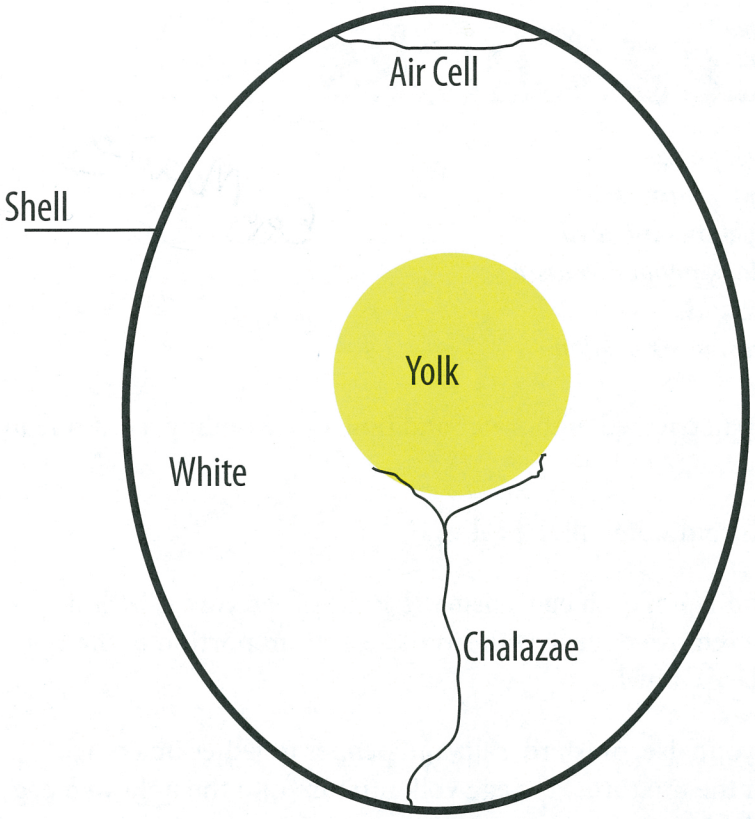
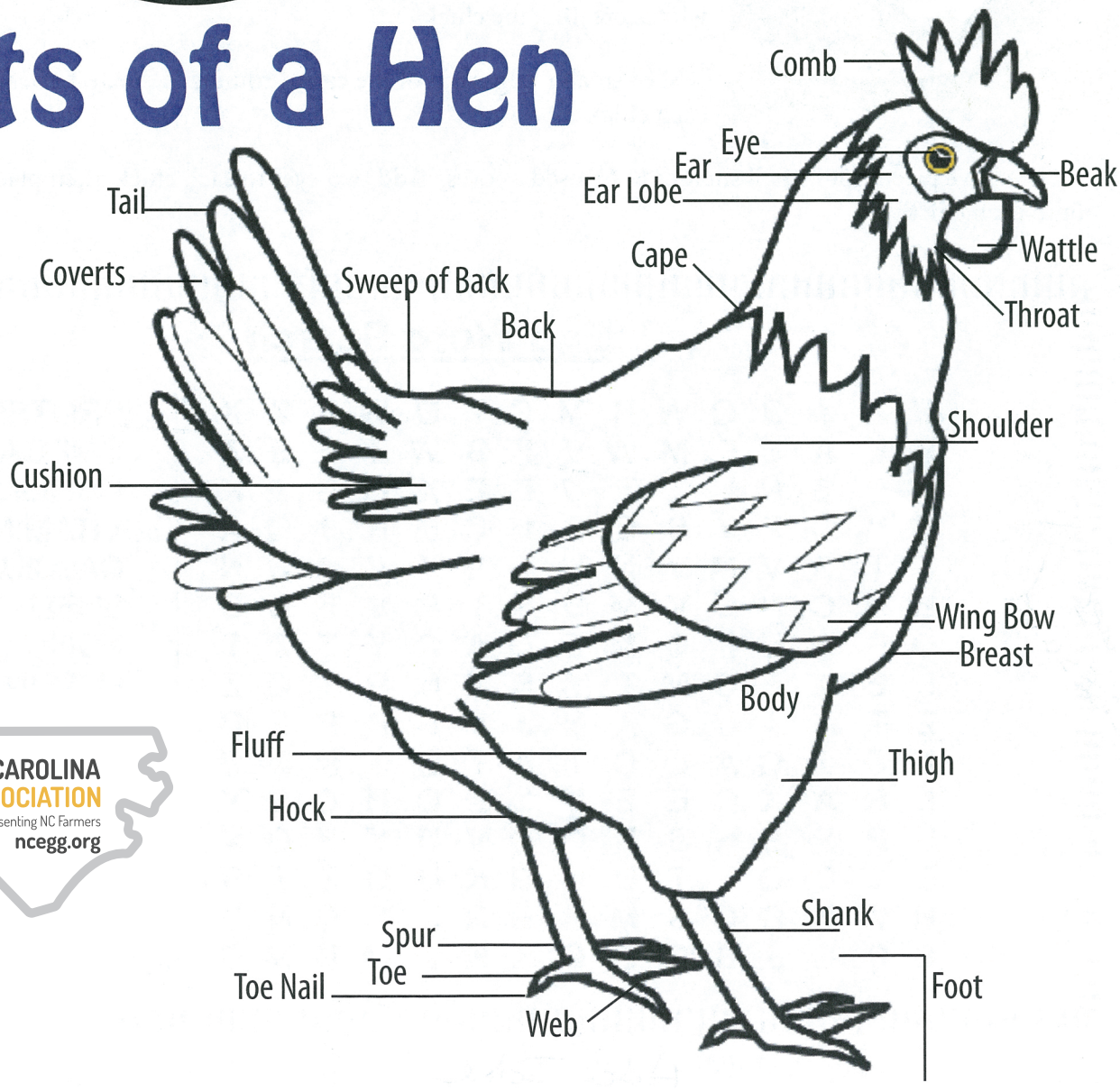
Parts of an Egg



*Nearly half an eggs protein is in the yolk. So eat the whole egg for all the protein!

Parts of a Hen



NORTH CAROLINA EGG ASSOCIATION
Representing NC Farmers
ncegg.org

WAYS TO COOK AN EGG

P E H C I U Q Q V A O P S T B
N L U K I U L H R H S G I R B
W M Y O X A P G E Z E N R A D
H J S I S U D T V L S S T E J
H Q A A U G C P O F W A I W T
O D E L I V E D L L T R T S Q
V M B A S T E D D T F E Z A N
K D Y O W A B Y I O D D Y I W
P L N M G O M R B X E Q N K J
F Q A E I S F G P H X N V G X
A B F L V E W J C N X L Q T S
L F E E L B M A R C S M S E D
B D B T Q O O V E R E A S Y K
J T J V U P Q S N O U C Q G L
W Z U A X W D E N G Q I R U J

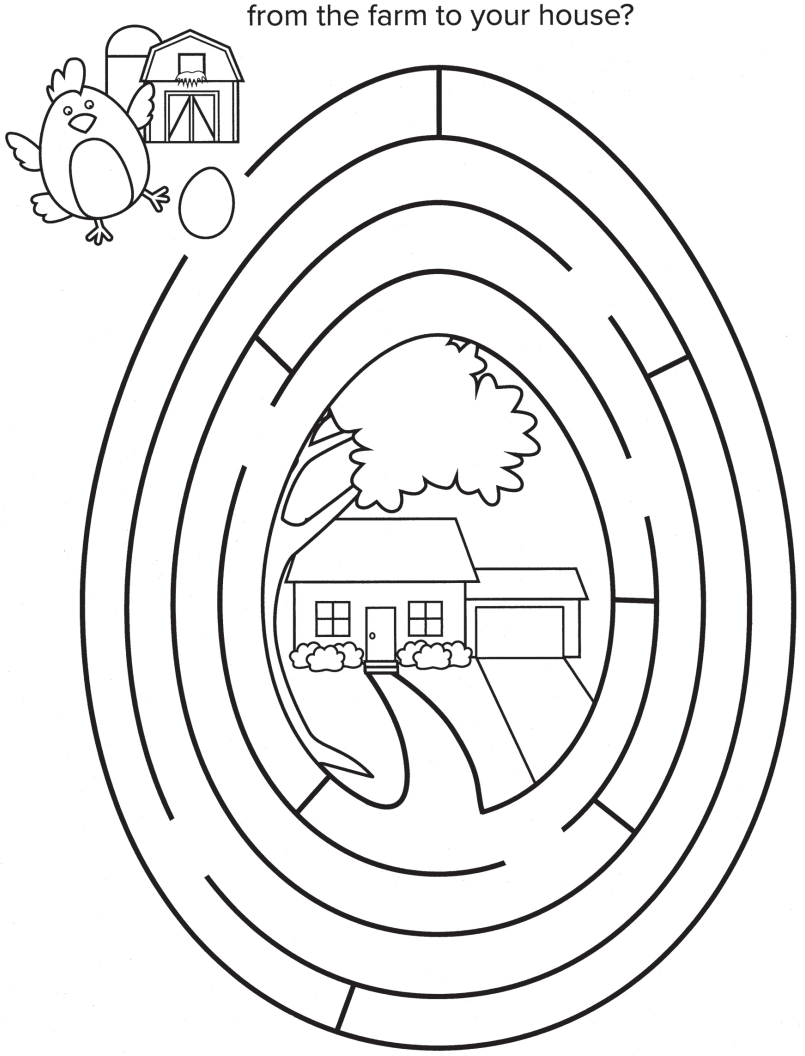
scrambled
poached
boiled
omelet
quiche
deviled
fried
basted
frittata
over easy

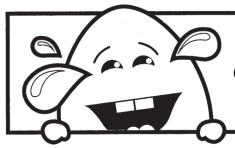
Visit NCEGG.org

Kids Connection ● Egg Nutrition
NC Egg Farmer Videos ● Recipes

EggMazing

Can you help Hanna Hen roll the egg through the maze from the farm to your house?





OKAY...ONE LAST YOLK!

Q. Did you hear about the chef who went to jail?
A. He was caught 'poaching' eggs!