

Study Guide

Eggs

Directions: Read chapter 33, and answer the following questions. Later, you can use this study guide to review.

1. In addition to the air cell, what are the three main parts of an egg?

2. Name the nutrients in eggs. Why do health experts recommend eating eggs in moderation?

3. Explain why you shouldn't wash eggs when you bring them home from the store.

4. How long should you keep eggs? What method should you use to store eggs?

5. List the disadvantages of using egg substitutes.

6. In beating egg whites, explain why there should be no trace of egg yolk.

7. What happens when you overbeat egg whites?

8. What happens inside an egg when it is cooked properly? What happens when it is overcooked?

9. What is a soufflé?

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10. List the steps for poaching an egg.

11. Name four other ways to cook eggs.

12. Explain how to make a basic omelet.

13. Why shouldn't you cook eggs in the shell in the microwave?

14. Describe custard. Name the two types.

15. Why are egg whites used in soufflés, angel food cake, and meringues?

16. Describe weeping and beading in meringues. How can you prevent either from occurring?

Activity 2**Eggs**

Eggs—True or False?

Directions: Read each of the following statements. In the space provided to the left of each statement, write a “+” for true or a “0” for false. For any false statements, rewrite the statement to make it *true* on a separate sheet of paper and attach the paper to this activity.

- _____ 1. When eggs are beaten, they help baked goods rise.
- _____ 2. Because egg whites contain certain fats and cholesterol, health experts recommend eating them in moderation.
- _____ 3. As an egg ages, its air cell gets larger and the egg white gets thinner.
- _____ 4. Wash eggs when you get them home from the store so you can clean off any residue that might have accumulated on the shell.
- _____ 5. Egg substitutes are a healthful alternative for people watching their fat and cholesterol intake.
- _____ 6. The yolks of overcooked eggs turn an unattractive gray-green color.
- _____ 7. When cooking eggs in the shell, remove them from the heat when they are done and run them under cold water to prevent further cooking.
- _____ 8. To make fluffy scrambled eggs, stir constantly after you have added the eggs to the pan.
- _____ 9. A basic omelet is cooked in such a way that it forms a large, thick pancake, which is filled and then folded in half before serving.
- _____ 10. It is never a good idea to cook eggs in a microwave oven because they will overcook.
- _____ 11. Custard is a thickened blend of milk, eggs, sugar, and ricotta cheese that can be baked or cooked and served as a sauce.
- _____ 12. To make a soft custard, cook over low heat, stirring constantly, until it is just thick enough to coat a wooden spoon.
- _____ 13. When baked custard is done, a knife inserted in the center will come out clean.
- _____ 14. To reach the fullest volume when beating egg whites, be sure the beaters and bowls are clean and completely free of fat and that the eggs are cold.