

ANSWERS TO EGG QUESTIONS

1.) Eggs are an excellent source of protein. Protein is very important for your health. It keeps you full and gives you energy for the day! Protein also helps build muscle and makes your hair and nails stronger.

2.) Are the eggs in the grocery store fresh?

YES. Eggs available at grocery stores across the province are fresh, and almost all of them are from local egg farmers right here in Alberta. Most eggs typically arrive at the grocery store within about a week of the time they are laid on farm, stopping only briefly at the grading station before hitting the grocery store shelves.

3.) True or False? Egg yolks can look yellow or orange.

This is TRUE. Yolk color depends almost entirely on pigments in the food chickens eat.

4.) What are the two most common breeds of laying hens in Canada?

Two of the most common laying hens in Canada are the White Leghorn and the Rhode Island Red Hen. The White Leghorn lays white eggs, while the Rhode Island Red Hen lays brown eggs.

5.) True or False? In Europe eggs don't have to be refrigerated.

This is TRUE. In Europe, eggs don't have to be refrigerated. This is because they don't wash their eggs the same way we do. When we wash eggs, we wash away a protective layer that naturally keeps oxygen and bacteria out.