ALL ABOUT EGGS





WHAT ARE EGGS?

An egg has a hard shell to protect what is inside, a clear white part full of body-building protein, and a yellow middle part (the yolk) packed with vitamins.



WHO LAYS EGGS?

Many types of animals lay eggs: Reptiles, amphibians, mammals, birds, and fish. Common animals that lay edible eggs include:

- Chickens: The most popular choice worldwide for daily meals.
- Ducks: Richer in flavor and fat with larger yolks.
- Quail: Very tiny and often used as a special treat or appetizer.
- Geese: Twice the size of chicken eggs with dense protein.
- Turkeys: Creamy and rich, though rare to buy in standard stores.
- Fish: Their eggs are known as caviar.

HEALTH BENEFITS OF EGGS

Eggs are packed with high-quality protein, essential vitamins like B12 and D, and nutrients such as choline (which helps your nervous system and memory). They support muscle repair, boost brain function, and protect eye health with powerful antioxidants. One large egg gives you 6 grams of protein with all nine key amino acids.



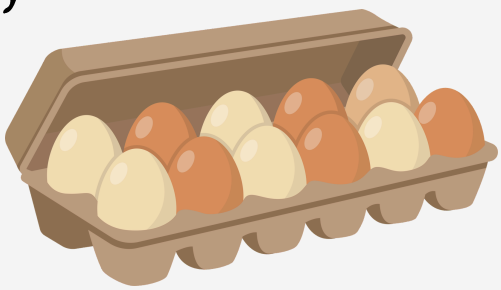
Nutrition Facts

Portion Size	**50 g**
Amount Per Portion **Calories**	**72**
	% Daily Value *
Total Fat 4.8g	6 %
Saturated Fat 1.6g	8 %
Cholesterol 186mg	62 %
Sodium 71mg	3 %
Total Carbohydrate 0.4g	0 %
Dietary Fiber 0g	0 %
Sugar 0.2g	
Protein 6.3g	13 %
Vitamin D 1mcg	5 %
Calcium 28mg	2 %
Iron 0.9mg	5 %
Potassium 69mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

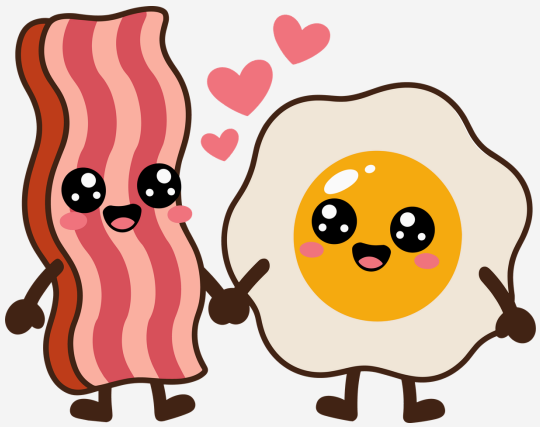


delicious!



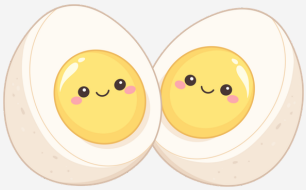
FUN FACTS

- Chicken eggs can be white, brown, blue, or green depending on the type of chicken. They all taste the same inside.
- An eggshell has up to 17,000 tiny holes called pores. These holes let air move in and out so the inside can breathe.
- Today the ostrich lays the largest egg.
- One ostrich egg is equal to 24 hen eggs.
- The hummingbird lays an egg no bigger than a coffee bean.
- A healthy hen can lay up to one egg a day.
- The largest chicken egg ever laid weighed 1 pound- that's four times the size of an average egg.
- The Japanese eat more eggs than any other country.



EGGS IN SOUTH DAKOTA

In South Dakota, egg production is led by commercial operators like Dakota Layers in Flandreau, which houses over a million hens. Dakota Layers is a family-owned operation that started in 1999. Schools require egg producers to obtain a Class A Egg-Dealer Candling and Grader License from the South Dakota Department of Agriculture in order to purchase from the producer.



SCIENCE AND EGGS

- Try this science experiment. Fill a glass with white vinegar, carefully place an egg in the glass and make sure the vinegar covers the egg. Over 4-5 days, you'll observe the shell dissolve in the vinegar. When the shell is completely dissolved, examine your egg. Does it bounce?
- Did you know that you can tell if an uncooked egg is fresh by carefully placing it into a glass of water? If the egg sinks to the bottom of the glass, it's a sign that it's fresh and can be eaten. If it floats to the top, that means it's stale and you need to throw it away.

Farm to School
SOUTH DAKOTA