



Eggs



AN ACTIVITY WORKBOOK

GET CRACKING®

Eggs are Egg-cellent!



- ✓ Eggs are included in the Meat and Alternatives food group in (Eating Well with) Canada's Food Guide.
- ✓ Two eggs equal one serving of Meat and Alternatives.
- ✓ Eggs are nutritious and contain many vitamins and minerals. They are also an excellent source of protein. Protein is needed to build your body and keep it strong. Protein provides lasting energy.
- ✓ Eggs are an inexpensive source of nutrients and are quick and easy to cook.
- ✓ Eggs are tasty and can be cooked in many different ways.
- ✓ Eggs are healthy for people of all ages.

Find and circle these ten words in the WORDSEARCH!

1

**HEN
 FARM
 YOLK
 BARN
 CRACK
 SHELL
 LAY
 WHITE
 EGG
 COOK**

R	K	L	E	T	I	H	W
T	N	L	A	C	C	E	A
O	H	E	E	Y	O	N	B
Q	N	H	G	N	J	P	A
K	R	S	T	G	R	F	R
L	O	F	M	W	K	A	N
O	X	O	K	C	A	R	C
Y	D	T	C	R	Y	M	Q



I like eggs.

_____ eggs,
_____ eggs,
_____ eggs,
_____ eggs,

any kind of eggs,

I like eggs!

An egg in _____

An egg on _____

An egg in _____

An egg on _____

I like eggs!

_____ eggs,
_____ eggs,
_____ eggs,
_____ eggs,

any kind of eggs,

I like eggs.

Try an egg chant.

Slap your thighs, clap your hands, snap your fingers, or invent something to keep the beat.

Try this egg chant and then see if you can make your own.

Eggs, eggs, rolling on the table.

Eggs, eggs, crack them if you're able.

Eggs, eggs, spinning all around.

Eggs, eggs, falling on the ground.

Eggs, eggs, splashing on the water.

Eggs, eggs, spinning on an otter.

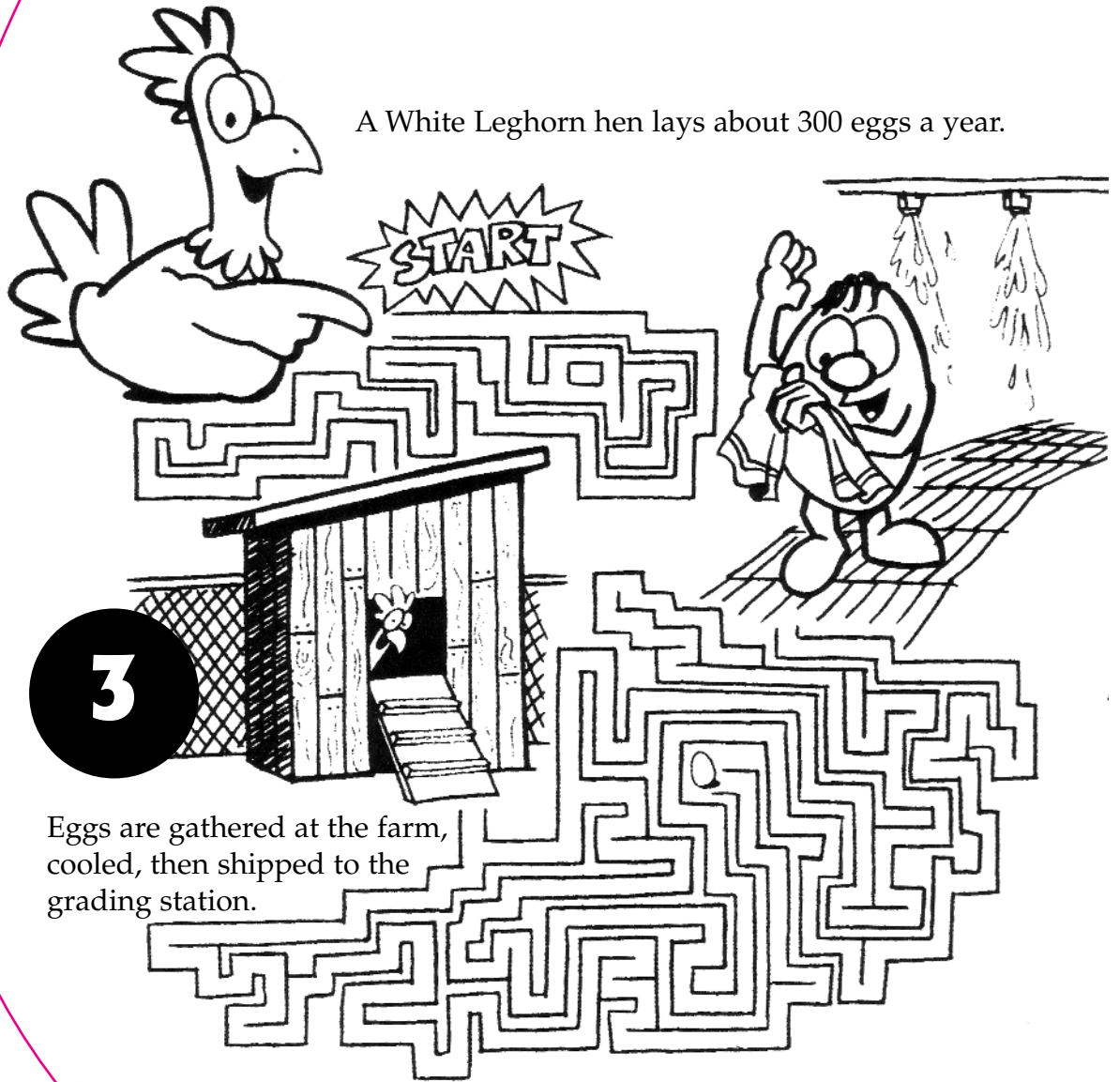


What kind of egg lives by the sea?

An egg shell.

The Hen to Home Story

A White Leghorn hen lays about 300 eggs a year.

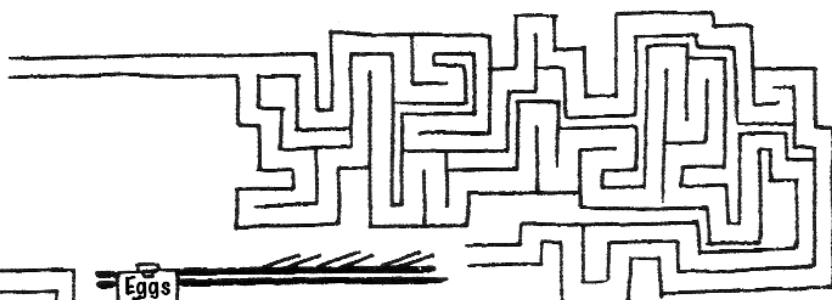


3

Eggs are gathered at the farm, cooled, then shipped to the grading station.

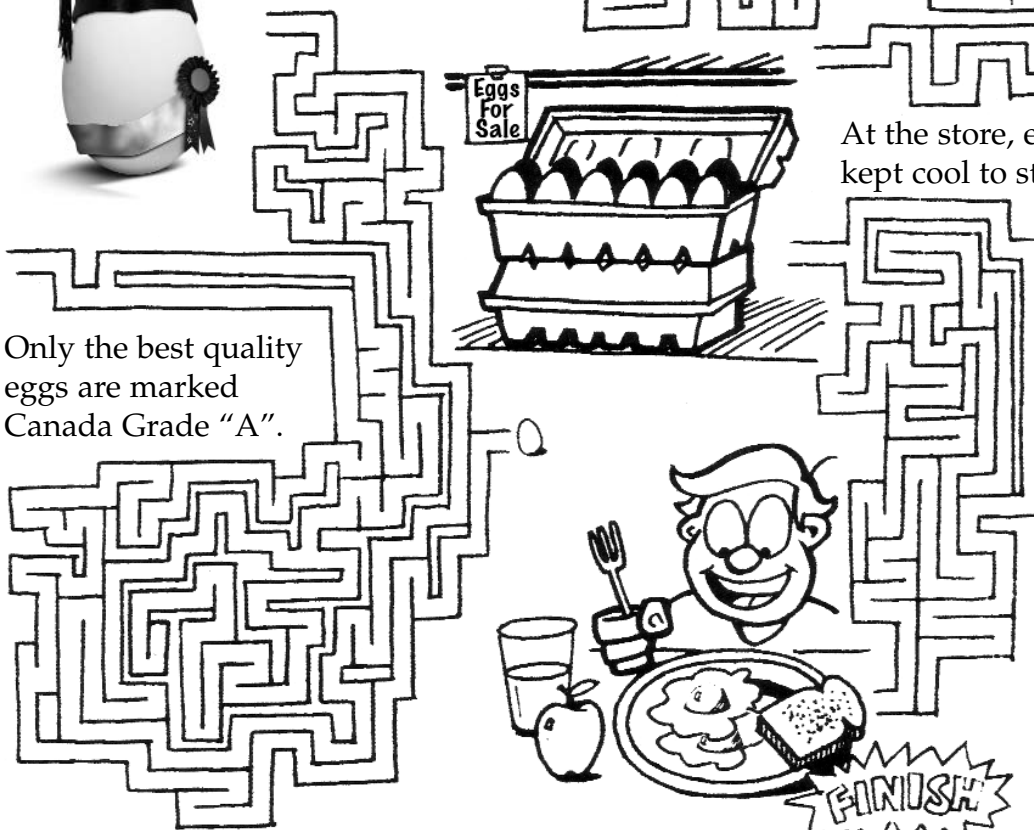
Can you help the egg find its way from the farm to table?

At the grading stations, eggs are washed. Then they are passed over a bright light so their insides can be checked for quality. This process is called candling. The eggs are weighed and put into cartons.



At the store, eggs are kept cool to stay fresh.

Only the best quality eggs are marked Canada Grade "A".

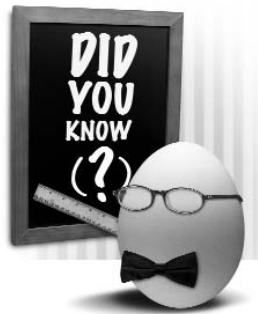


4

At home, eggs are used in many ways.

Jobs Eggs Do

We usually think of **eggs** as a breakfast food, but **eggs** are often hidden in other foods. **Eggs** help thicken the food, or make air bubbles, or help hold other ingredients together, or simply garnish. Look through food labels to identify **eggs** as a hidden ingredient in that food.



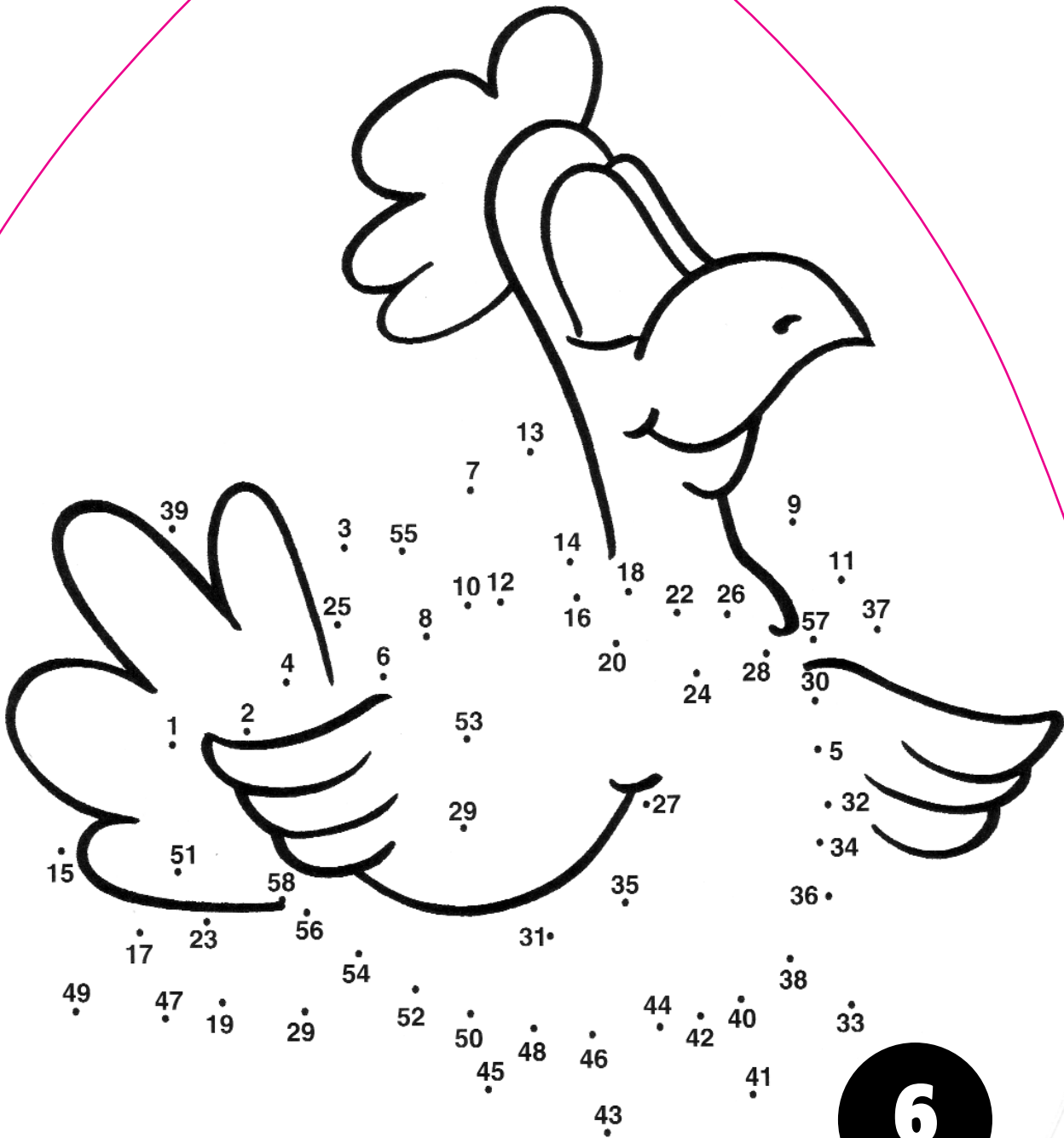
Foods That Eggs Are Found In	The Job It Does In That Food

5



Why did the chicken join the rock band?

Because she had drumsticks.



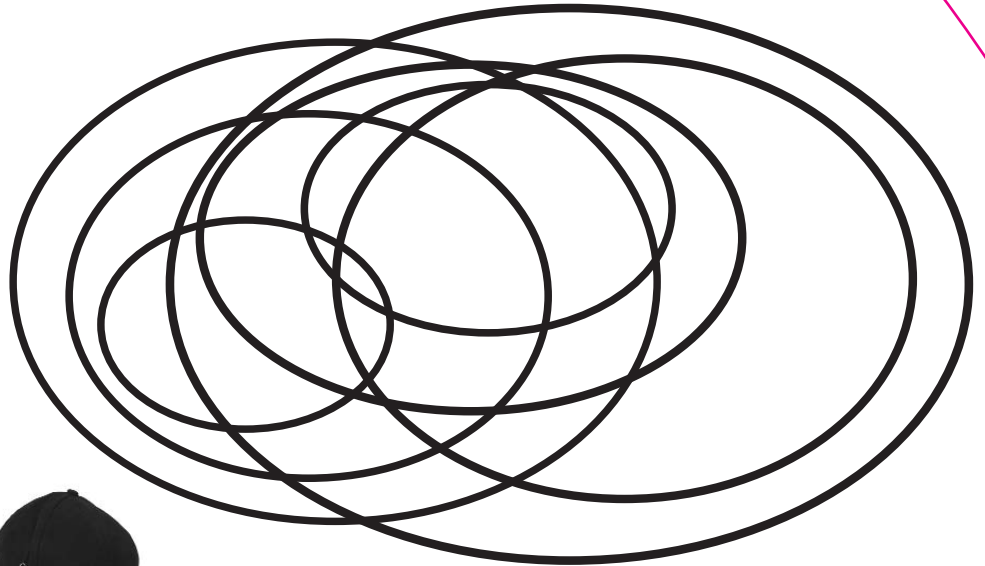
DOT-TO-DOT

Using even numbers,
connect the dots
to make a hen.



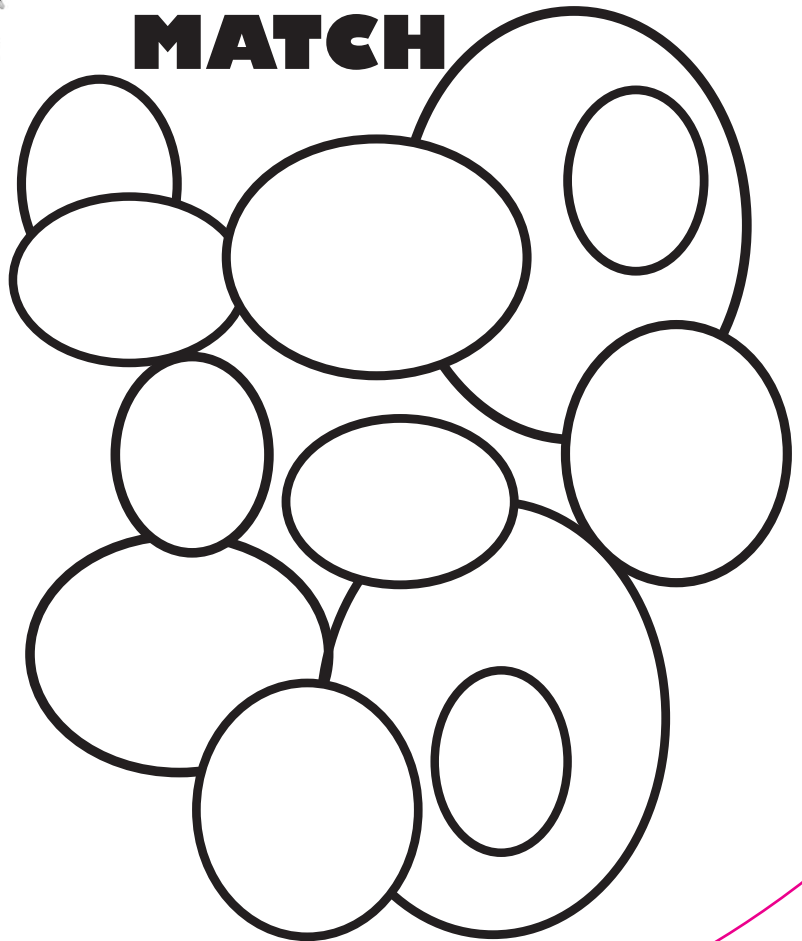
COUNT 'EM EGGS!

How many eggs are there?



EGG MATCH

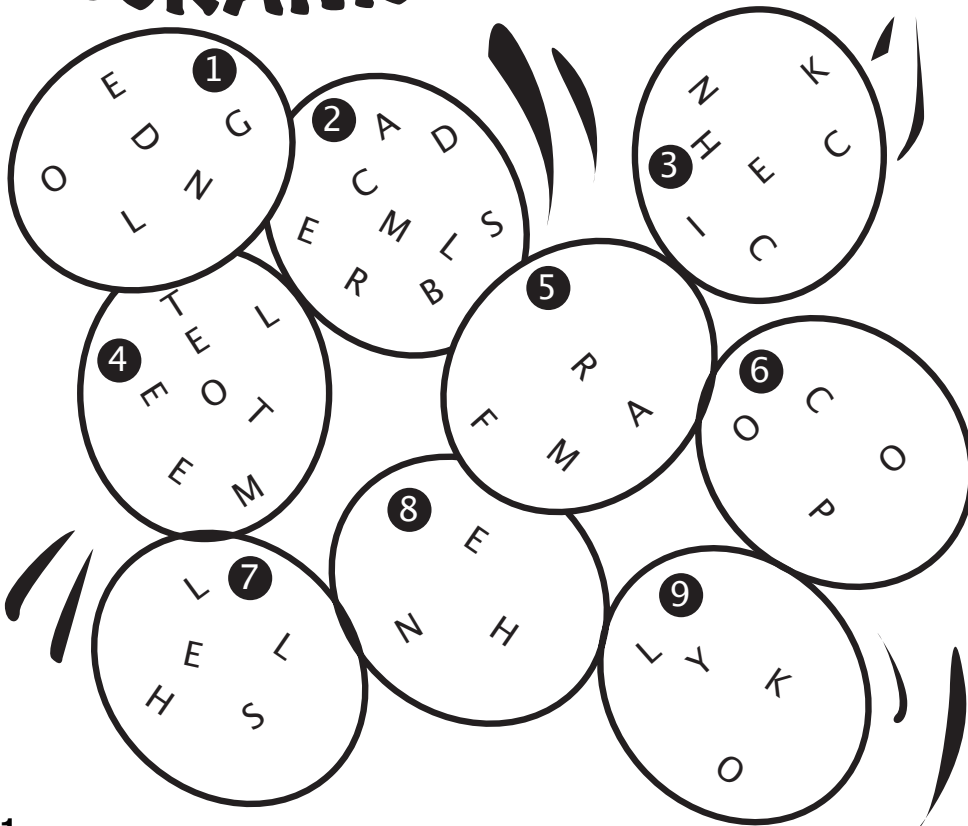
Draw a line between matching eggs.



7



SCRAMBLED WORDS



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

8



**Why can't you
tease egg whites?**

Because they can't take a yolk.

How can you tell if an egg is raw or hard-cooked?

Spin a raw egg and a hard-cooked egg. Which spins longest?

Raw Egg Time spinning	Hard-cooked egg Time spinning
1	
2	
3	
4	

My experiment shows that a _____ egg spins longest.

Egg-spanding My Vocabulary

Print word endings next to the beginnings to make egg-citing words.

9

- eggs- act _____ al
- eggs- tra _____ ganza
- eggs- eption _____ ly
- eggs- cel _____ ordinary
- eggs- strava _____ cise
- eggs- amin _____ ent
- eggs- er _____ ation

Find the correct spelling of the real words.

Mend the Eggs

Find the number that will answer each puzzle and draw lines to connect those eggshells.

A dozen plus 1

2 dimes
+ 2 nickles
- 4 pennies

6

5 dozen

60

26

7

Snow White's friends

Midnight

1/2 hour
- 8 minutes

22

13

Fingers on 4 hands

5

Sides of a pentagon

1/2 dozen

Feet of 5 hens

12






10

20

10

Graphing

What is your favourite way to eat eggs? Ask your classmates and fill in the graph.

 Fried						
 Scrambled						
 Hard-Cooked						
 Soft-Cooked						
 Poached						
Other						
	1	2	3	4	5	6

Q What do chickens grow in?

Egg plants.

Be careful when you are cooking....

1. Always use pot holders to handle anything hot.
2. Always get an adult's help when cutting things with sharp knives.
3. Wash your hands before you start to cook.
4. Put away all your ingredients when you are finished.
5. Keep eggs stored in the refrigerator.

Sunshine Pitas

Ingredients for 2 servings:

- 1 tablespoon (15 mL) vegetable oil
- 2 green onions, sliced
- 3 cherry tomatoes, chopped
- 4 eggs
- 2 pitas

Equipment needed:

- Frying pan
- Whisk
- Knife
- Spoon



Directions:

With adult supervision...

13

1. Heat oil in the frying pan. Add the onions and tomatoes. Fry on medium heat for 1 minute.
2. Beat eggs and season with salt and pepper.
3. Pour eggs into the pan. Cook over low heat for 3 minutes, stirring constantly until the eggs are scrambled. Remove from heat and set aside.
4. Cut each pita bread in half creating 2 pockets per person. Spoon the cooked egg-mixture equally into each pocket. Serve immediately.

Egg Muffins

Ingredients for 1 serving:

- 1 teaspoon (5 mL) butter or margarine
- 1 egg
- 1 whole wheat English muffin, split and toasted
- 1 slice cheddar or processed cheese
- 1 slice cooked ham or turkey

Equipment needed:

- Toaster
- Measuring spoons
- Frying pan
- Spatula
- Knife to cut cheese



Directions:

With adult supervision...

1. Melt butter in a frying pan over medium heat.
2. Break egg into the frying pan. With a spatula, break the yolk and mix a bit with the white.
3. When the egg is cooked, turn it over using the spatula and briefly cook the other side.
4. Place the cooked egg on a toasted muffin half. Top with cheese and ham (turkey). Cover with toasted muffin half.

Framed Eggs



.....

Ingredients for 1 serving:

1 slice bread
2 teaspoons (10 mL) butter or
Margarine
1 egg
Salt and pepper

Equipment needed:

Round cookie cutter
Small cup
Frying pan and lid
Spatula

.....

Directions:

With adult supervision...

15

1. With the round cookie cutter, cut a hole in the centre of a slice of bread.
2. Break the egg into a small cup.
3. Put 2 teaspoons (10 mL) of butter or margarine into a frying pan. Turn burner to medium heat. When the butter is melted, tilt the frying pan to coat the bottom.
4. Put the slice of bread into the frying pan. Cook about 2 minutes or until the bottom is golden. Turn over with a spatula.
5. Carefully tilt the cup containing the egg and let the egg drop into the centre of the bread without breaking the egg.
6. Sprinkle the egg with some salt and pepper. Cover the frying pan and cook 3-5 minutes or until the egg is done. Turn off the burner. Use the spatula to lift out the egg and slice of bread all together.

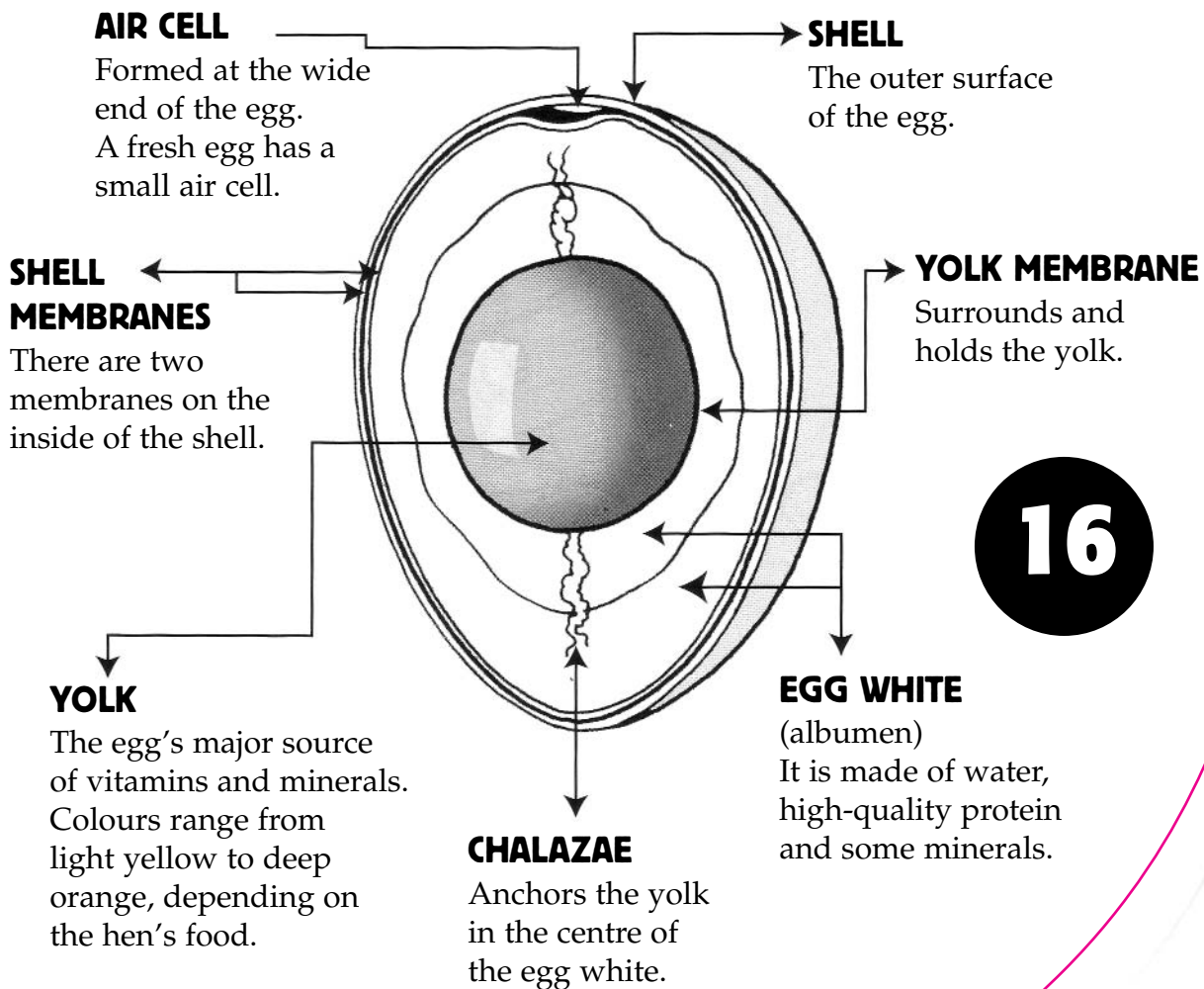


What do you call an egg that goes on safari?

An egg-splorer.

The egg

From the inside out



Eggshell Chalk

Material needed:

Shells of 6 eggs
1 tsp (5 mL) of very hot water
1 tsp (5 mL) flour
Food colouring or powdered paint (if desired)
Mortar and pestle or a rock and clean, hard surface for grinding
Plastic wrap



Directions:

1. Wash egg shells well so they don't have any egg left on them. Let dry.
2. Use a mortar and pestle or a rock on a clean flat surface to crush and grind the shells to make a fine powder. You will need 1 tablespoon (15 mL) of this powder.
3. Stir flour and hot water together in a bowl to make a paste.
4. Add egg shell powder to flour-mixture. Mix well to make a stiff paste.
5. If you want coloured chalk, add a few drops of food colouring or powdered paint.
6. Shape the mixture into a chalk stick. (This mixture can also be moulded into any shape.)
7. Wrap in plastic wrap and leave to dry for 3 days.

Note: This chalk is for drawing on sidewalks only, not blackboards.

17

Egg-ceptional Animals

Cut egg shapes of the same size out of paper. Decorate each in a different way however you wish. Arrange the eggs on a plain piece of paper to form an animal shape (the stranger the better!). When you like the design, glue the eggs onto the paper. You will have an egg-ceptional animal.



Eggshell Mosaics



Here's a good way to use up your egg shells from your egg-citing recipes.

Materials Needed:

- broken eggshells
- food colouring
- 1/2 cup (125 mL) hot water
- 1tsp (5 mL) vinegar
- re-cycled margarine containers
- paper towels
- glue
- Q-tip or small brush
- sturdy paper for backing
- clear spray lacquer or hair spray
- spoon
- pencil



Instructions:

1. Prepare your dye by adding 1 teaspoon (5 mL) vinegar and a few drops of food colouring to 1/2 cup (125 mL) hot water. Use re-cycled margarine containers to hold the dye.
2. Drop crushed eggshells into the dye. Stir and spoon them out when the shells are the desired colour. Spread on a paper towel in a thin layer to dry.
3. Draw a picture in pencil on the paper. With a Q-tip or small brush, spread glue onto the paper in the shape of the design. Place coloured eggshells into the glue on the paper. Leaving a small space between the pieces of shell makes it look like real tile mosaic. Let dry.
4. Use a clear spray lacquer or hair spray to coat the entire mosaic.

This activity book
belongs to:

For additional copies of this booklet or more information, contact:

**British Columbia
Egg Producers**

150 - 32160 South Fraser Way
Abbotsford, British Columbia
V2T 1W5
www.bcegg.com

Alberta Egg Producers

101-90 Freeport Boulevard NE
Calgary, Alberta T3J 5J9
Toll-free: 1-877-302-2344 or
403-250-1197
info@eggs.ab.ca
www.eggs.ab.ca

**Saskatchewan
Egg Producers**

P.O. Box 1263, Main Station
Regina, Saskatchewan
S4P 3B8
www.saskegg.ca

Manitoba Egg Producers

18-5 Scurfield Boulevard
Winnipeg, Manitoba
R3Y 1G3
www.eggs.mb.ca

Egg Farmers of Ontario

7195 Millcreek Drive
Mississauga, Ontario
L5N 4H1
www.getcracking.ca

**Fédération des producteurs
d'oeufs de consommation
du Québec**

555 Roland-Therrien
Boulevard, Suite 320
Longueuil, Quebec J4H 4E7
www.oeuf.ca

**New Brunswick Egg
Marketing Board**

275 Main Street, Suite 101
Fredericton, New Brunswick
E3A 1E1
www.nbegg.ca

Nova Scotia Egg Producers

P.O. Box 1096
Truro, Nova Scotia
B2N 5G9
www.nsegg.ca

**Egg Producers of
Prince Edward Island**

420 University Avenue
Charlottetown, P.E.I.
C1A 7Z5
www.eggspei.ca

**Egg Producers of
Newfoundland Labrador**

P.O. Box 8453
St. John's, Newfoundland
A1B 3N9
www.nleggs.ca

**Canadian Egg Marketing
Agency**

112 Kent Street, Suite 1501
Ottawa, Ontario
K1P 5P2
www.eggs.ca



GET CRACKING
eggs.ca

**J' CRAQUE POUR TOI
MON COCO!**
lesoeufs.ca