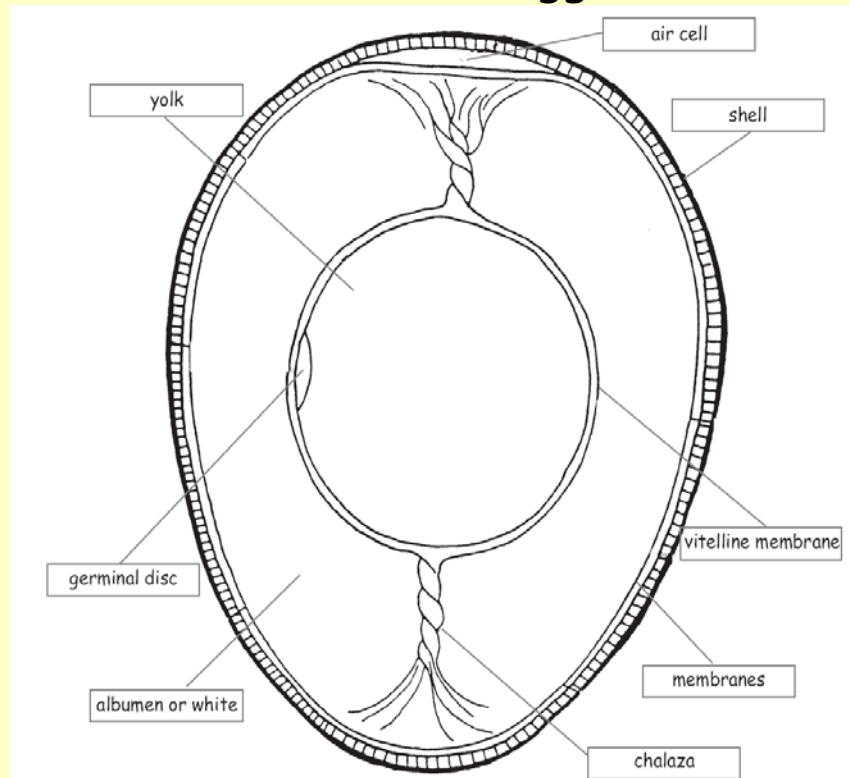


What's in an Egg?



Test your Egg Smarts!

1. An egg is high in fat. T/F
2. For most people, it is important to eat less saturated fat than to eat less dietary cholesterol. T/F
3. Candling is used for grading eggs. T/F
4. Eggs are part of the dairy group. T/F
5. Two large eggs equal one ounce of meat. T/F

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Reviewed by C. Crawley June 2011