Foods I Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Eggs Unit Review Period \_\_\_\_\_

1. **Egg Composition (Fill Ins)**
2. I am a twisted strand of egg whites that anchors the yolk in the center of the egg.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I surround and hold the yolk together.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I am where the embryo begins in the egg.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I am very porous and am rich of calcium carbonate.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I provide the thickest white of the egg and I surround the yolk.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I surround and protect the albumens.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I am the air pocket that forms at the large end of the egg.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I am the thinnest white of the egg.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Egg Nutrients (Fill Ins)**

|  |  |  |
| --- | --- | --- |
| **Nutrient** | Yolk or White? | Functions in the Body |
| A |  |  |
| B |  |  |
| D |  |  |
| E |  |  |
| Protein |  |  |
| Fat |  |  |

1. **Egg Applications (Fill Ins)**

|  |  |  |
| --- | --- | --- |
| **Application** | Description | Food Example |
|  | Using egg whites to incorporate air into a product |  |
| Binding |  |  |
|  |  | Broth (consommé) |
| Emulsifying |  |  |
|  |  | Jalapeño Poppers |
| Thickening |  |  |

1. **Egg Cooking Methods**
2. Explain ONE *similarity* and ONE *difference* between sunny side up eggs and over easy when cooking them.
3. Identify and describe the 3 types of omelets.
4. What do all *shirred* egg dishes have in common?
5. What 3 ingredients define a poached egg?
6. What is the general rule when boiling eggs from start to finish (soft—medium---hard)?
7. **Misc. Eggs**
8. What grade of egg is commonly converted to pasteurized and dried eggs and why?
9. What is the standard size for eggs in recipes?
10. Grades are based on what 2 areas?
11. Eggs are typically good for how many month(s) without a loss in presentation and taste?
12. What temperature will kill salmonella in poultry products?
13. Which food group (see Nutrition Notes) will eggs fall under?
14. How many pounds will a dozen large eggs weigh out as?
15. What is the nutritional difference between white and brown shelled eggs?
16. What is the purpose behind candling?
17. What “mother sauce” uses egg yolks and is used to accompany many egg dishes?
18. What is a PRO and a CON for free range and caged chickens in the industry?

|  |  |  |
| --- | --- | --- |
| **TYPE OF CHICKEN** | **PRO** | **CON** |
| Free Range |  |  |
| Caged  |  |  |