Eggs in Food

It is surprising how often we incorporate eggs in our diet. Sometimes it is obvious and other times it is not so obvious. All of the foods below can contain eggs. For example, meat pies may have eggs in the pastry and tempura batter can contain eggs.

In the table, write the following foods beneath the meal in which you would normally eat them. Circle the foods that you have eaten in the last week.

| boiled eggs | baked custard | biscuits | pikelets | lemon delicious pudding | meat pie | egg sandwich | egg salad | ice-cream | rissoles | fried eggs | crumbed cutlets | chocolate cake | prawns in tempura batter | meringue | scrambled eggs | cheese soufflé | egg and bacon pie | slices | pavlova | frittata | poached eggs | sponge cake | bacon quiche | fruit buns | omelette | cheesecake | battered fish | mayonnaise | lasagne | cup cakes | egg custard | crepes | lamingtons | meatballs |
|------------|---------------|----------|----------|--------------------------|----------|---------------|----------|-----------|----------|-----------|-----------------|-----------------|------------------------|----------|----------------|----------------|---------------------|--------|-------|----------|-------------|-----------|-------------|----------|----------|----------|-------------|----------|----------|---------|------------|--------|--------|--------|-------------|-------|--------|

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<th>Breakfast</th>
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<th>Lunch</th>
<th>Afternoon Tea</th>
<th>Dinner</th>
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Why Eggs Are Good For Us

Name __________________

Cloze passage.
Read the passage several times, then fill in the missing words on the lines. Read again to make sure it makes sense.

There are many reasons why eggs are an important part of our diet. Eggs are natural, nutritious and delicious. They contain lots of protein, and many minerals and vitamins. Our bodies need protein to build and repair the cells that make up our skin, hair, nails, teeth, muscles and organs. Protein plays an important part in helping our body function and grow normally. Eggs contain all the vitamins we need, except vitamin C, which is found in fruits and vegetables. One of the most important minerals found in eggs is iron. Iron is used to carry oxygen in the blood and to produce energy. Some eggs have omega 3s added, and others, have extra minerals added. This is a trend to make eggs extra more attractive to consumers. Some people are allergic to eggs and others with cholesterol problems even not eat eggs. However for most people eggs are a safe and nutritious part of their diet.

Missing Words
our, minerals, body, extra, allergic, Protein, added, build, the, most, blood, even, Iron, found, do

Egg Storage - spelling activity
Circle the incorrect word and write the correctly spelt word on the line. There is one mistake in each line.

To make sure eggs stay as fresh as possible for as long as possible, place them in their carton in the refrigerator. They are packed with the pointed end down, to protect the yolk and prevent damage to the air sell. The cartons are designed too slow down moisture loss and prevent eggs absorbing strong smells from other foods in the fridge through the pores in their shells. A boiled egg, in the shell can be stored in an airtight container in the refrigerator four up to three days.

Cooking with Eggs - punctuation activity
Eggs are easy to cook and can be used in many different ways. Eggs can be boiled, fried, poached, coddled, baked, scrambled and made into omelettes. They can also be mixed with other ingredients to make cakes, biscuits, custards, quiches, pavlovas, pancakes, sauces and many more things that we like to eat every day. Beaten eggs can be used to coat fried foods such as fish and to hold the meat of rissoles and meatballs together. Beaten eggs are also used to put a shiny glaze on buns and sweet breads. Bakers and food manufacturers also use eggs.

What are your three favourite egg dishes – give reasons? If you do not eat eggs, explain why? Answer in sentences and use correct punctuation and spelling.

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____________________________________________________________________
Pikelets

Ingredients
1 cup self raising flour  1 egg
a pinch of salt  1 cup of milk (with 1 teaspoon of vinegar added)
2 tablespoons sugar  2 tablespoons of melted butter
¼ cup teaspoon of bicarbonate of soda
Extra butter for frying

Method
Sift the flour, salt, sugar and soda into a bowl.
In another bowl, beat the egg with the milk and melted butter.
Using a wooden spoon, make a well in the centre of the flour mixture.
Add the egg mixture to the well and stir gently.
Draw the flour in from the sides as you stir.
Batter should be slightly lumpy.
Grease and heat a heavy-based frypan for a short time.
Put tablespoons of the batter onto the pan.
Cook until bubbly on top and brown underneath.
Turn to brown on the other side.
Transfer to a plate and cover with a clean tea towel until ready to eat.
Serve with butter and golden syrup, honey or jam.
Makes about 10.

Activities
a. Circle the correct text type
   information report, explanation, discussion, procedure, narrative, recount
b. Underline all the verbs in the recipe.
c. What do you notice about the position of the verbs in the lines? _______________
   _______________
   _______________
   _______________
   _______________
   _______________
   _______________
d. Which description best fits this text type?
   Lots of interesting adjectives and adverbs to add interest
   A complicated plot with a variety of characters
   A list of requirements and clear instructions without unnecessary detail
   A series of events recalled in correct sequence
e. Name other examples of this text type. ________________________
   ________________________
   ________________________
   ________________________
f. Find words or phrases that describe:

place ____________________________

in what manner ____________________________

time ____________________________

g. Use the same text type, to describe how you would make pikelets (or a dish of your choosing, preferably with one or more eggs.)

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Supermarket Eggs

Show your working for each problem.

1. What is the cost of 3 doz. 700g barn laid eggs? \[ \text{\$} \]  

2. Cost of one egg from 1 doz. 700g cage eggs? \[ \text{\$} \]  

3. What is the approximate mass of each egg in a 10 pack of 550g eggs? \[ \text{g} \]

4. What is the approximate mass of each egg in a 1 doz. carton of 700g eggs? \[ \text{g} \]

5. What is the cost of 1 doz. ecco-eggs? \[ \text{\$} \]  

6. What is the difference in cost when buying 1 doz. 600g cage eggs and 1 doz. 600g free-range eggs? \[ \text{\$} \]  

7. For a BBQ 2 doz. 600g free-range eggs and 1 doz. 700g free-range eggs were bought. What was the total cost of eggs? \[ \text{\$} \]  

8. A cake recipe needed 3 eggs. If ecco-eggs were used, what was the cost of the eggs? \[ \text{\$} \]  

9. If your family bought 1 doz. barn laid eggs each week for a year, what is the total cost? \[ \text{\$} \]  

10. It costs a farmer $0.95 to produce 1 doz. 700g cage eggs. If the farmer sells eggs to the supermarket for $2.40 a dozen, how much profit does the farmer make? \[ \text{\$} \]. How much profit does the supermarket make? \[ \text{\$} \].

11. A pallet has 8 boxes of eggs and each box has 10 1 doz. cartons of eggs. How many eggs are on the pallet? \[ \text{eggs} \]

12. **Extension (Use a calculator)** Which is the best value, 1 doz 600g cage eggs or 1 doz. 700g cage eggs? \[ \text{,} \]  
Answer \[ \text{\$} \]