

**NAME:**

**Points:**        /56

**Directions:** Read each statement carefully. Answer each completely to the best of your ability.

1. What are the 2 main colors of egg shell? (2pts)
  
2. What is the difference between the 2? What determines the color of egg? (2 pts)
  
3. List the 6 sizes of eggs. Which are the 3 most common sizes? (9 pts)
  
4. How long are eggs good in the refrigerator after purchase? (2 pts)
  
5. What is the food borne illness you are most at risk of contracting from eggs? (1 pt)
  
6. What are the three main Grades of eggs? (3 pts)
  
7. How are these Grades determined (what makes one Grade better than another)? (list 2) (2 pts)
  
8. What is the process called that eggs go through to Grade them? How do they do this? (3 pts)
  
9. What is the main nutritional component you get from eating eggs? (1 pt)
  
10. What came first, the chicken or the egg?
  
11. What is the color of the yolk? (1 pt)

12. What is the healthiest part of the egg? (1 pt)
  
13. How many calories are there in an average egg? (1 pt)
  
14. Where are most of the calories found? (1 pt)
  
15. What happens to egg proteins when they are heated? (1 pt)
  
16. What are 3 of the uses of eggs (why we add them to dishes like cakes and cookies)? (3 pts)
  
17. Name 3 ways eggs can be cooked? (3 pts)
  
18. What about eggs causes some people to consider them "bad" to eat? Where do we find most of this? (2 pts)
  
19. Draw and label the 9 parts of the egg. (18 pts)