

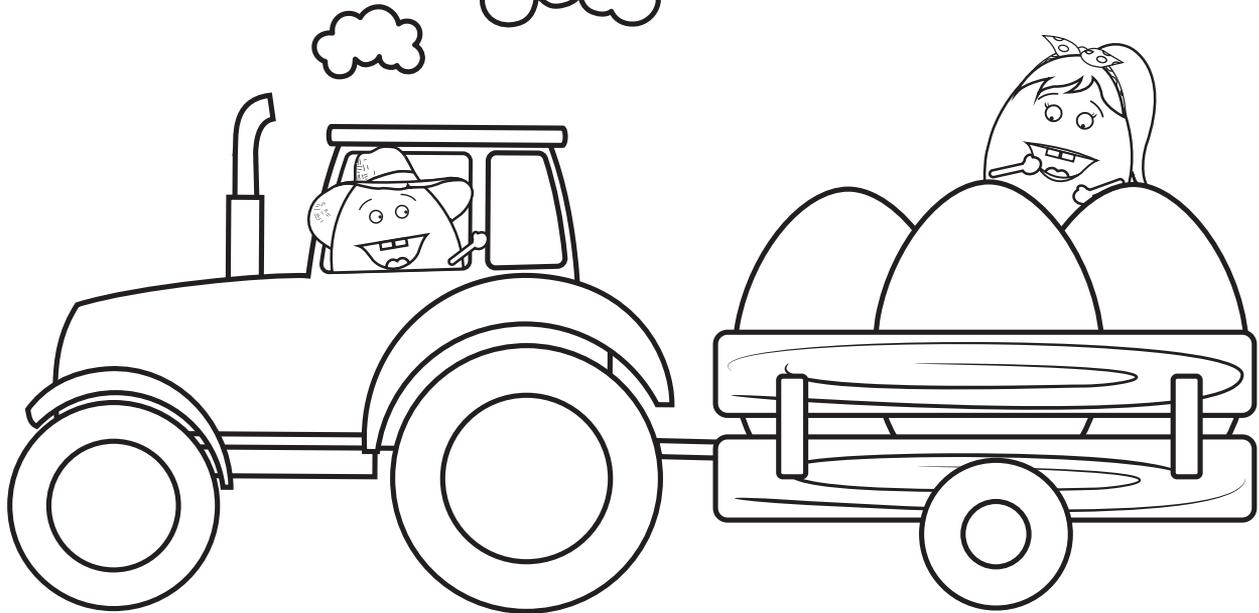
EGGY, SHELLY & FRIENDS

# A Day on the FARM



EGGY, SHELLY & FRIENDS

# A Day on the FARM



**incredible!**

American Egg Board

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# Word Harvest

Use your noggin & find a **dozen** hidden words!

E G G P O P S R N I  
Y E D Z F R U I T R  
N X G F J X W V P F  
H A X G X Z G E R R  
C E T O S E Q G O I  
S V R U H T A G T E  
N L B Q R E T I E N  
A F A B A A N E I D  
C F R E S H L S N S  
K C N F A R M N M H

## FIND THESE WORDS:

Friends  
Eggs  
Farm

Natural  
Protein  
Snack

Fresh  
Barn  
Hens

Veggies  
Fruit  
EggPops

# The Craft Barn

Feelin' like getting crafty & decorating some eggs?!?

## EMPTY EGG SHELLS

**Want to make keepsake eggs?** First, wash and dry the eggs. Ask an adult to poke a hole in both ends with a sterilized needle. Then, stick needle into the egg, moving it around to make sure the shell membrane and the yolk are both broken. Holding the egg over a bowl, press a kitchen baster bulb against the small end to push air into the egg. This forces the contents out. Finally, rinse the shell out in cold water and let it dry.

**TIP:** Store “insides” in the refrigerator until lunchtime when an adult can help prepare “Eggs in a Mug” (see recipe on page 12).

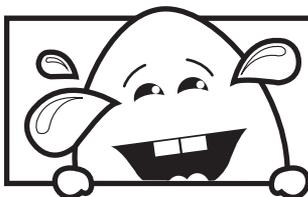
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Or

## HARD-BOILED EGGS

**Want easy-to-use eggs?** Place eggs in a single layer in a saucepan with enough water to come at least one-inch above them. Cover the pan and quickly bring the water just to boiling. Turn off the heat, cover and let eggs stand for 15 minutes for Large (Extra Large: 18 minutes, Medium: 12 minutes). Then immediately run cold water over the eggs to cool. Store on an inside refrigerator shelf and make sure to use them within the week.

**NOTE:** Never eat eggs, if they are out of the refrigerator for more than 2 hours.

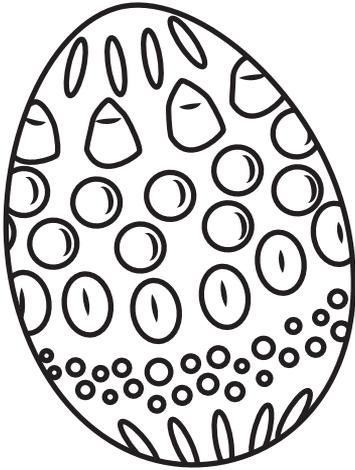


### IT'S TIME FOR A YOLK!

- Q.** What side of the bed do eggs wake up on?  
**A.** The sunny side!

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## LET IT ROLL



- Eggs (Hard-Boiled or Empty)
- Non-toxic Glue
- Seeds, Cloves, Peppercorns, Dried Beans, Rice, Oats, Couscous, Flower Petals, Bird Seed or Unpopped Popcorn

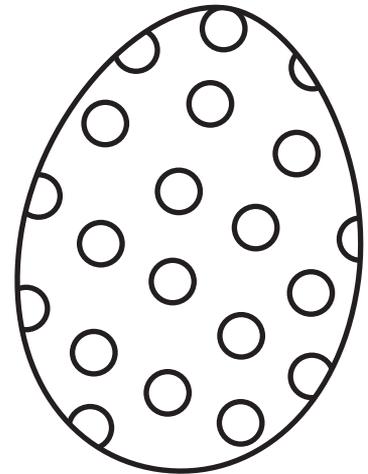
Pour pieces into a bowl. Cover the egg with glue. Roll the egg around in the pieces, or use tweezers to create a special design one piece at a time.

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## PERFECTLY POLKA DOTTY

- Eggs (Hard-Boiled or Empty)
- Pencil with Eraser End
- Acrylic Craft Paint

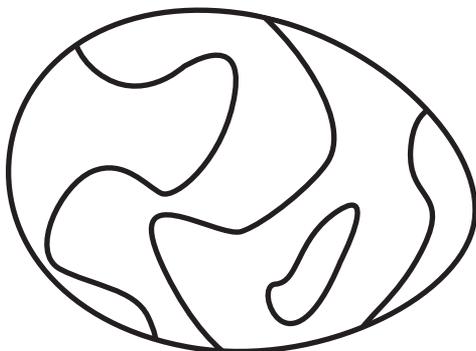
Use the eraser end of a pencil to paint perfect polka dots on your egg. Just dip the eraser into acrylic craft paint and dab onto the egg. Make different patterns and use different colors to create whimsical designs!



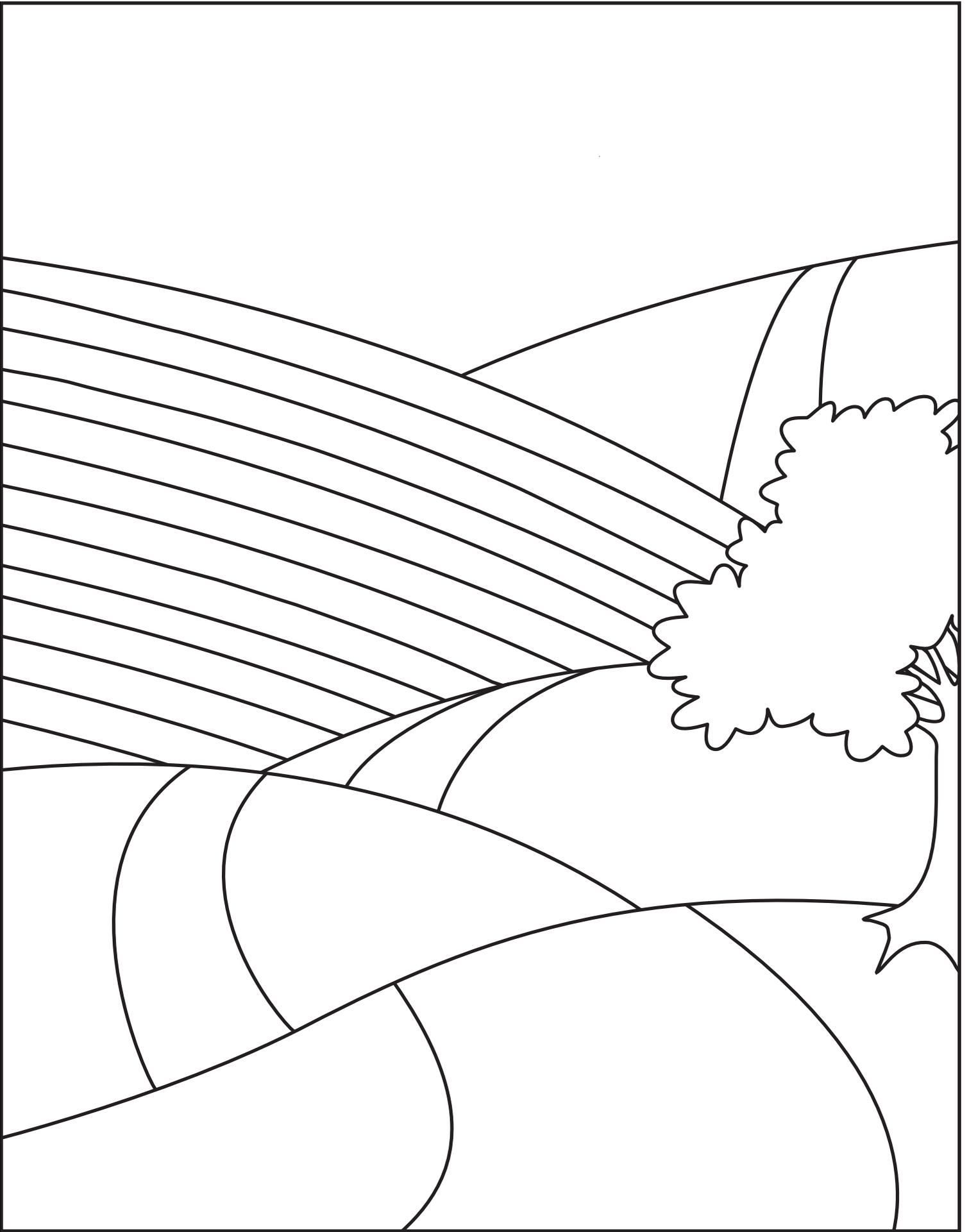
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## TIE DYE SURPRISE

- Eggs (Hard-Boiled or Empty)
- Rubber Bands
- Non-toxic Markers
- Kids' Scissors
- Baby Wipes (Cut in half)



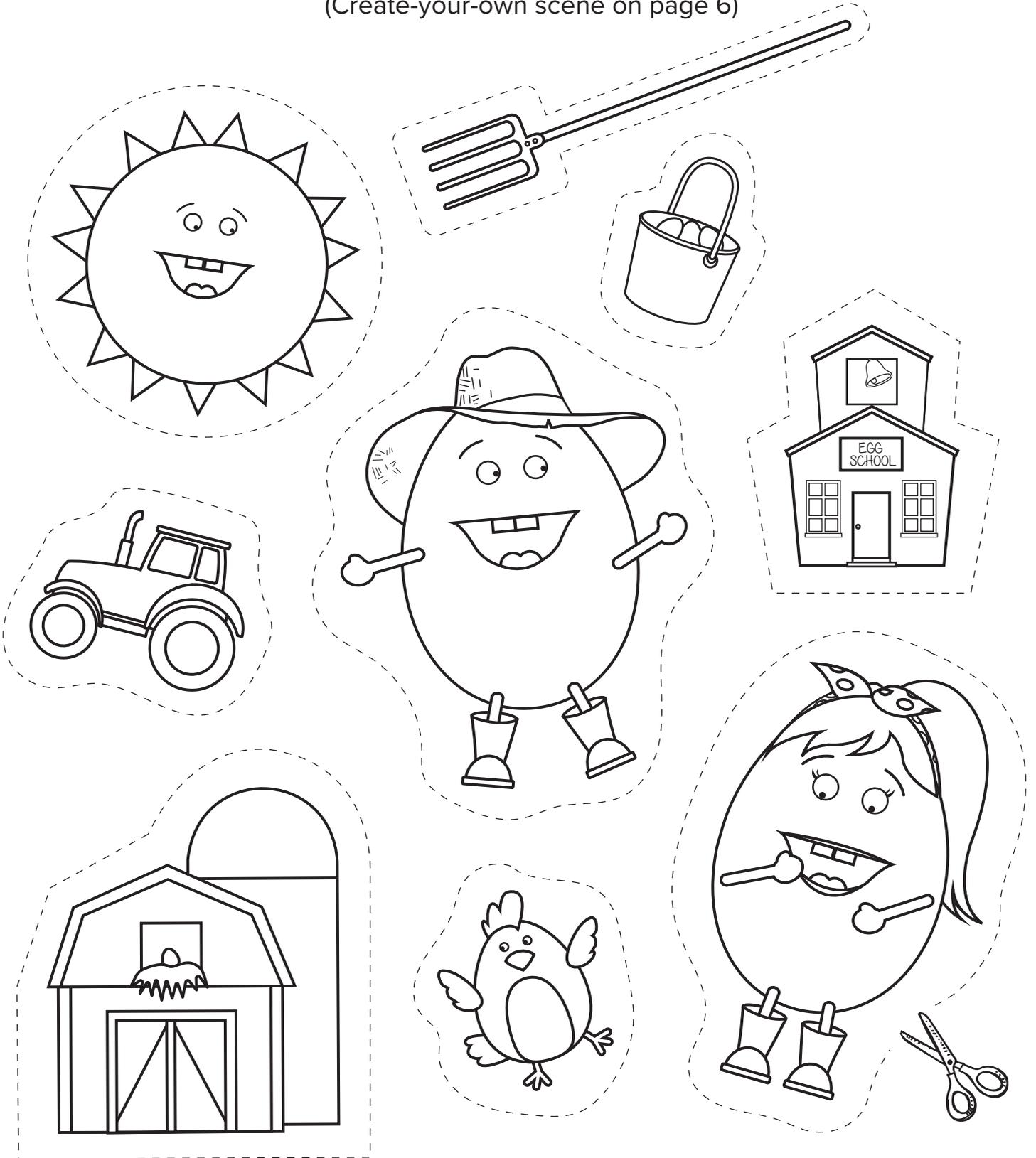
Draw fun designs on the baby wipes with markers. (Fat markers work great & the more color on the wipes the better!) Finally, wrap a colored baby wipe around each egg and gently secure it with a rubber band. Let it dry overnight. Once the baby wipes dry, remove from eggs and enjoy!



# Color-Your-Cutouts

Color in the pictures & have an adult help cut them out!

(Create-your-own scene on page 6)



# What's Your EGG Q?

Test your egg knowledge. Choose from the answers below.

**1. How long does it take a hen to lay an egg?**

- a. One year
- b. 24 to 26 hours
- c. One week

**2. In 2017, how many eggs were sold during Easter?**

- a. 9,000
- b. 10 egg zillion
- c. 2.7 trillion

**3. Egg Salad Week reminds us all to enjoy tasty hard-boiled egg dishes. When do we celebrate?**

- a. After Easter
- b. Before Christmas
- c. After Labor Day

**4. Since earliest times, people have enjoyed eating eggs.**

**In modern times, which industries have discovered the benefits of using eggs in their products?**

- a. Cosmetics
- b. Prescription drugs & vaccines
- c. Pet food
- d. All of the above

**5. Which eggsplorer(s) came to America with the types of chickens that lay the eggs you eat today?**

- a. Lewis & Clark
- b. Christopher Columbus
- c. Eggbert Coronado

6. True or False: You can spin a hard-boiled egg on a table, but a raw one will wobble.

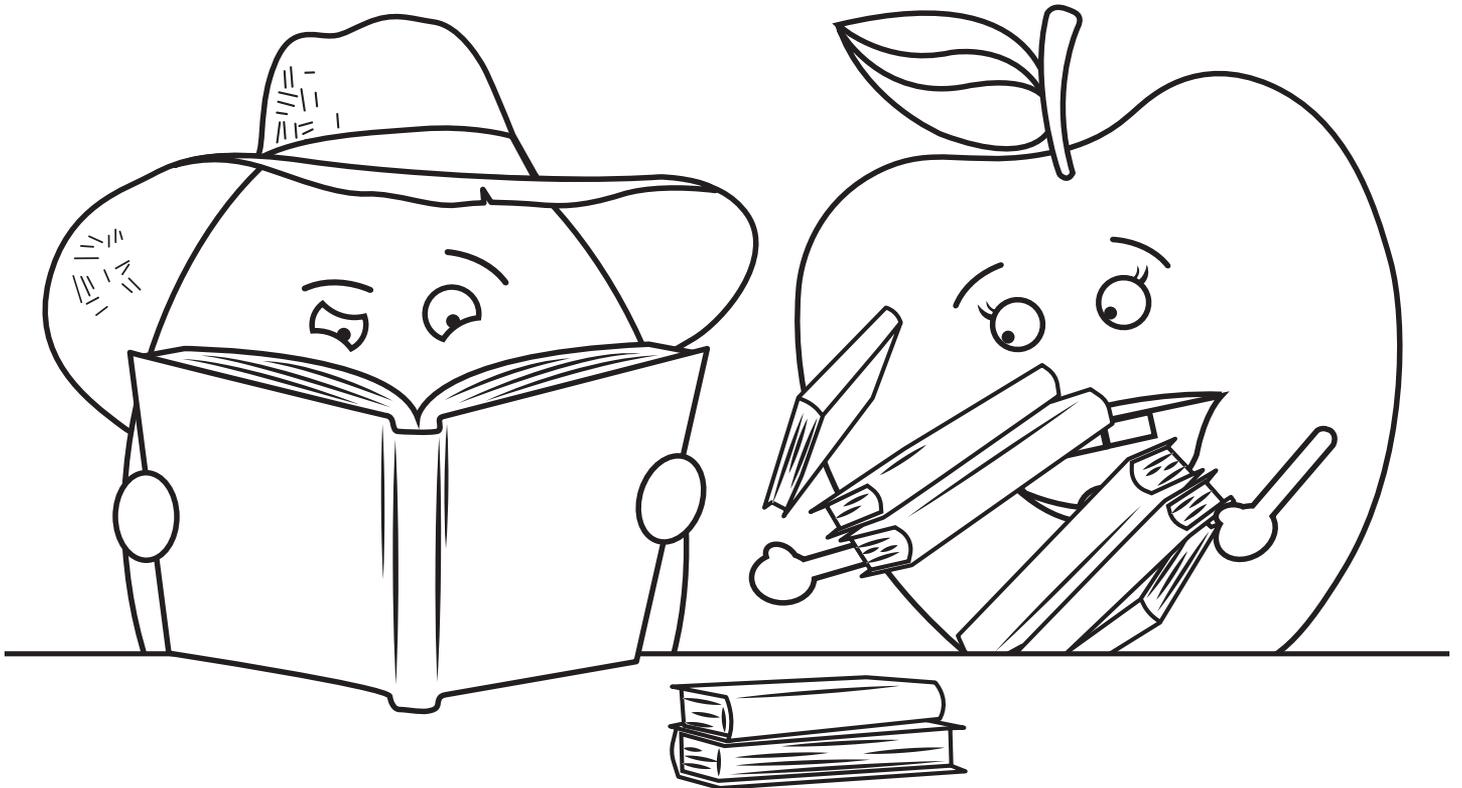
- a. True
- b. False

7. True or False: You can fry an egg on the sidewalk.

- a. True
- b. False

8. Which of these foods contain eggs?

- a. Mayonnaise
- b. Cake
- c. Waffles
- d. All of the above



**Egg Q Answer Key:** 1:b, 2:c, 3:a, 4:d, 5:b, 6:a (True. A hard-boiled egg will spin because it's solid inside. A raw egg wobbles because the liquid inside creates drag), 7:b (False. Eggs need to reach 144° to 158°F to cook. The sidewalk would have to be awfully hot to reach that temperature), 8:d

# Eggsperiments

Help Shelly & Eggy turn science eggsperiments into magic tricks!

Here's what you'll need:

- A raw egg
- Jar with lid
- Vinegar
- Water
- Spoon



## EGGSPERIMENT #1

# NOW YOU SEE IT. NOW YOU DON'T!

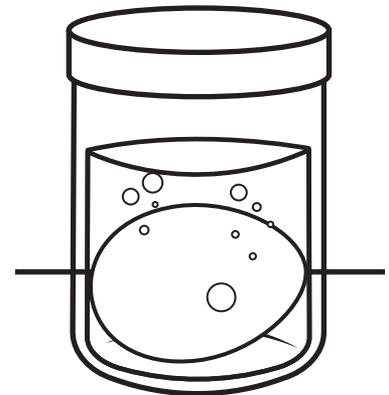
Shelly places the egg in a jar. She covers it with vinegar, replaces the lid and waits 36 to 48 hours. The shell will dissolve, eggsposing the membrane.

- **How does this work?** When vinegar is poured over the egg, tiny bubbles form all over the shell. That's because vinegar is an acid. It reacts with the thin layer of eggshell, which is composed mostly of calcium carbonate. The gas carbon dioxide is produced. Shelly lets her friends touch the egg once in a while so they can feel the changes.

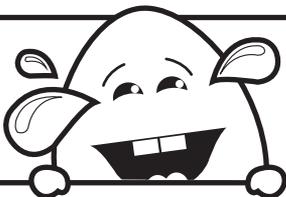
## EGGSPERIMENT #2

# EGGSMOSIS

Eggy likes to watch the egg eggspand. When the shell has dissolved, he gently removes the egg from the jar with a spoon and rinses it off. He puts it back in the empty jar and covers it with water. By the next day, the egg has grown bigger. If he leaves the egg in the water long enough, it will eggsplode just like a balloon that's been filled with too much air.



**How does this work?** Water moves through the shell membrane by osmosis, causing the egg to swell.



### ANOTHER YOLK FOR YA!

- Q.** How did the case of Humpty Dumpty's Great Fall get solved?  
**A.** Through hard-boiled detective work!

# Eggs in a Mug\*

Try this **quick n' easy** microwave scrambled egg recipe!



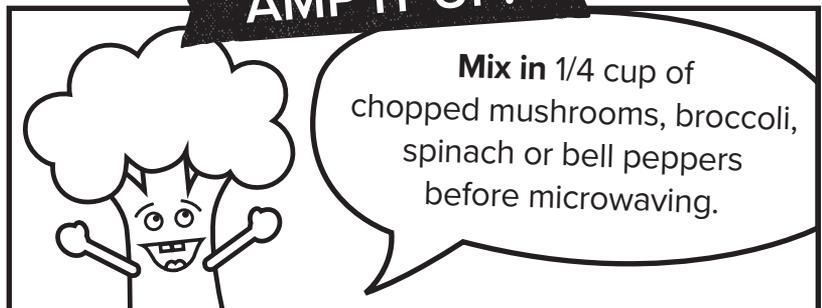
Coat mug with cooking spray, then crack in egg and add water. Beat until blended. Microwave\* on high for 30 seconds. Stir. Microwave again until egg is almost set — for another 30 to 45 seconds. Season with salt & pepper, if you like.

*\*Microwave ovens vary. Cooking times may need to be adjusted.*

## You'll need:

- Cooking spray
- 12oz. Mug *(microwave safe)*
- 1 egg
- 1 tbsp. water
- Veggies/seasoning *(optional)*

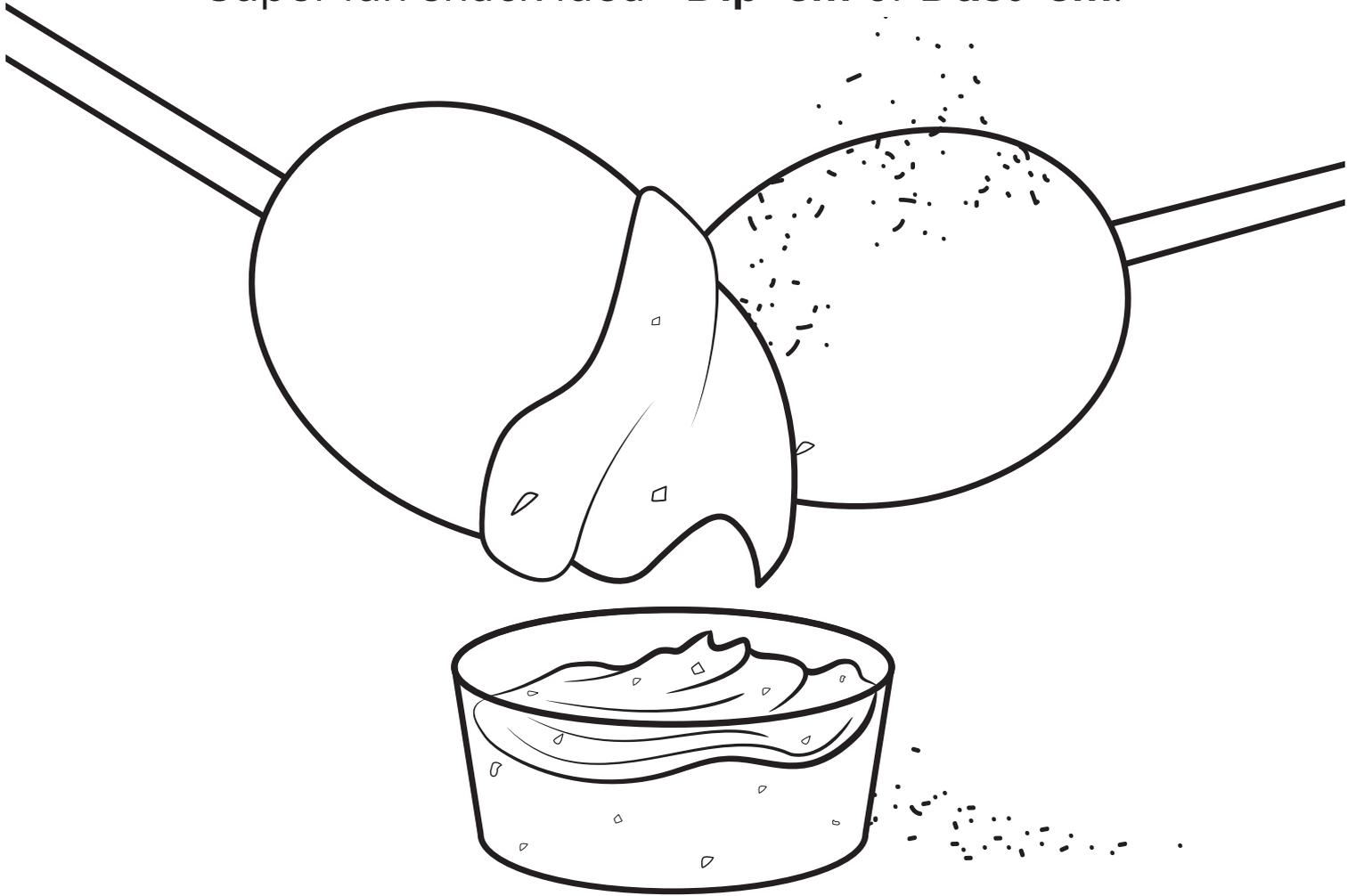
## AMP IT UP!



**Mix in** 1/4 cup of chopped mushrooms, broccoli, spinach or bell peppers before microwaving.

# EggPops

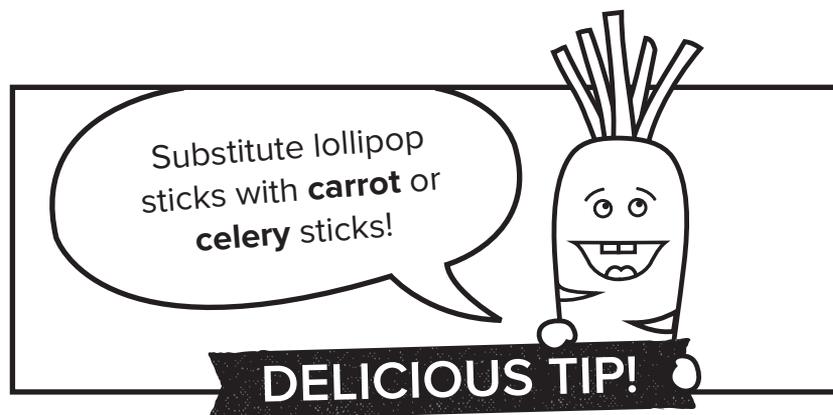
Super fun snack idea—**Dip** 'em or **Dust** 'em!



**Making EggPops is super easy!** Take a hard-boiled egg, insert a lollipop stick. Then sprinkle 'em with spices or dip 'em in your favorite sauce and enjoy!

## You'll need:

- Hard-boiled eggs
- Lollipop sticks
- Spices *or* dips



# Egg Nutrition Match-Up

From our brain to our bones, the impact of egg nutrients is wide-ranging.

Discover how the nutrients in eggs can benefit the body! **Draw a line from the picture to its matching nutrition statement.**

**A, B, C, \_\_\_\_.** Did you know eggs are one of the only foods that naturally contain vitamin \_\_\_\_\*, a nutrient critical for bone health? \*41 IU per large egg

**I see!** Egg yolks have lutein and zeaxanthin, two antioxidants that can promote \_\_\_\_\_.

Eating protein helps build and maintain muscles in your body. One large egg has \_\_\_\_ **grams of protein!**

Eggs can impact the part of your body that helps **you think!** One large egg is an excellent source of choline – an essential nutrient critical for \_\_\_\_\_ development.

Eggs are **yummy to eat at** \_\_\_\_\_, but they're just as good at lunch or dinner, too!

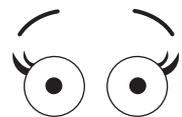
When mommy or daddy makes you eggs, ask them to serve them with **other nutritious foods like** \_\_\_\_\_!



Brain



Fruit, Veggies & Wholegrains



Eye Health



Breakfast



# Story Scramble

Write a silly story. Before starting, find a friend. Don't let them see the story, but ask them to give you just the word needed to fill in each blank.

Once you've filled in all their ideas – **read it aloud for a good laugh!**

One day Shelly & Eggy went to their mailbox and found a brightly colored envelope that had a big gold seal on it. It was an invitation. So the next day, they hopped in their \_\_\_\_\_ to go to the \_\_\_\_\_.  
(NOUN) (PLACE)

Shelly wore her best \_\_\_\_\_ and Eggy got brand new \_\_\_\_\_.  
(NOUN) (NOUN)

This was the first time they were going to \_\_\_\_\_ that far, and  
(VERB)

they wanted to look \_\_\_\_\_.  
(ADJECTIVE)

Along the way, Shelly & Eggy had a \_\_\_\_\_ on the \_\_\_\_\_.  
(NOUN) (NOUN)

and it made them very \_\_\_\_\_. Shelly wondered if they would ever  
(ADJECTIVE)

make it to the \_\_\_\_\_.  
(SAME PLACE FROM ABOVE)

Whenever Eggy left the farm, he always got \_\_\_\_\_. He tried  
(ADJECTIVE)

really hard not to get \_\_\_\_\_, but he always did. This time was  
(ADJECTIVE)

\_\_\_\_\_. Eggy decided to use a \_\_\_\_\_. And they  
(ADJECTIVE) (NOUN)

made it to the \_\_\_\_\_ right on time.  
(SAME PLACE FROM ABOVE)

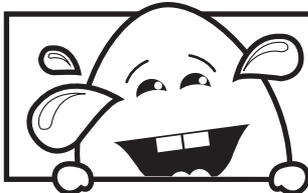
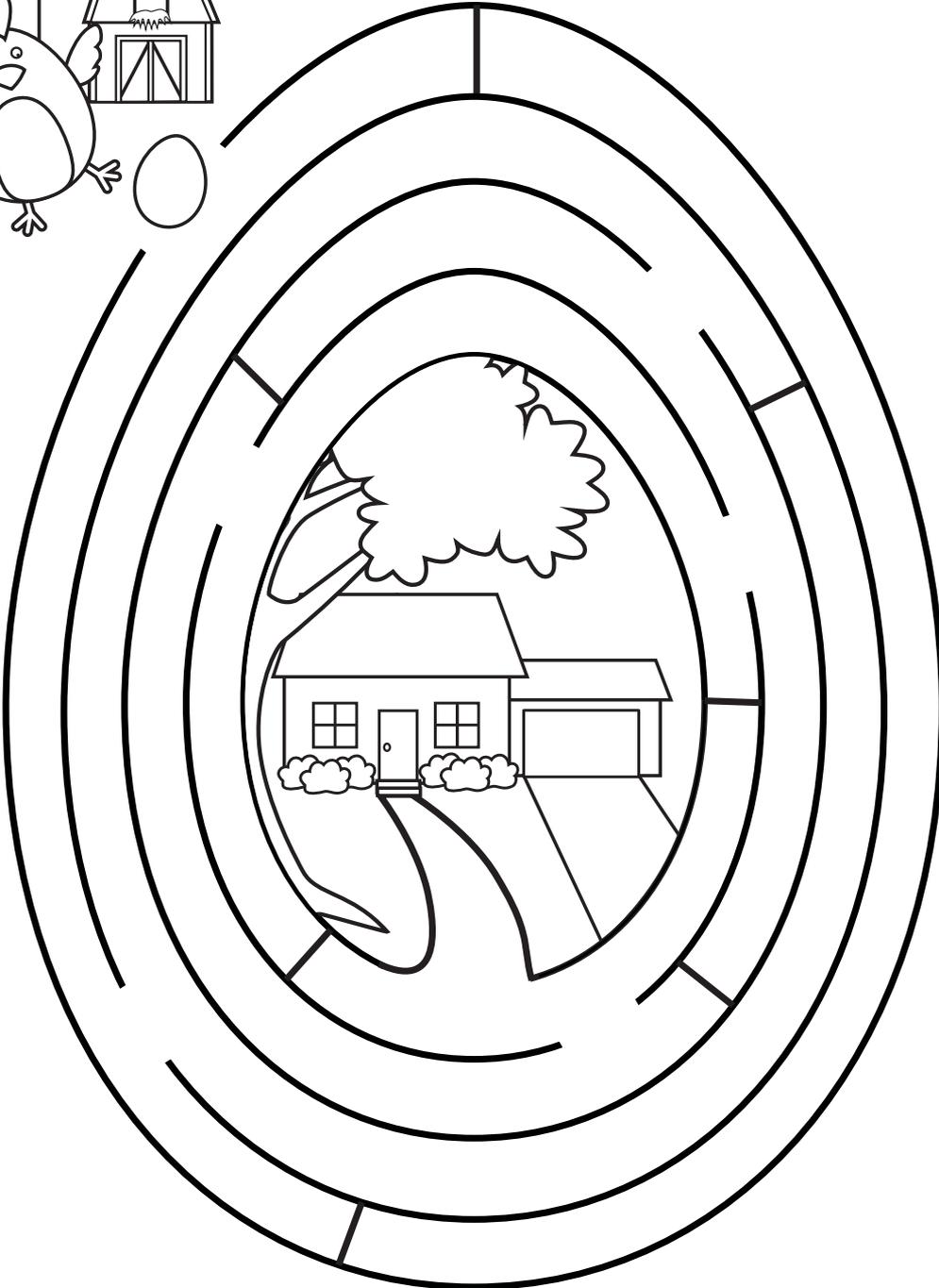
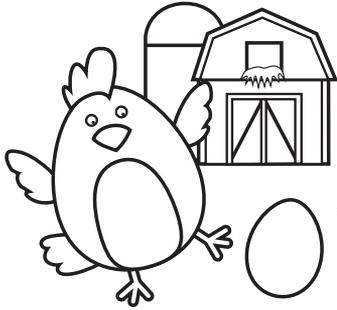
Shelly & Eggy \_\_\_\_\_ and \_\_\_\_\_ all evening.  
(VERB) (VERB)

So by the time they started back to the farm, they were \_\_\_\_\_.  
(ADJECTIVE)

They said it was the BEST \_\_\_\_\_ ever!!!!  
(NOUN)

# EggMazing

Can you help Hanna Hen roll the egg through the maze from the farm to your house?



**OKAY...ONE LAST YOLK!**

**Q.** Did you hear about the chef who went to jail?

**A.** He was caught 'poaching' eggs!



**incredible!**

American Egg Board