

Did You Know?



**76 billion eggs eaten
annually...more than 30%
are further processed egg
products.**

Farm to Table



<http://educationstation.discoveryeducation.com/field-trips>



A Lifetime of Health Benefits



Protein

Vitamin A

Fats

Omega 3

Cholesterol

riboflavin

Vitamin B6, B12, and
folic acid

Handling Eggs Safely

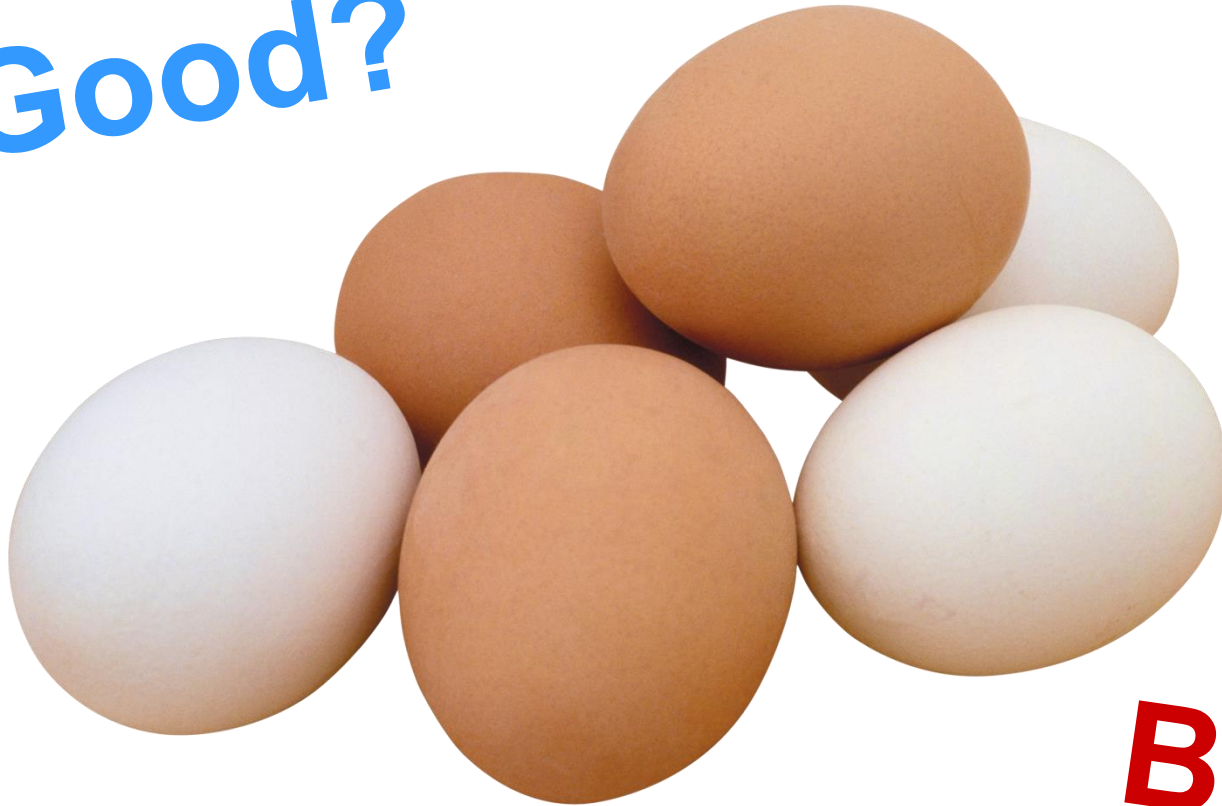


- Wash hands, utensils, equipment, and work areas with hot, soapy water before and after they come in contact with eggs and egg-containing foods.
- Remove only the number of eggs needed from the carton and return the carton to the refrigerator.
- Eggs are done when:
 - Eggs scrambled quickly over high heat until no liquid remains.
 - Over-easy eggs cooked until the yolk was entirely solid.
 - Eggs boiled a minimum of 9 minutes.

How can you tell if an egg is ...?

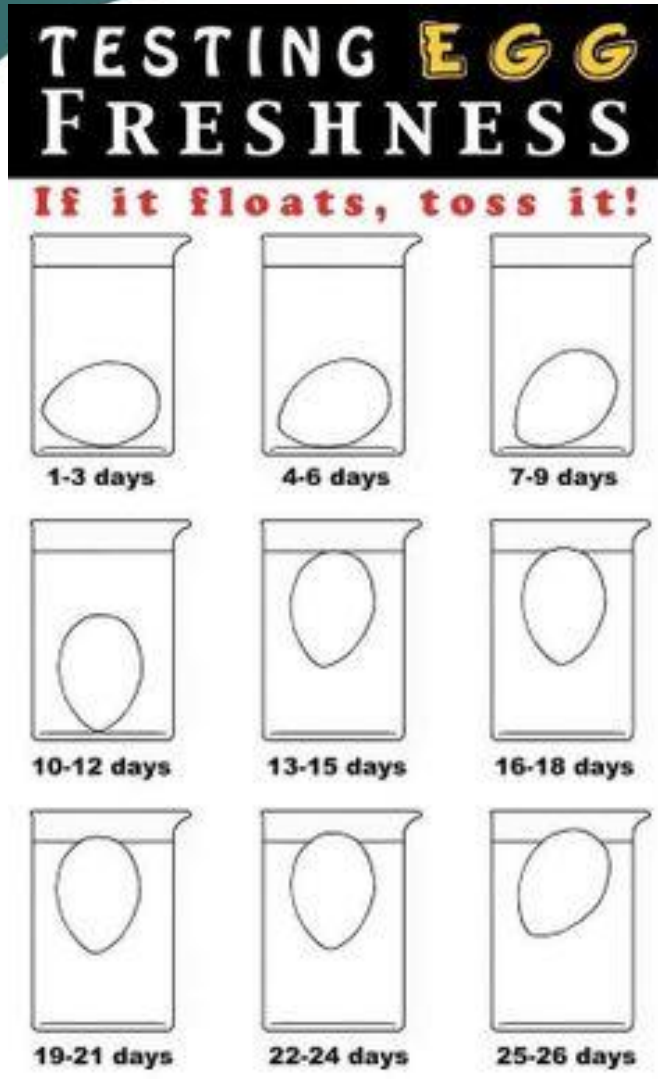


Good?



Bad?

The Float Test



**If it floats,
throw it out!**