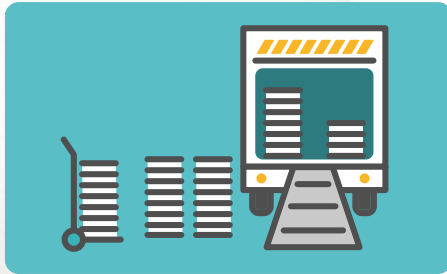


THE JOURNEY OF A BC EGG: FARM TO TABLE

► Hens lay eggs every day. They're packed into flats and stored in the cooling room until the refrigerated grading station truck arrives to pick them up and take them to the grading station.

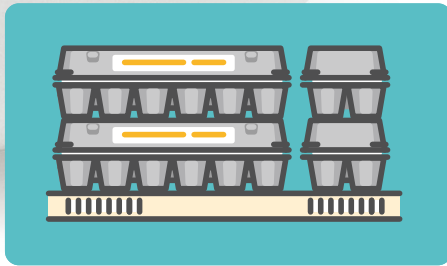


► At the grading station, the eggs are cleaned and inspected. The Canadian Food Inspection Agency (CFIA) sets the standards for grading and sizing eggs.

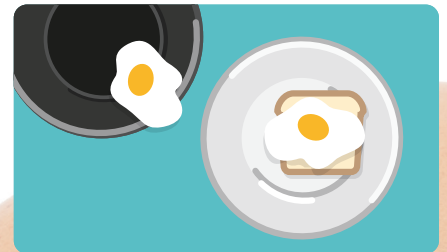
► After the eggs are washed and sanitized, they



undergo a process called "candling." This means that they are passed over a strong light, to see the interior of the egg and so they can be inspected for any cracks or imperfections. Then the eggs are graded by a machine.



► The inspected eggs are then packed into cartons, ready for distribution. Eggs are sent to your grocery store as well as to other food retailers, restaurant supply companies and food service industries, hospitals and other institutions – all right from the grading



station! Typically, BC eggs arrive at the grocery store after this whole process within just a week of being laid! Now that's fresh!

WHAT HAPPENS TO EGGS THAT ARE LESS THAN PERFECT?

The eggs that aren't sent to retailers aren't wasted; many are sent to the egg breaking plant in Abbotsford to be made into liquid, frozen, or dried egg products. The eggs are cracked on a special machine that breaks eggs by the thousands and, if needed, egg

yolks can be mechanically separated from the whites. Both whole and separated eggs are then pasteurized and sent in bulk to bakeries and restaurants. BC eggs are also used in pharmaceuticals or pet foods, or in non-food items such as shampoo and adhesives.

EGGS ARE EGGS-TRA NUTRITIOUS

All types of eggs — conventional, enriched, free run, free range and organic — are nutritionally identical. Every large egg will give you 6.5 grams of protein, all 9 essential amino acids and 14 key nutrients such as Vitamins A and E, and iron. Eggs have a wealth of nutrients vital for good health packed into their shells.

- **Vitamin B12** helps protect against heart disease.
- **Choline** is an important nutrient for brain development and is especially important for babies and toddlers.
- **Lutein** and **Zeaxanthin** help maintain good vision and may reduce the risk of age-related eye disease.
- **Selenium** helps prevent the breakdown of body tissues.
- **Iron** in eggs is easily absorbed by the body and carries oxygen to the cells.
- **Folate (B9)** helps produce and maintain new cells and helps protect against serious birth defects during pregnancy.
- **Vitamin D** and Phosphorus help strengthen bones and teeth.
- **Vitamin A** helps maintain healthy skin and eye tissue and assists in night vision.
- **Vitamin E** is an antioxidant that plays a role in preventing disease.



FOOD STUDIES ACTIVITY: EGG BREAD BOAT (BC EGG RECIPE)

FOOD STUDIES GR. 6-7: basic food handling and simple preparation techniques and equipment

INGREDIENTS:

- 1 large French bread loaf
- 1 medium red or yellow sweet pepper (chopped 3/4 cup)
- 1/2 cup sliced green onions (4)
- 10 BC eggs (lightly beaten)
- 2/3 cup whipping cream, half & half, or light cream
- 1 cup cooked bacon (chopped)
- 1/2 teaspoon salt
- 1 1/2 cup shredded cheddar or mozzarella (6 ounces)



loaf cutting to about 1 inch from each long side. Use a spoon or your fingers to carefully remove the inside of each loaf, leaving about 3/4-inch shell. Arrange bread "boat" on the prepared baking pan.

2. In a large bowl combine eggs, whipping cream or milk, salt and pepper, and mix. Add green onions, cooked bacon, diced bell peppers, and 1 cup of cheese, and mix.
3. Carefully pour egg mixture into "boat." Sprinkle with the remaining 1/2 cup cheese. Bake, uncovered at 350 degrees for 25 minutes or until eggs are set.
4. Let stand for 5 minutes. Using a serrated knife, carefully cut bread into slices. Enjoy! (Serves 6)

PROCEDURE:

1. Preheat oven to 350°F. Line a 15 x 10 x 1-inch baking pan with parchment paper. Using a serrated knife, cut a wedge into the top of the

FINE ARTS ACTIVITY: EGG POP ART

ARTS EDUCATION 4-7: artistic traditions from diverse cultures, communities, times, and places, image development strategies.

MATERIALS:

- 1 sheet of paper per student
- sharpie or black markers
- pencil
- egg
- paper
- markers or paint

Introduce students to Pop Art. Discuss how it was an art movement from the 1950s that featured making art with reference to things from popular and mass culture. Often everyday objects like road signs, hamburgers, comic strips, or soup cans etc. were used in the artwork. Show samples from Andy Warhol and discuss how he

used bright colours and repeating patterns. Tell students that they will be drawing an egg for their pop art project.



Have students fold their paper into 6 equal parts, so that they have 6 boxes. Crack an egg onto a plate and have students draw the egg in a simplistic style in one of the squares in pencil. Have them trace over the pencil with sharpie or black marker. Then have them trace the egg drawing into each of the squares. Then have them colour with markers, the eggs, and backgrounds. Encourage them to use lots of different bright colours and use the colour wheel to discuss complementary colours.

ACTIVITY: SCIENCE EGGS PERIMENTS - EGG DROP CHALLENGE

SCIENCE 4-7: FORCE OF GRAVITY. APPLIED SKILL, DESIGN AND TECHNOLOGY 4-5: Designs can be improved with prototyping and testing, the choice of technology and tools depends on the task.

The Guinness World Records tells us that the greatest height for an egg drop is 213m! How can you drop an egg without it breaking?

MATERIALS:

- One egg per group
- Materials for building egg container (cardboard, string, tape balloons, recycled materials)

Challenge the students to build a "craft" that will prevent an egg from breaking when dropped from a high place. Brainstorm ways to increase the likelihood of safely landing their eggs without them breaking. Once students have completed their craft designs, test them by dropping the egg from a high place, the team whose egg survives the highest drop wins.

