Shelly and Shelldon's Eggscellent Adventure
About the American Egg Board (AEB)
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Shelly and Sheldon’s Eggscellent Adventure

incredible!

American Egg Board
IncredibleEgg.org

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Treasure Eggspedition
The eggsplorers discover an ancient scroll in the treasure chest. Find a dozen hidden words that can put you on the trail to a healthy lifestyle.

(Answers on inside back cover)

Find these words:

Egg  Hike  Swim
Fresh  Iron  Water
Natural  Milk  Veggies
Protein  Fruit  Pasta
The eggsplorers love to decorate eggs. They use natural materials they've picked up on the trail and clear-drying, nontoxic glue. Shelldon applies the glue with the tip of the bottle or a small paintbrush. He arranges seeds and flower petals in a decorative pattern, working on about 1/4 of the surface at a time.

Almost any materials will work.

Sesame seeds, cloves, whole peppercorns
Dried beans, split peas, lentils, wheatberries
Rice, barley, couscous, oats, cracked wheat
Bird seed, flower petals, unpopped popcorn kernels

Shelldon's tips for gluing on very small pieces.

Pour pieces into a bowl. Cover the egg with glue. Roll the egg in the pieces or use tweezers to place each piece.

Shelly's Eggciting Party Tip

Spell the name of each guest in alphabet pasta. Glue letters on dyed eggs. Makes a great place card and party favor.

Resist Dying

Shelly holds two leaves tightly against an eggshell and puts it into one leg of a clean pair of nylon stockings. Pulling gently to tighten, she ties the ends of the nylon with twist ties and then dips it into food coloring mixed with water. When the egg is completely dry, she takes it out of the nylon. The dye covers only the part of the egg not covered by the leaves.

Shelly's tips for drying decorated eggs.

Stand them in an empty egg carton until dry.
Emptied Eggshells

Shelldon uses empty shells because he can keep his designs for as long as he wants - and he can scramble up the "insides." He stores the "insides" in the refrigerator until lunchtime when an adult helps him cook up Shelldon's Super Scramble (see next page).

First, Shelldon washes and dries the eggs. Then he asks a grown-up to poke a hole in both ends with a sterilized needle. They stick the needle into the egg, moving it around to make sure that the shell membrane and the yolk are both broken. Holding the egg over the bowl, they press the bulb of a kitchen baster against the small end to push air into the egg. This forces the contents into the bowl. Shelldon rinses the shell out in cold water and lets it dry.

Hard-cooked Eggs

Shelly likes to use hard-cooked eggs because they're a bit more sturdy. She never eats the eggs if they are out of the refrigerator for more than 2 hours, so she always makes extra eggs to eat.

To hard cook the eggs, Shelly places them in a single layer in a saucepan with enough tap water to come at least 1 inch above them. She covers the pan and quickly brings the water just to boiling. She turns off the heat and lets the eggs stand with the cover on for about 15 minutes for Large (18 minutes for Extra Large and about 12 minutes for Medium). Shelly gets an adult to help her run cold water over the eggs immediately to cool them. She puts them on an inside shelf of the refrigerator and uses them up within the week.
Test Your Egg Q

1. How long does it take a hen to lay an egg?
   a. One year
   b. 24 to 26 hours
   c. One week

2. In 2002, how many dozen eggs were produced in the United States?
   a. 9,000
   b. 10 eggzillion
   c. 6.1 billion

3. Egg Salad Week reminds us all to enjoy tasty hard-cooked egg dishes. When do we celebrate?
   a. After Easter
   b. Before Christmas
   c. After Labor Day

4. Since earliest times, people have enjoyed eating eggs. In modern times, which industries have discovered the benefits of using eggs in their products?
   a. Cosmetics
   b. Prescription drugs and vaccines
   c. Pet Food
   d. All of the above

5. Which eggsplorer(s) came to America with the type of chickens that lay the eggs you eat today?
   a. Lewis & Clark
   b. Christopher Columbus
   c. Eggbert Coronado
6. True or false: You can spin a hard-cooked egg on a table, but a raw one will wobble.
   a. True
   b. False

7. True or false: You can fry an egg on the sidewalk.
   a. True
   b. False, it’s an eggsaggeration!

8. Which of these foods contains eggs?
   a. Mayonnaise
   b. Cake
   c. Waffles
   d. All of the above
Look for a dozen hidden pictures: Wire Whisk, Measuring Spoons, Fork, Green Pepper, Egg Separator, Lemon, Bendy Straw, Grater, Timer, Deviled Egg, Rubber Scraper, Oven Mitt

(answers on inside back cover)
The eggsplorers like to try egg dishes from around the world. Can you match the dish with the country?

- China: Huevos Rancheros
- France: Trifle
- America: Egg Foo Yung
- Mexico: Frittata
- Sunrise Special
- Quiche

Answers: China - Huevos Rancheros, America - Egg Foo Yung, France - Trifle, Mexico - Frittata, England - Quiche
Eggchanting Forest

The eggsplorers like to turn science eggsperiments into magic tricks!

**Eggsperiment #1  Hard-cooked or raw?**

**You'll need:** A piece of cardboard, scissors, raw egg, hard-cooked egg, flashlight

Shelldon cuts a round hole about 1/2 inch in diameter in the middle of the cardboard. Shelly marks a secret code on each egg so that she is the only one that can identify them.

Shelldon puts the cardboard on top of the flashlight. When he holds each egg over the hole, he can tell which one is raw.

**How does this work?** Heat from cooking changes egg protein from a liquid into a solid. The light does not shine through the hard-cooked egg, but it makes the raw egg glow.

This is egg specially cool in a dark room.
Eggsperiment #2 Now you see it. Now you don't!

You'll need: Raw egg, a jar with a lid, vinegar

Shelly places the egg in a jar. She covers it with vinegar, replaces the lid, and waits 36 to 48 hours. The shell will dissolve, eggsposing the membrane.

How does this work? Tiny bubbles form all over the shell when vinegar is poured over the egg. That's because vinegar is an acid. It reacts with the thin layer of eggshell, which is composed mostly of calcium carbonate. The gas carbon dioxide is produced. Shelly lets her friends touch the egg once in a while so they can feel the changes.

Eggsperiment #3 Eggsmosis

Shelldon likes to watch the egg eggspand. When the shell has dissolved, he gently removes the egg from the jar with a spoon and rinses it off. He puts it back in the empty jar and covers it with water. By the next day, the egg has grown bigger. If he leaves the egg in the water long enough, it will eggsplode just like a balloon that's been filled with too much air.

How does this work? Water moves through the shell membrane by osmosis, causing the egg to swell.
Deviled eggs are great adventure food. Shelldon puts the yolk mixture in one plastic bag and the egg white halves in another. Shelly packs both bags on ice or a commercial coolant in an insulated bag or cooler. They always keep them cold (40°F or lower).

**You'll need:** 6 hard-cooked eggs, \( \frac{1}{4} \) cup salsa, \( \frac{1}{4} \) cup finely shredded Cheddar or jalapeño cheese, and 2 tablespoons mayonnaise

**Cut** eggs in half lengthwise. Place yolks in 1-quart plastic bag.

**Place** remaining ingredients in bag with yolks. Press out air.

**Close** bag. Knead until contents are thoroughly blended.

**Push** contents toward corner. Snip about 1/2 inch off corner of bag.

**Squeezing** bag gently, fill reserved whites with yolk mixture. Chill to blend flavors.

**Shelly's Tip:** Make deviled eggs eggsactly your way. Substitute the salsa and cheese with 2 - 4 tablespoons of your favorite ingredients. Try finely chopped meat, seafood, vegetables, nuts, or sweet pickle relish.
Shelldon’s Super Scramble

1 serving

2 eggs
2 tablespoons milk
1 teaspoon butter
2 tablespoons (1 oz.) reduced-fat veggie cream cheese spread

With a fork, beat the eggs and milk in a small bowl until well mixed. Melt the butter in a small skillet over medium heat. Push it around the skillet so it covers the bottom. When the butter is bubbly, pour in the egg mixture. As the eggs begin to cook along the edges, use the pancake turner to push them gently across the bottom. Let the eggs cook a little more and push the turner across the skillet again. Keep cooking and pushing until the egg is thickened and you can’t see any more liquid egg. Serve the eggs on a plate, or try them Shelldon’s way.

Shelldon likes to put these eggs on a flour tortilla and spoon on salsa. If he rolls it up, it’s easy to carry and eat. Sometimes he uses plain cream cheese or other flavors of cheese spread.
Chocolate Peanut Butter Pudding

2 servings

1 egg
1/2 cup milk
1 tablespoon peanut butter
1 tablespoon chocolate syrup
1 tablespoon sugar
1 sheet (4 rectangles) chocolate graham crackers, crumbled

In a 2-cup glass measuring cup, stir together egg, milk, peanut butter, chocolate syrup, and sugar. Stir in graham crackers until well blended. Cook egg mixture in microwave on HIGH Power, stirring every 30 seconds until thickened and no visible sign of liquid egg remains, about 2 1/2 to 3 minutes. Let set for 2 minutes. Shelly likes to top this with whipped cream.

All microwave cooking times are based on a full power output of 600 to 700 watts. For a lower wattage oven, (500 to 600 watts) allow more time.
Choose A Healthy Meal

- deviled egg
- carrots
- broccoli
- beans
- rice
- candy
- doughnut
- milk
- orange
- strawberry
- omelet

Color and cut out. Then place your healthy meal choices on a paper plate.
It takes lots of work to get the eggs to your house. Lots of people help along the way. Can you show Henny how her egg ended up at Shelly's house?
Answers to word puzzle on page 3

Answers to picture puzzle on page 8