

# Investigating Your Health: Extraordinary Eggs

Name: \_\_\_\_\_

**Objective:** Investigate eggs by researching the nutrient amounts in each part of an egg.

Eggs are one of the highest quality proteins you can buy. They are also very inexpensive. There are many different ways to eat eggs including scrambled, hard-boiled, over easy, and sunny side up! Eggs are also an ingredient in many recipes including cakes, cookies, breads, pudding, mayonnaise, etc.

High quality proteins can help you build muscle and become stronger. The protein in one egg is about the same as one ounce of meat, fish, or poultry. You can buy whole eggs or egg whites in the grocery store, or you can separate an egg at home using an egg separator. A little over half the protein in an egg is in the white, and the rest is in the yolk. The **yolk** is the yellow part of the egg and is the major source for the vitamins and minerals in an egg. The eggshell color varies



depending on the breed of hen that laid the egg; however, the nutritional quality is the same (i.e. brown vs. white eggs). Egg yolk color changes depending on the diet of the hen.

Eggs also provide a lot of vitamins, minerals, and other nutrients for a small amount of calories. Some of the vitamins and minerals that are in an egg are vitamins B<sub>12</sub>, A, D, and E, folate, and riboflavin. Use the *Try This at Home* recipe to make a “fluffy” breakfast with eggs!



## PART A: Egg Colors

1. Compare the nutrition information of brown eggs and white eggs. Use the handout provided by your teacher or access the nutrient database on USDA's website: <http://ndb.nal.usda.gov/ndb/search/list>. Complete the table below.

|               | White Egg | Brown Egg |
|---------------|-----------|-----------|
| Serving Size  |           |           |
| Calories      |           |           |
| Total Fat     |           |           |
| Saturated Fat |           |           |
| Cholesterol   |           |           |
| Sodium        |           |           |
| Protein       |           |           |
| Calcium       |           |           |
| Vitamin A     |           |           |
| Iron          |           |           |

2. Describe how the eggs differ in appearance.

3. Is there a significant difference in nutrition between white eggs and brown eggs? If yes, explain the better option.

## PART B: Egg White or Egg Yolk

1. Research the nutrients in the egg white and the egg yolk in one large egg and complete the table below.

|               | Egg White | Egg Yolk |
|---------------|-----------|----------|
| Calories      |           |          |
| Total Fat     |           |          |
| Saturated Fat |           |          |
| Cholesterol   |           |          |
| Sodium        |           |          |
| Protein       |           |          |
| Folate        |           |          |
| Vitamin D     |           |          |
| Vitamin A     |           |          |
| Phosphorus    |           |          |
| Iron          |           |          |
| Calcium       |           |          |
| Potassium     |           |          |
| Magnesium     |           |          |

2. What nutrients does the egg white have more of when compared to the egg yolk?

3. What nutrients does the egg yolk have more of when compared to the egg white?

4. Why would a person choose egg whites instead whole eggs?