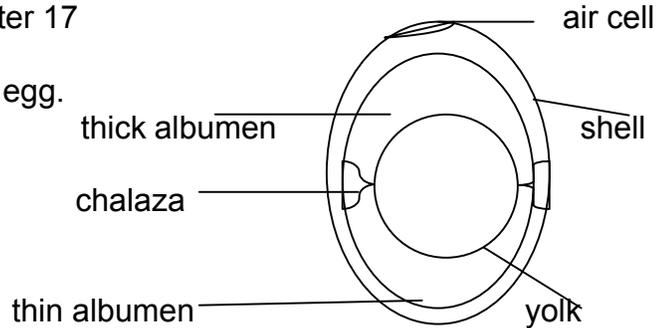
Egg Study Sheet

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

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

1. Draw and label the parts of the egg.

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



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

- a. *jumbo* 30 oz. per doz.
- b. *extra large* 27 oz. per doz.
- c. *large* 24 oz. per doz.
- d. *medium* 21 oz. per doz.
- e. *small* 18 oz. per doz.
- f. *peewee* 15 oz. per doz.

3. How should eggs be stored and why?

*Eggs should be refrigerated large end up in the egg carton.*

4. What are some principles of egg cookery?

*Cook at low temperature  
 Cook until desired firmness*

5. What are the nutritional contributions of eggs?

*Protein, fat, vitamin A, vitamin D, riboflavin, iron, phosphorus*

6. What are the functions of eggs in cookery?

*Binder, Add nutrients, Color, texture, flavor, Thickener, Leavening agent, Emulsifier*

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	<i>Thick</i>	<i>High, yellow</i>	<i>Perfect</i>	<i>Fried, poached</i>
Grade A	<i>Thick</i>	<i>High, yellow</i>	<i>Perfect</i>	<i>Fried, poached</i>
Grade B	<i>Thin</i>	<i>Yellow</i>	<i>May have abnormalities</i>	<i>Baking in Recipes</i>
Grade C	<i>Thin</i>	<i>Pale in color</i>	<i>Abnormalities, cracked</i>	<i>Baking in Recipes</i>

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

*Fresh – fried, poached*

*Old - baking*

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**.  
*Hard – cooked, Boiling an egg makes them tough and rubbery, you simmer them.*
12. What are some ways to prepare eggs in the shell?  
*Hard-cooked*  
*Soft-cooked*
13. What are some ways to prepare eggs out of the shell?  
*Fried, over-easy, shirred or baked, scrambled, omelet, eggs in a frame, poached*
14. What is responsible for the dark ring around the cooked egg yolks? What can be done to avoid them?  
*Iron and sulfur of the egg (chemical reaction), Immediately put in cold water*
15. What are the stages of beaten egg whites?  
*Foamy, soft peaks, stiff peaks*
16. \_\_\_*Fat*\_\_\_ inhibit beaten egg whites from forming.

**Define the following:**

17. candling - *Process of grading eggs with light.*
18. albumen - *White part of an egg.*
19. yolk - *Yellow part of an egg.*
20. air cell - *Separation between membranes.*
21. shell - *Outer covering of egg, brittle and porous.*
22. chalaza - *Anchors and supports yolk from breaking in shell.*
23. bloom - *Another name for outer covering of an egg.*
24. USDA - *United States Department of Agriculture.*