

Read and Do

Do you like homemade cake? What about cookies, pies or bread? All these foods and many others are made with eggs. Cooking with eggs is fun. Use these tips the next time you help a grown-up make a recipe that uses eggs.

Shopping for Eggs

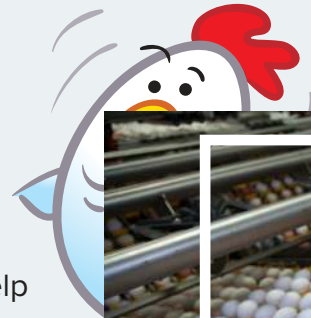
- Check inside the egg carton. Sometimes eggshells crack during packing or shipping. If any eggshells are cracked, choose another carton.
- Do not put eggs in a grocery bag with other fresh foods.
- Always refrigerate eggs as soon as you can.

Ready to Cook?

- Remember the first step of cooking is to wash your hands in warm, soapy water. Make sure the tools and work spaces you plan to use are clean, too.

Cooking With Eggs

- Cracking an egg is fun, but it's not as easy as it looks! First look to make sure there are no cracks in the egg. Next carefully crack the egg into a small bowl. Clean up any mess you make and throw the eggshell away. Then wash your hands with warm, soapy water.
- If there is a piece of eggshell in the bowl with the egg, use a clean spoon to remove it. Do not use your fingers.
- Before you continue with the recipe, return unused eggs to the refrigerator.



Eggs get washed before they are packed into cartons.

Write your answers

1. Why is it important to look inside the carton when buying eggs? _____

2. Are eggs washed before they are packed into cartons? _____
3. Do eggs need to be refrigerated? _____
4. What is always the first step of cooking? _____

5. What three things should you do after cracking an egg? _____



Answer Key

1. Sometimes eggshells crack during packing or shipping.
2. Yes
3. Yes
4. Wash your hands with warm, soapy water.
5. Throw away the eggshell, clean up your mess, wash your hands with warm, soapy water.