



Most eggs consumed by humans come from chickens. Female chickens, called hens, are the egg-layers. On average, it takes 24 to 36 hours for a hen to lay an egg.

More than 30 million chickens are raised annually in Indiana as a source of eggs. Each of these hens can lay between 250 and 300 eggs every year. However, the number of eggs a hen can produce will decrease with age.

Eggs are one of the most complete sources of protein. The protein in eggs contain a near perfect mix of amino acids that are needed to build muscles.

While the eggs in grocery stores are typically white, eggs can be many colors including brown and blue. This is all dependent on the breed of the chicken.

Eggs can be scrambled, fried, hard-boiled, soft-boiled, pickled, poached and more.

What is your favorite type of egg?

DID YOU KNOW?

Indiana is the third largest egg producing state, with over 36.3 million egg layers.



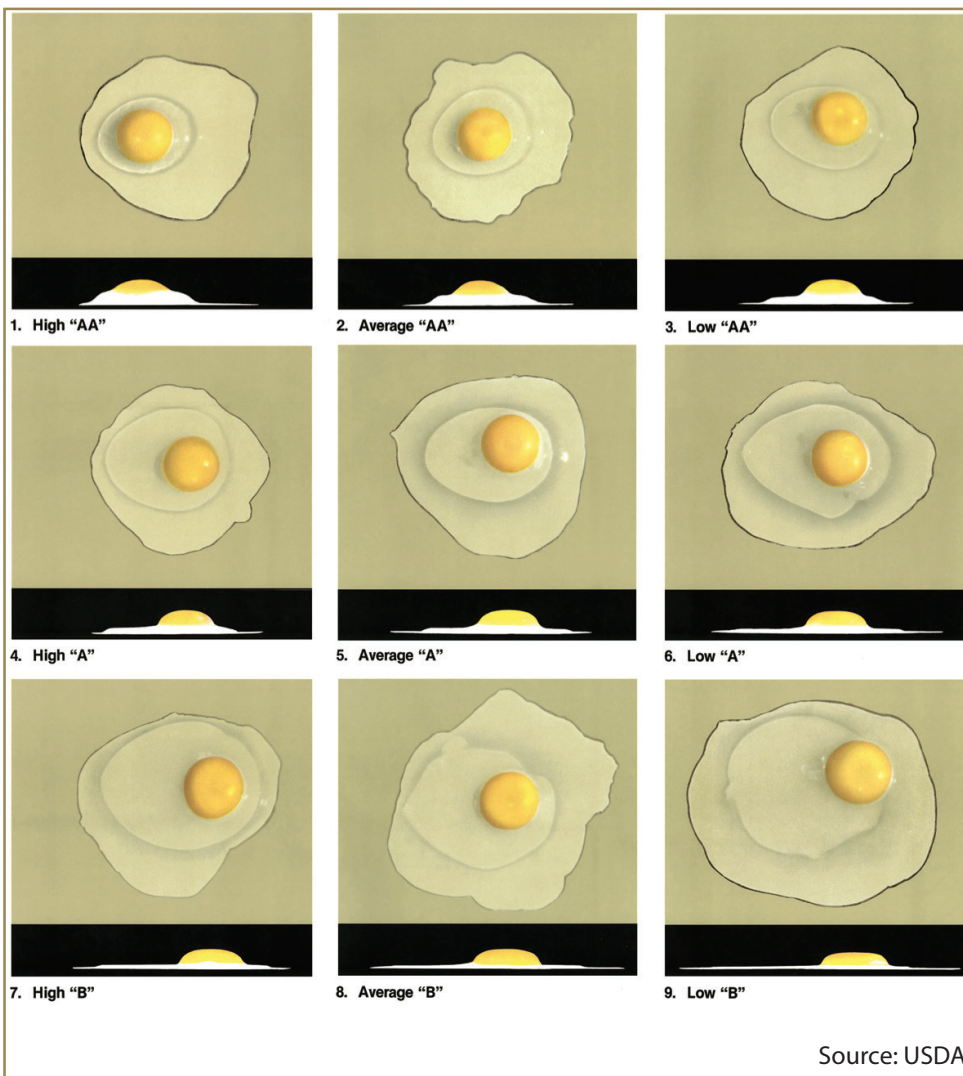
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ABOUT CHICKEN
EGG PRODUCTION.
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LET'S GRADE EGGS

Egg grading is the process of determining the quality of an egg. This can be done through cracking it open or candling.

TRY IT YOURSELF:

1. Grab an egg from your fridge and check if the eggshell has any cracks.
2. Time to crack the egg open. Have an adult help you crack the egg onto a plate. You no longer need the eggshell.
3. Does the yolk or clear part, called the albumen, have any dark spots? This will lower the grade of the egg.
4. Is the thicker clear albumen in the shape of an egg? Is the yolk raised up above the plate a little? Then it is a Grade AA egg.
5. Is the thick albumen losing its shape? Can you see under the yolk? Then it is a Grade A egg.
6. If the yolk is completely flattened and the thick albumen is almost gone, then you have a Grade B egg.



What is the grade of your egg? _____



EASY EGG SALAD RECIPE

Ask an adult for help.

INGREDIENTS:

- 8 large eggs
- 1 large dill pickle, chopped
- 2 teaspoons dill pickle juice
- 2 tablespoons mayonnaise
- 3 teaspoons white sugar
- ¼ teaspoon kosher salt
- ⅛ teaspoon black pepper

DIRECTIONS:

1. Boil the eggs and let them cool.
2. Once the eggs are cool to the touch, peel and dice them.
3. Whisk together all other ingredients in a large bowl. Gently fold in eggs.
4. Serve as a side or in rolls.

Indiana Activity Sheets are provided by Indiana Farm Bureau Agriculture in the Classroom.

For more information, please contact inaite@infb.org or visit www.infb.org/aitc.



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