

Worksheets

CARTON DATES

Cartons with the USDA grademark must display a JULIAN DATE - the date the eggs were packed. Although not required, they may also carry an expiration date beyond which the eggs should not be sold. On cartons with the USDA grademark, this date cannot exceed 30 days after the pack date. Depending on the choice of the packer or the quantity purchaser, such as a supermarket chain, the expiration date may be less than 30 days. Eggs packed in cartons without the USDA grademark are governed by the laws of the state.

Julian dating, usually on the short side of the carton, represents the consecutive days of the year with the number 001 as January 1 and 365, December 31. Fresh shell eggs can be stored in their cartons in the refrigerator for four to five weeks beyond the carton's Julian date with insignificant quality loss.

To use the Julian dating calendar, on the next page, find the carton's Julian number in the chart. Then, run your finger up for the month and to the left for the day of that month that the eggs were packed. For example, eggs in a carton stamped with the number 167 were packed on June 16. During leap year, add 1 to each number after February 29.

JULIAN DATING

	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
1	1	32	60	91	121	152	182	213	244	274	305	335
2	2	33	61	92	122	153	183	214	245	275	306	336
3	3	34	62	93	123	154	184	215	246	276	307	337
4	4	35	63	94	124	155	185	216	247	277	308	338
5	5	36	64	95	125	156	186	217	248	278	309	339
6	6	37	65	96	126	157	187	218	249	279	310	340
7	7	38	66	97	127	158	188	219	250	280	311	341
8	8	39	67	98	128	159	189	220	251	281	312	342
9	9	40	68	99	129	160	190	221	252	282	313	343
10	10	41	69	100	130	161	191	222	253	283	314	344
11	11	42	70	101	131	162	192	223	254	284	315	345
12	12	43	71	102	132	163	193	224	255	285	316	346
13	13	44	72	103	133	164	194	225	256	286	317	347
14	14	45	73	104	134	165	195	226	257	287	318	348
15	15	46	74	105	135	166	196	227	258	288	319	349
16	16	47	75	106	136	167	197	228	259	289	320	350
17	17	48	76	107	137	168	198	229	260	290	321	351
18	18	49	77	108	138	169	199	230	261	291	322	352
19	19	50	78	109	139	170	200	231	262	292	323	353
20	20	51	79	110	140	171	201	232	263	293	324	354
21	21	52	80	111	141	172	202	233	264	294	325	355
22	22	53	81	112	142	173	203	234	265	295	326	356
23	23	54	82	113	143	174	204	235	266	296	327	357
24	24	55	83	114	144	175	205	236	267	297	328	358
25	25	56	84	115	145	176	206	237	268	298	329	359
26	26	57	85	116	146	177	207	238	269	299	330	360
27	27	58	86	117	147	178	208	239	270	300	331	361
28	28	59	87	118	148	179	209	240	271	301	332	362
29	29		88	119	149	180	210	241	272	302	333	363
30	30		89	120	150	181	211	242	273	303	334	364
31	31		90		151		212	243		304		365

CARTON DATES

What is the definition of Julian Date? _____

Where do I find the Julian Date on an egg carton? _____

Circle One.

True or False The expiration date is required on an egg carton.

True or False Eggs will keep in the refrigerator up to four to six weeks
after the pack date on the egg carton.

Use the chart on the opposite page to answer the following questions.

What is the Julian date for February 19? _____

The carton is stamped with 220, what is the month, day? _____

What is the Julian Date for December 14? _____

What is the Julian Date for October 24? _____

When is your birthday (Month, Day)? _____

What is the Julian Date for your birthday? _____

BONUS QUESTION:

It is leap year, what is the Julian date for August 28? _____

CARTON DATES (Answer Sheet)

What is the definition of Julian date? The Julian date is the date eggs were packed.

Where do I find the Julian date on an egg carton? The Julian date is usually on the short side of the egg carton.

Circle One.

True or False The expiration date is required on an egg carton.

True or False Eggs will keep in the refrigerator up to four to six weeks after the pack date on the egg carton.

Use the chart on the opposite page to answer the following questions.

What is the Julian date for February 19? 50

The carton is stamped with 220, what is the month, day? August 8

What is the Julian Date for December 14? 348

What is the Julian Date for October 24? 297

When is your birthday (Month, Day)? _____

What is the Julian Date for your birthday? You will need to look on the chart to verify students answer with their birthday.

BONUS QUESTION:

It is leap year, what is the Julian date for August 28? 241

EGG COOKING PROPERTIES

In the right column are parts of recipes which call for eggs. In the left column are definitions of these functions of eggs. On the line beside the recipe place the number of the definition that best fits the recipe. The definitions may be used more than once.

Definitions

1. **Thicken** - Eggs are used to thicken a liquid mixture such as soft or baked custards, cream fillings, and sauces. Two egg yolks can thicken the same as one whole egg. (Two egg whites will not thicken.)
2. **Leaven** - Beaten eggs give a light, airy quality to cakes, soufflé, sponge and butter cakes, puffy omelets and quick breads.
3. **Bind** - Eggs can be used to hold dry or heavy ingredients together. Eggs bind meat or vegetable croquettes, meat loaf and vegetable casseroles.
4. **Emulsify** - Eggs are used to keep oil equally distributed throughout a mixture. Mayonnaise and salad dressings are examples of when eggs are used for this purpose.

Recipes

_____ A. **Chocolate Soufflé** - Beat whites, salt and cream of tartar until stiff but not dry or just until whites no longer slip when bowl is tilted. Gently fold chocolate mixture into whites. Carefully pour into soufflé dish...

_____ B. **Pudding** - Combine 1 cup of milk with the sugar and egg yolks. Cook over low heat, stirring until...

_____ C. **Hollandaise Sauce** - Mix all ingredients except butter in blender container. Add butter very gradually. Mix on low speed...

_____ D. **Cake** - Beat egg whites and cream of tartar until foamy. Add sugar, 1 tablespoon at a time, beating constantly until sugar is dissolved.

_____ E. **Coconut Frosting** - Combine milk, sugar, egg yolks, butter and vanilla. Cook over medium heat, stirring constantly, until...

_____ F. **Meat Loaf** - Tear bread into large mixing bowl, add meat, milk, and egg. Add seasonings. Mix thoroughly.

_____ G. **Mayonnaise** - In small mixer bowl, beat egg yolks, 1 tablespoon vinegar, sugar, and seasonings until blended. Continue beating, adding $\frac{1}{4}$ cup salad oil drop by drop. Continue adding oil.

_____ H. **Quiche** - Beat together eggs and milk. Pour over cheese in pie shell. Bake in preheated 375°F oven.

_____ I. **Salmon Patties** - Combine milk, cracker crumbs, salmon, eggs and seasonings. Mix well. Shape mixture into patties $\frac{1}{2}$ inch thick.

Egg Cooking Properties (Answer Sheet)

A - 2

B - 1

C - 4

D - 2

E - 1

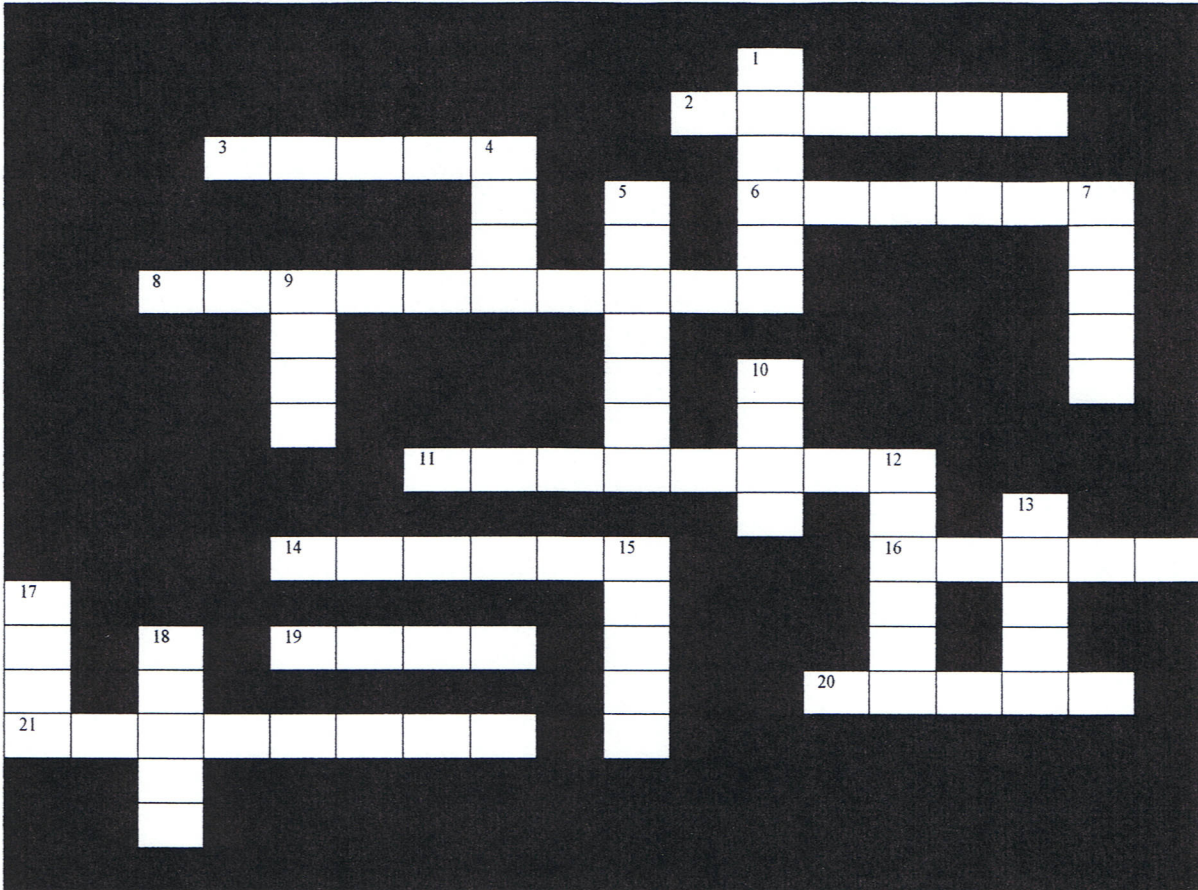
F - 3

G - 4

H - 1

I - 3

EGG INFORMATION PUZZLE



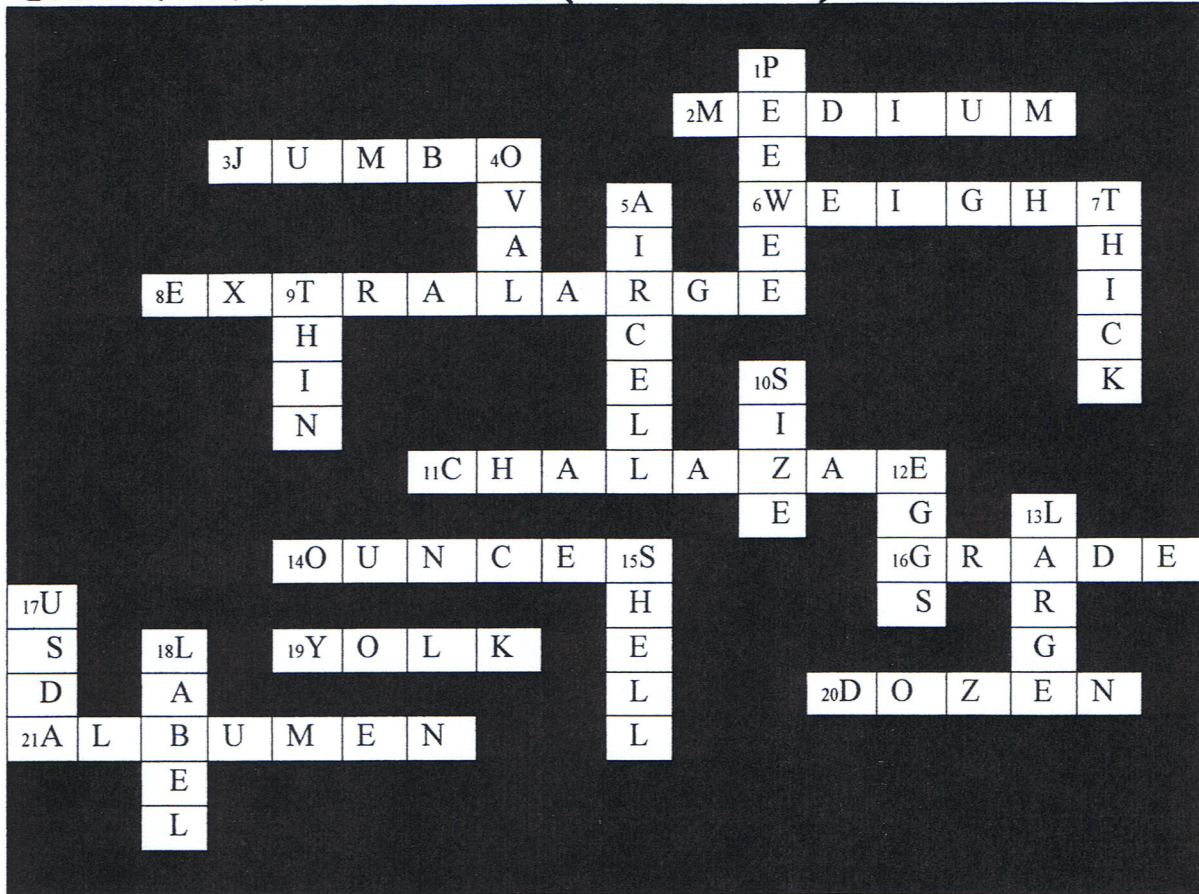
ACROSS

2. 21 ounces per dozen.
3. The largest sized eggs.
6. Eggs are sized by _____ per dozen.
8. 27 ounces per dozen.
11. Twisted strands of egg white.
14. Large eggs must weigh 24 _____ per dozen.
16. AA, A, B.
19. The yellow part of the egg is called the _____.
20. 12 eggs
21. White of egg.

DOWN

1. The smallest sized egg.
4. Shape of an egg.
5. The older the egg, the larger the _____.
7. Major source of egg riboflavin and protein.
9. Albumen nearest to shell.
10. Determined by weight per dozen.
12. Topic of this puzzle.
13. Egg sizes most often found at the store are extra-large, _____ and medium.
15. Outer covering - brown or white.
17. The _____ sets the standards for grading eggs.
18. One way to learn more about the foods we eat is to read the _____ on the package.

EGG INFORMATION PUZZLE (Answer Sheet)



ACROSS

2. 21 ounces per dozen.
3. The largest sized eggs.
6. Eggs are sized by _____ per dozen.
8. 27 ounces per dozen.
11. Twisted strands of egg white.
14. Large eggs must weigh 24 _____ per dozen.
16. AA, A, B.
19. The yellow part of the egg is called the _____.
20. 12 eggs
21. White of egg.

DOWN

1. The smallest sized egg.
4. Shape of an egg.
5. The older the egg, the larger the _____.
7. Major source of egg riboflavin and protein.
9. Albumen nearest to shell.
10. Determined by weight per dozen.
12. Topic of this puzzle.
13. Egg sizes most often found at the store are extra-large, _____ and medium.
15. Outer covering - brown or white.
17. The _____ sets the standards for grading eggs.
18. One way to learn more about the foods we eat is to read the _____ on the package.

EGG SAFETY WORKSHEET

How much do you know about egg storage and freshness? Mark "T" for True and "F" for False.

- _____ 1. Eggs kept at room temperature or above (68°F) will lose more quality in one day than in one week under refrigeration.
- _____ 2. As eggs lose quality, the air cell increases in size, the yolk becomes off center and flattens, and the white becomes thin and spreads.
- _____ 3. Eggs should be stored out of the carton in which they are purchased and in special refrigerator compartments designed for egg storage.
- _____ 4. Eggs should be mechanically washed or washed by hand if gathered at a poultry farm to reduce the risk of salmonellosis.
- _____ 5. Eggs absorb odors through their shell.

EGG SAFETY WORKSHEET (Answer Sheet)

1. T

2. T

3. F

4. T

5. T

EGG WORD FIND

Words can be across, up, down, or diagonal

ALBUMEN
BAKED
CARTON
CHALAZAE
DOZEN

EGG
EMULSIFY
GRADES
JULIAN
JUMBO

LARGE
NUTRITION
OMELETS
POACHED
PROTEIN

SCRAMBLED
SHELL
QUALITY
YOLK
WHITE

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

EGGSPERIENCE SUCCESS...

COMMON RECIPE PHRASES & EGG COOKING GUIDE

COMMON RECIPE PHRASES

Part 1. Match the phrases with their descriptions.

- | | |
|---|---|
| A. Cook until knife inserted near center comes out clean. | G. Stiff, but not dry, or stiff peaks form |
| B. Cook until just coats a metal spoon. | H. Soft peaks or piles softly |
| C. Slightly beaten | I. Gently fold |
| D. Thick and lemon-colored | J. Well beaten |
| E. Separate. | K. Add a small amount of hot mixture to eggs/egg yolks. |
| F. Add sugar, 1 to 2 tablespoons at a time. | |

1. ____ Beat egg whites with a mixer, beater or whisk along with an acid ingredient just until they no longer slip when the bowl is tilted.
2. ____ Beat eggs with a mixer, blender, beater or whisk until they're light, frothy and even colored.
3. ____ Pour the heavier mixture onto beaten whites. With a spoon or rubber spatula, gradually combine the ingredients with a downward stroke into the bowl, across, up and over the mixture motion. Come up through the center of the mixture about every three strokes and rotate the bowl as you fold. Fold just until no streaks remain.
4. ____ Beat egg whites with a mixer, beater or whisk just until peaks form and curl over slightly when you lift the beater.
5. ____ To test a stirred custard, dip in a metal spoon, if you see a thin film on the spoon, it's done. At this point, your custard will be more than 160° F but 20° to 30° lower than boiling (212° F). After refrigeration, the custard will be slightly thicker, but not set.
6. ____ Beat eggs with a fork or whisk just until the yolks and whites are blended.
7. ____ Beat egg yolks at high speed with an electric mixer until they become a pastel yellow and form ribbons when you lift the beater or drop them from a spoon, about 3-5 minutes.
8. ____ Although sugar helps stabilize beaten egg white foam, it can inhibit foaming, so slowly add it 1 to 2 tablespoons at a time after the whites start to foam. Keep beating until the sugar has dissolved.
9. ____ Although eggs are easier to separate when cold, egg whites beat to better volume at room temperature. Let them stand for about 15 to 20 minutes, but no more than 30, before beating. To separate an egg, tap its midpoint sharply against a hard surface. Hold the egg over the bowl in which you want the whites and gently pull the shell halves apart. Let the yolk nestle into the cuplike center of an egg separator and the white will drop through the slots into the bowl. Drop the yolk into another bowl.
10. ____ When you add eggs or egg yolks to a hot mixture all at once, they may coagulate too quickly and form lumps. To temper them, stir a small amount of the hot mixture into the eggs or yolks to warm them. Then, stir the warmed egg mixture into the remaining hot mixture.
11. ____ If you insert a metal knife off center into a baked custard and it comes out clean, it's done. If the center is not quite done, the heat retained in the custard will continue to cook it after you remove it from the oven. Cooking longer may make custard curdle or weep; shorter may thicken but not set the custard.

Part 2. Are there other ways you can word these recipe phrases to make them easier for cooks to follow? Try a few.

EGG COOKING GUIDE

Part 3. Draw a line to match the phrases with their descriptions.

- | | |
|---|---|
| A. tough hard-cooked eggs with green rings around yolks | 1. not sealed to pie crust all around; spread on cold pie filling |
| B. sunken soufflé | 2. cooked too long or at too high a temperature; baked without water bath |
| C. weeping meringue | 3. oil added too quickly |
| D. greenish scrambled eggs | 4. cooked too long, at too high a temperature or in an iron skillet |
| E. broken mayonnaise | 5. cooked too long or at too high a temperature; not cooled quickly after cooking; high iron content in cooking water |
| F. curdled custard | 6. egg whites beaten too much or stirred into other ingredients rather than ingredients gently folded into whites |

EGGSPERIENCE SUCCESS...

COMMON RECIPE PHRASES & EGG COOKING GUIDE (Answer Sheet)

COMMON RECIPE PHRASES

Part 1. Match the phrases with their descriptions.

- | | |
|---|---|
| A. Cook until knife inserted near center comes out clean. | G. Stiff, but not dry, or stiff peaks form |
| B. Cook until just coats a metal spoon. | H. Soft peaks or piles softly |
| C. Slightly beaten | I. Gently fold |
| D. Thick and lemon-colored | J. Well beaten |
| E. Separate. | K. Add a small amount of hot mixture to eggs/egg yolks. |
| F. Add sugar, 1 to 2 tablespoons at a time. | |

1. G Beat egg whites with a mixer, beater or whisk along with an acid ingredient just until they no longer slip when the bowl is tilted.
2. J Beat eggs with a mixer, blender, beater or whisk until they're light, frothy and even colored.
3. I Pour the heavier mixture onto beaten whites. With a spoon or rubber spatula, gradually combine the ingredients with a downward stroke into the bowl, across, up and over the mixture motion. Come up through the center of the mixture about every three strokes and rotate the bowl as you fold. Fold just until no streaks remain.
4. H Beat egg whites with a mixer, beater or whisk just until peaks form and curl over slightly when you lift the beater.
5. B To test a stirred custard, dip in a metal spoon, if you see a thin film on the spoon, it's done. At this point, your custard will be more than 160° F but 20° to 30° lower than boiling (212° F). After refrigeration, the custard will be slightly thicker, but not set.
6. C Beat eggs with a fork or whisk just until the yolks and whites are blended.
7. D Beat egg yolks at high speed with an electric mixer until they become a pastel yellow and form ribbons when you lift the beater or drop them from a spoon, about 3-5 minutes.
8. F Although sugar helps stabilize beaten egg white foam, it can inhibit foaming, so slowly add it 1 to 2 tablespoons at a time after the whites start to foam. Keep beating until the sugar has dissolved.
9. E Although eggs are easier to separate when cold, egg whites beat to better volume at room temperature. Let them stand for about 15 to 20 minutes, but no more than 30, before beating. To separate an egg, tap its midpoint sharply against a hard surface. Hold the egg over the bowl in which you want the whites and gently pull the shell halves apart. Let the yolk nestle into the cuplike center of an egg separator and the white will drop through the slots into the bowl. Drop the yolk into another bowl.
10. K When you add eggs or egg yolks to a hot mixture all at once, they may coagulate too quickly and form lumps. To temper them, stir a small amount of the hot mixture into the eggs or yolks to warm them. Then, stir the warmed egg mixture into the remaining hot mixture.
11. A If you insert a metal knife off center into a baked custard and it comes out clean, it's done. If the center is not quite done, the heat retained in the custard will continue to cook it after you remove it from the oven. Cooking longer may make custard curdle or weep; shorter may thicken but not set the custard.

Part 2. Are there other ways you can word these recipe phrases to make them easier for cooks to follow? Try a few.

EGG COOKING GUIDE (Answer Sheet)

Part 3. Draw a line to match the phrases with their descriptions.

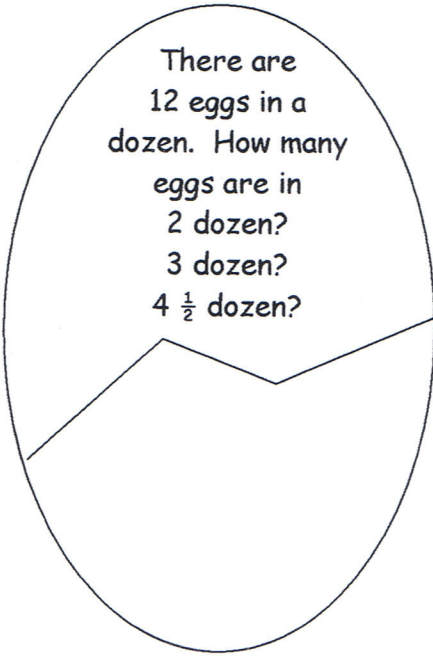
- | | |
|---|---|
| A. tough hard-cooked eggs with green rings around yolks | 1. not sealed to pie crust all around; spread on cold pie filling |
| B. sunken soufflé | 2. cooked too long or at too high a temperature; baked without water bath |
| C. weeping meringue | 3. oil added too quickly |
| D. greenish scrambled eggs | 4. cooked too long, at too high a temperature or in an iron skillet |
| E. broken mayonnaise | 5. cooked too long or at too high a temperature; not cooled quickly after cooking; high iron content in cooking water |
| F. curdled custard | 6. egg whites beaten too much or stirred into other ingredients rather than ingredients gently folded into whites |

ANSWERS:

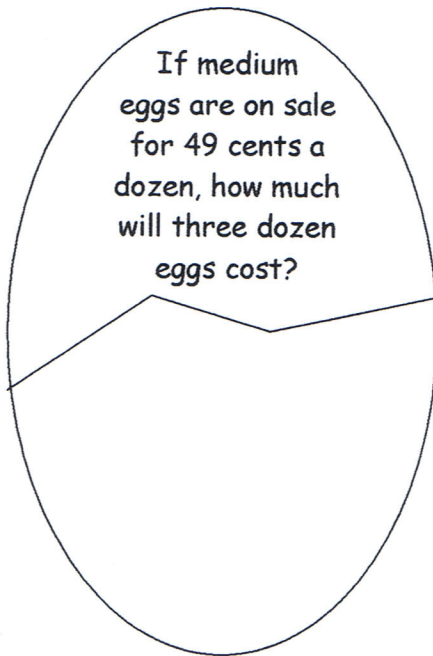
- A - 5
- B - 2
- C - 1
- D - 4
- E - 3
- F - 6

EGGSTRA MATH

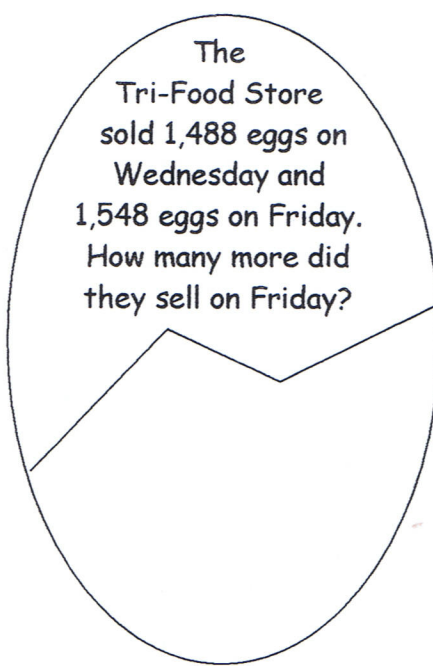
Read each problem carefully. Show your work below the crack in the shell.
Remember to label you answers.



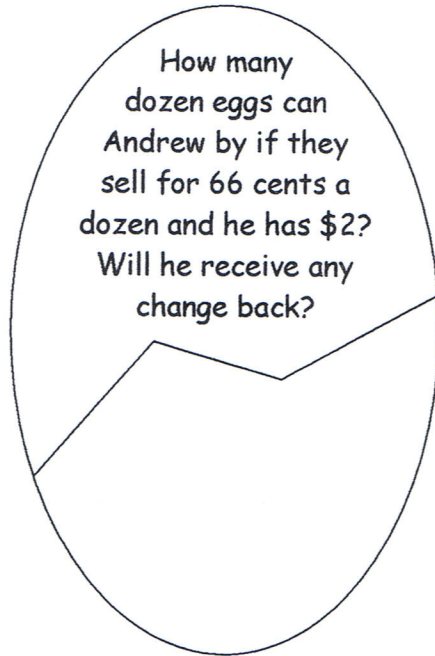
There are
12 eggs in a
dozen. How many
eggs are in
2 dozen?
3 dozen?
4 $\frac{1}{2}$ dozen?



If medium
eggs are on sale
for 49 cents a
dozen, how much
will three dozen
eggs cost?



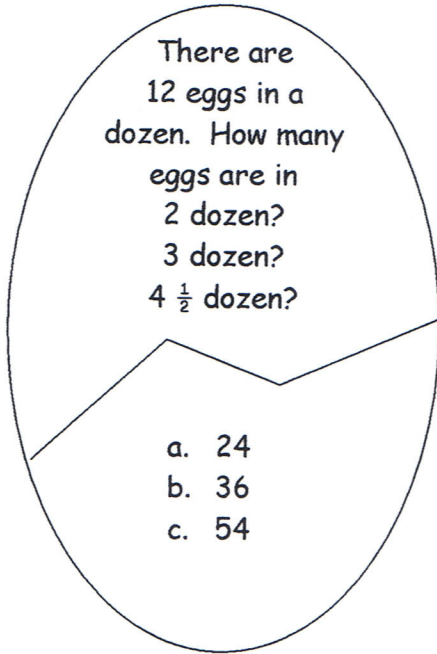
The
Tri-Food Store
sold 1,488 eggs on
Wednesday and
1,548 eggs on Friday.
How many more did
they sell on Friday?



How many
dozen eggs can
Andrew buy if they
sell for 66 cents a
dozen and he has \$2?
Will he receive any
change back?

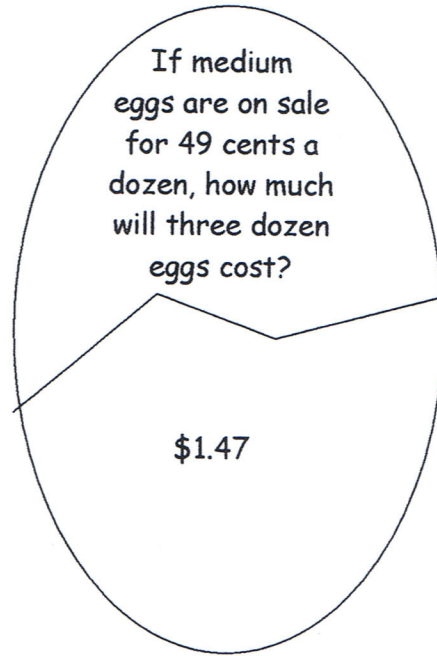
EGGSTRA MATH (Answer Sheet)

Read each problem carefully. Show your work below the crack in the shell.
Remember to label you answers.



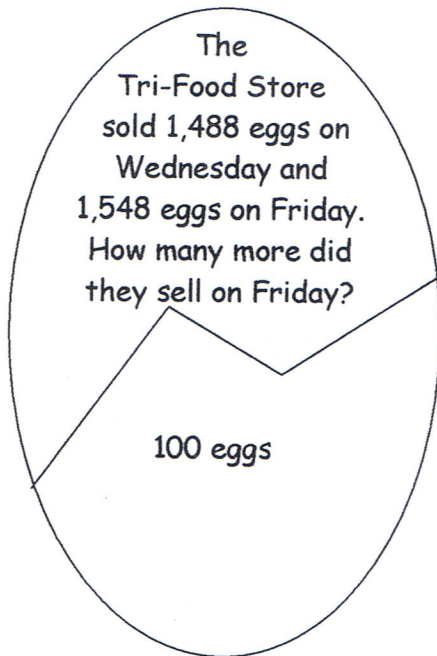
There are 12 eggs in a dozen. How many eggs are in 2 dozen?
3 dozen?
 $4\frac{1}{2}$ dozen?

a. 24
b. 36
c. 54



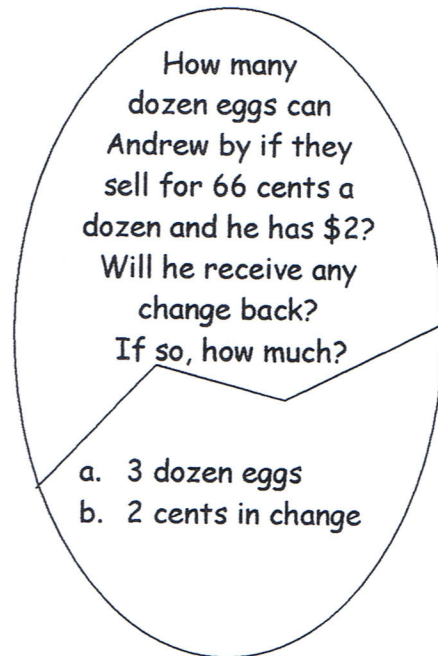
If medium eggs are on sale for 49 cents a dozen, how much will three dozen eggs cost?

\$1.47



The Tri-Food Store sold 1,488 eggs on Wednesday and 1,548 eggs on Friday. How many more did they sell on Friday?

100 eggs



How many dozen eggs can Andrew buy if they sell for 66 cents a dozen and he has \$2? Will he receive any change back? If so, how much?

a. 3 dozen eggs
b. 2 cents in change

FOOD SAFETY MYSTERY

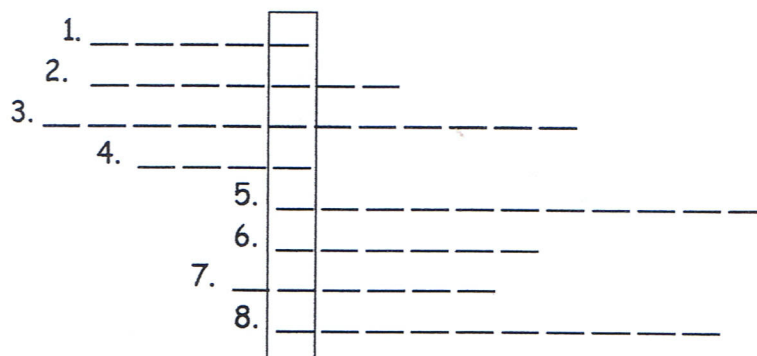
FOOD SAFETY TIPS

- Wash hands, counters and cooking equipment in hot, soapy water before and after you come in contact with a food.
- Discard cracked, broken or leaking eggs. Use shell eggs within 4-5 weeks of the pack date or 3-5 weeks of purchase. Used hard-cooked eggs within 1 week of cooking.
- Keep eggs refrigerated at 40° F or below at all times - in their cartons on an inside shelf.
- Cook basic egg dishes until the whites are completely set and the yolks begin to thicken but are not hard. Cook scrambled eggs, omelets and frittatas until no visible liquid egg remains. Cook other dishes until a thermometer at the center measures 160° F.
- Eat eggs and egg dishes promptly after cooking. Allow no more than 2 hours at room temperature for eggs, egg mixtures or cooked egg dishes. Keep cooked egg dishes hot (140° F or higher) and keep uncooked eggs, egg mixtures and cooked leftovers cold (40° F or lower).

FOOD SAFETY MYSTERY PUZZLE

Use the clues below to reveal the mystery words.

1. Store eggs in their cartons on a _____, instead of the door.
2. _____ properly is one way to guard against foodborne disease.
3. Keep eggs, egg mixture and cooked egg dishes in the _____ as much as possible.
4. Use hot, soapy water to _____ hands, before and after you touch food.
5. Eggs should not be left out at room _____ for more than 2 hours.
6. Cracked, _____ or leaking eggs should be discarded.
7. For food _____, remember to keep clean, and chill and cook foods properly.
8. Cook until egg whites are _____ set and yolks begin to thicken but are not hard.



HOLD AN EGGSTRAVAGANZA...

Put It All Together, Share the Eggspertise

Mark each statement "T" for True and "F" for False.

- _____ 1. Eggs are graded AA, A and B.
- _____ 2. Eggs should always be stored in the refrigerator.
- _____ 3. One Large egg has about 75 calories.
- _____ 4. Eggs with cracks can be used.
- _____ 5. The size of an egg is related to its quality.
- _____ 6. Eggs contain small to significant amounts of all vitamins except C.
- _____ 7. Among other functions, eggs bind, leaven, thicken and emulsify.
- _____ 8. Poached eggs are an example of coagulation.
- _____ 9. One dozen large eggs equal $1\frac{1}{2}$ pounds of protein.
- _____ 10. Too much saturated fat is the number one dietary risk factor for heart disease
- _____ 11. Large eggs are the standard size used in recipes.
- _____ 12. Eggs are nutrient dense.

HOLD AN EGGSTRAVAGANZA...

Put It All Together, Share the Eggspertise (Answer Sheet)

Mark each statement "T" for True and "F" for False.

- T__1. Eggs are graded AA, A and B.
- T__2. Eggs should always be stored in the refrigerator.
- T__3. One Large egg has about 75 calories.
- F__4. Eggs with cracks can be used.
- F__5. The size of an egg is related to its quality.
- T__6. Eggs contain small to significant amounts of all vitamins except C.
- T__7. Among other functions, eggs bind, leaven, thicken and emulsify.
- T__8. Poached eggs are an example of coagulation.
- T__9. One dozen Large eggs equals $1\frac{1}{2}$ pounds protein.
- T__10. Too much saturated fat is the number one dietary risk factor for heart disease.
- T__11. Large eggs are the standard size used in recipes.
- T__12. Eggs are nutrient dense.

KITCHEN CALCULATIONS

Crepe Suzegg and Albert Eggstein have been put in charge of the food committee for the Eggmont County Elementary School Fair. Since some of the people attending the fair will come straight from school and stay hours, they plan to include many food choices so that the guests can have a balanced dinner. There will also be sweets and snacks for those who have already had dinner.

Crepe and Albert are really excited about their assignment, but they have already had some problems while planning this event. With the information below, help them figure out the answers to their problems.

1. Two schools participated in the fair last year - Eggmont and Eggleston elementary schools. The total combined attendance was 1,350. If three more schools plan to participate this year with the same number per school as last year, how many guests should they plan to serve?
2. Deviled eggs are always a big success at the fair. Crepe and Albert estimate that they will need 1,560 deviled egg halves to meet the demand. How many dozen eggs do they need to buy?
3. Right now, eggs cost about 90 cents per dozen. How much money will it cost the food committee to make 1,560 deviled egg halves?
4. Crepe's and Albert's trail mix uses 120 ounces of cereal, 50 ounces of mixed dried fruits, and 80 ounces of nuts. After the ingredients are all mixed together, how many plastic bags holding 5 ounces each do they need to buy?
5. For the pasta salad, 2 ounces of dried pasta equals $\frac{1}{2}$ cup serving of cooked pasta. How many 16 ounce packages do they need to buy in order to feed 240 people? 720 people?
6. 15 dozen eggs are needed for the sponge cake rolls. If 6 eggs are needed for each sponge cake, how many cakes are they going to be able to make?
7. Each sponge cake can be cut into 10 to 12 servings. What is the smallest number of people they will be able to serve from the number of cakes they make? What is the greatest number of people they will be able to serve?

Challenge Problem! Crepe's and Albert's main dish is broccoli and chicken quiche, using 18 eggs and 4 cans of chicken. If 1 egg equals 1 ounce of protein and the canned chicken contains about 6 ounces of protein per can, how many 2-ounce servings of protein will they be able to cut from their large baking pan?

KITCHEN CALCULATIONS (Answer Sheet)

1. 3375 guests (1,350 divided by 2, multiplied by 5)
2. 65 dozen (1,560 divided by 2 for whole eggs, divided by 12 for dozens)
3. \$58.50 (65 multiplied by \$0.90)
4. 50 plastic bags (120 plus 50 plus 80 divided by 5)
5. 30 packages for 240 people (240 multiplied by 2 for total amount of pasta, divided by 16 for number of packages); 90 packages for 720 people (720 multiplied by 2 for total amount of pasta, divided by 16 for number of packages)
6. 30 cakes (15 multiplied by 12 for eggs, divided by 6 for cakes)
7. 300 servings at 10 servings per cake (30 multiplied by 10); 360 servings at 12 servings per cake (30 multiplied by 12)

Challenge Problem: 21 servings (4 multiplied by 6 four ounces of chicken protein, plus 18 for egg protein, divided by 2 for 2-ounce servings)

NUTRIENTS AND THEIR FUNCTIONS

Match the major nutrients eggs have with the function the nutrient performs in the body.

<u>Nutrient</u>	<u>Function</u>
_____ 1. Protein	a. Helps calcium in building bones and teeth.
_____ 2. Iron	b. Helps the body to use carbohydrates.
_____ 3. Vitamin A	c. Builds red blood cells and promotes good health.
_____ 4. Thiamin (Vitamin B)	d. Helps build and repair body tissues and muscles.
_____ 5. Vitamin D	e. Helps build normal vision and clear, healthy skin.
_____ 6. Linoleic Acid	f. An essential fatty acid necessary for growth and well-being.

B. In what food group do eggs belong? _____

NUTRIENTS AND THEIR FUNCTIONS (Answer Sheet)

PART A

1. d

2. c

3. e

4. b

5. a

6. f

PART B - Meat Group

NUTRITION CHECK

See how much you know about egg nutrition. Mark each statement "T" for True or "F" for False

- _____ 1. Eggs are a good source of protein.
- _____ 2. Eggs, which are found in the dairy case at the supermarket, nutritionally belong to the Dairy Group of the Basic Food Groups.
- _____ 3. Protein is made up of several kinds of amino acids.
- _____ 4. Amino acids cause upset stomach commonly called "heartburn."
- _____ 5. Eggs contain all vitamins in various amounts except Vitamin C and Niacin.
- _____ 6. Eggs do NOT contain Vitamin A.
- _____ 7. The shell of the egg is composed of an important mineral.
- _____ 8. Newly laid eggs are more nutritious than eggs that are four or five weeks old.
- _____ 9. Such things as sodium, iodine, magnesium, zinc, and copper in foods are hazardous to your health.
- _____ 10. A serving of eggs is defined as two large eggs.
- _____ 11. Egg shell color can help us judge nutritional content of eggs. White shelled eggs are more nutritious than brown shelled eggs.
- _____ 12. A dark yellow yolk is no more nutritious than a pale yellow yolk.
- _____ 13. Eggs cooked in custards, cakes, and other desserts do not count in the two eggs that make a suggested serving.

NUTRITION CHECK (Answer Sheet)

1. T
2. F
3. T
4. F
5. **F**
6. F
7. T
8. F
9. F
10. T
11. F
12. T
13. F