

Exploring eggs / British Egg Information Service.

Contributors

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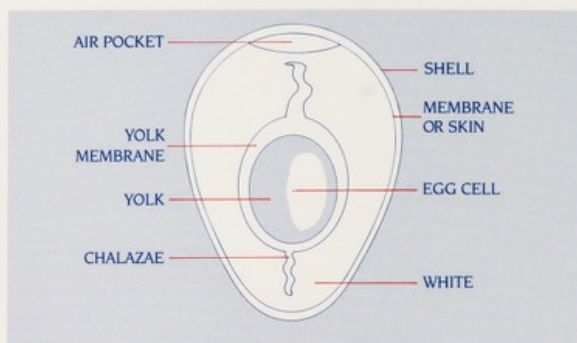
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EXPLORING EGGS



THIS IS
HOW EGGS
REACH THE
SHOPS

THE INSIDE STORY



The Shell

- Prevents damage to the egg
- Acts as a shield against bacteria

The Membranes (skins)

- There are two membranes — the outer and inner membrane. Their job is to be fine filters to help the shell in keeping the egg in good condition.

The Air Pocket

- This is at the rounded end of the egg.
- As the egg loses water, air is drawn in to replace it so the air pocket gets bigger.
- The smaller the air pocket — the fresher the egg.
- When you shell a hard-boiled egg you can see from the shape of the egg how big the air pocket was and how old the egg is.

The Yolk

- This is full of goodness. It has more protein than the white.

The White or Albumen

- If you crack an egg, you can see two types of white — the thick white 'stands up' and the thin white runs towards the edge.

The Egg Cell or Germinal Disc

- This is the part which would have grown into a chicken if the egg had been fertilised.
- You can see the egg cell when you crack an egg. It is the tiny speck on the surface.

The Yolk Membrane (skin)

- This holds the yolk together.

The Chalazae

- These are strands which hold the yolk in the middle of the egg.



EGG SIZES

There are seven different egg sizes. Size 1 is the biggest. Size 7 is the smallest.



Egg shell colours are different. They can be brown or white. It depends on the breed of hen. There is no other difference.

WHAT'S IN AN EGG?

PROTEIN — to help us grow
FATS & CARBOHYDRATES — to give us energy
VITAMINS & MINERALS — for growth, health and fitness

PROTEIN

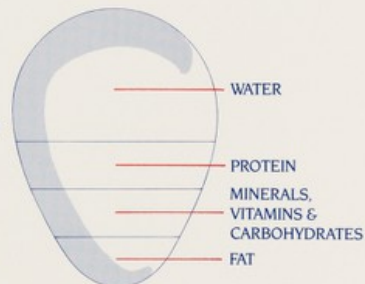
One egg provides 11% of the amount of protein needed every day. Children need protein for growth. Adults need protein for repair and to stay healthy.

FAT

We all need fat to give us energy, but we should not eat too much. Eggs are quite low in fat.

CARBOHYDRATE

Carbohydrate provides energy too. Some carbohydrates contain fibre which is good for our digestion. Eggs contain little carbohydrate and no fibre, but they are often eaten with bread, tomatoes and other foods which do.



VITAMINS AND MINERALS

Eggs contain EIGHTEEN vitamins and minerals, including:
Iron — to keep our blood healthy
Calcium — for strong bones and teeth
Vitamins A, B group and D — for healthy skin, eyes, hair and bones.

EGGS ARE GREAT FOR COOKING

Eggs can be:



BOILED



BAKED



FRIED



POACHED



SCRAMBLED

Eggs can be used to:

- thicken soups, puddings and sauces such as mayonnaise
- set food such as egg custard

- make foods such as meringues and souffles light and fluffy
- bind ingredients together to make beefburgers or to coat fish, meat and vegetables.

DID YOU KNOW?

- Every year we eat about 225 eggs each in the UK. That's over 12 thousand million eggs eaten in the UK every year.
- The idea to eat eggs was discovered 4,000 years ago.
- Today's hens come from jungle fowl of the Far East. These were first farmed around 2000 BC.

THE LION

Look for the 'Little Lion' symbol on egg packs. The symbol tells you that the eggs have been produced by hens



which meet the hygiene testing standards. The standards were brought in by the British Government in 1989. They mean that eggs produced in Britain are of the very highest hygienic quality.

Join the LION CLUB and get the EGGBERT'S EGGSPRESS Comic, Eggbert's secret code, a coded membership letter and a membership card. Just send four Lions from egg packs and a large sae to the British Egg Information Service.

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