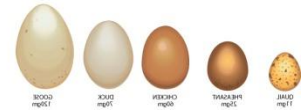


Eggs in Food



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

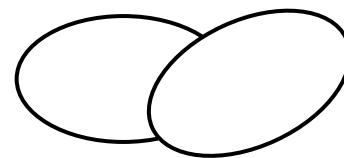
Breakfast	Morning Tea	Lunch	Afternoon Tea	Dinner

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 _____ and vitamins. Our bodies need protein to _____ and repair the cells that make up _____ skin, hair, nails, teeth, muscles and organs. _____ plays an important part in helping our _____ function and grow normally. Eggs contain all _____ vitamins we need, except vitamin C, which is _____ in fruit and vegetables. One of the _____ important minerals found in eggs is iron. _____ is used to carry oxygen in the _____ and to produce energy. Some eggs have _____ omega 3s added, and others, have extra minerals _____. This is a trend to make eggs _____ more attractive to consumers. Some people are _____ to eggs and others with cholesterol problems _____ 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 shore eggs stay as fresh as possible for as long as possible, place _____ them in there 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 threw 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.

Pikelets

Name: _____

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

- Circle the correct text type
information report, explanation, discussion, procedure, narrative, recount
- Underline all the **verbs** in the recipe.
- What do you notice about the position of the verbs in the lines? _____

- 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

- Name other examples of this text type. _____

Supermarket Eggs Name: _____

Show your working for each problem.

1. What is the cost of 3 doz. 700g barn laid eggs? _____ = \$_____

2. Cost of one egg from 1 doz. 700g cage eggs? _____ = \$_____

3. What is the approximate mass of each egg in a 10 pack of 550g eggs?
_____ = _____g

4. What is the approximate mass of each egg in a 1 doz. carton of 700g eggs?
_____ = _____g

5. What is the cost of 1 doz. ecco-eggs? _____ = \$_____

6. What is the difference in cost when buying 1 doz. 600g cage eggs and 1 doz. 600g free-range eggs? _____ = \$_____

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? _____ = \$_____

8. A cake recipe needed 3 eggs. If ecco-eggs were used, what was the cost of the eggs? _____ = \$_____

9. If your family bought 1 doz. barn laid eggs each week for a year, what is the total cost? _____ = \$_____

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?
_____ = \$_____. How much profit does the supermarket make?
_____ = \$_____.

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? _____ = _____ eggs.

12. **Extension (Use a calculator)** Which is the best value, 1 doz 600g cage eggs or 1 doz. 700g cage eggs? _____, _____
Answer _____

Supermarket Egg Prices



1 doz. 700g cage eggs	\$4.68
1 doz. 700g barn laid eggs	\$4.92
1 doz. 700g free-range eggs	\$6.24
1 doz. 600g cage eggs	\$4.08
1 doz. 600g free-range eggs	\$5.88
10pack 550g free-range eggs	\$6.40
10 pack 700g cage eggs	\$2.90
½ doz. 330g ecco-eggs	\$3.96
½ doz. 350g free-range eggs	\$3.18