



## HOME LEARNING

**Subject:** Food Tech

**Time:**

**Learning Objective:** Make your own Scrambled Eggs on Toast. Then read the information about an Egg. Either print off or draw your own picture of an egg and label the parts.

### Scrambled eggs on Toast

Serves 1

Ingredients

2 eggs

25g butter, plus extra for buttering toast

1 tablespoon Milk

2 slices bread

Method

1. Gently crack the eggs into a bowl, add the milk and whisk using a fork.
2. Place the butter in a small pan and put on a low heat until melted.
3. Carefully pour the egg mixture into the melted butter and continue to stir with a fork, over a low heat until the eggs begin to set. They should be light and fluffy. Remove from the heat as soon all the egg is set.
4. Place the bread in a toaster.
5. Carefully remove the hot toast, put on a plate and spread with butter.
6. Spoon the eggs onto the toast and serve.



# ALL ABOUT THE EGG

## Anatomy of the Egg

Have you ever wondered what that white stringy bit attached to the yolk is called or what albumen is? Here is everything you ever wanted to know about the anatomy of an egg and probably a little bit more!



**Shell:** The egg's first line of defence against the entry of bacteria. Can be white or brown, depending on the breed of hen; the nutritional value of the egg is the same. Approximately 10,000 tiny pores allow moisture and gases in and out.

**Air Cell:** Formed at the wide end of the egg as it cools after being laid. The fresher the egg, the smaller the air cell.

**Albumen (al-BYOO-min):** Albumen is the egg white and represents 2/3 of an egg's weight. There are two layers: thick and thin albumen. Mostly made of water, high-quality protein and minerals.

**Yolk Membrane (vitelline membrane):** Surrounds and holds the yolk. The fresher the egg, the stronger the membrane.

**Yolk:** The egg's major source of vitamins and minerals and represents 1/3 of an egg's weight. Colour ranges from light yellow to deep orange, depending on the hen's feed. The colour of the yolk does not affect the egg nutritional value.

**Chalazae (kuh-LEY-zee):** A pair of spiral bands that anchor the yolk in the centre of the thick albumen. The fresher the egg, the more prominent the chalazae.

**Germinal Disk:** Appears as a slight depression on the surface of the yolk. The entry for the fertilization of the egg.

**Shell Membrane:** The egg's second line of defence against bacteria. There are two membranes on the inside of the shell: one sticks to the shell and the other surrounds the albumen.

**Save your work:**

**If you are using a computer, open a blank document to do your work (you can use Word or Publisher). Don't forget to SAVE it with your name, the lesson you are doing and the date.**

**For example: T.Smith Maths 8 April**

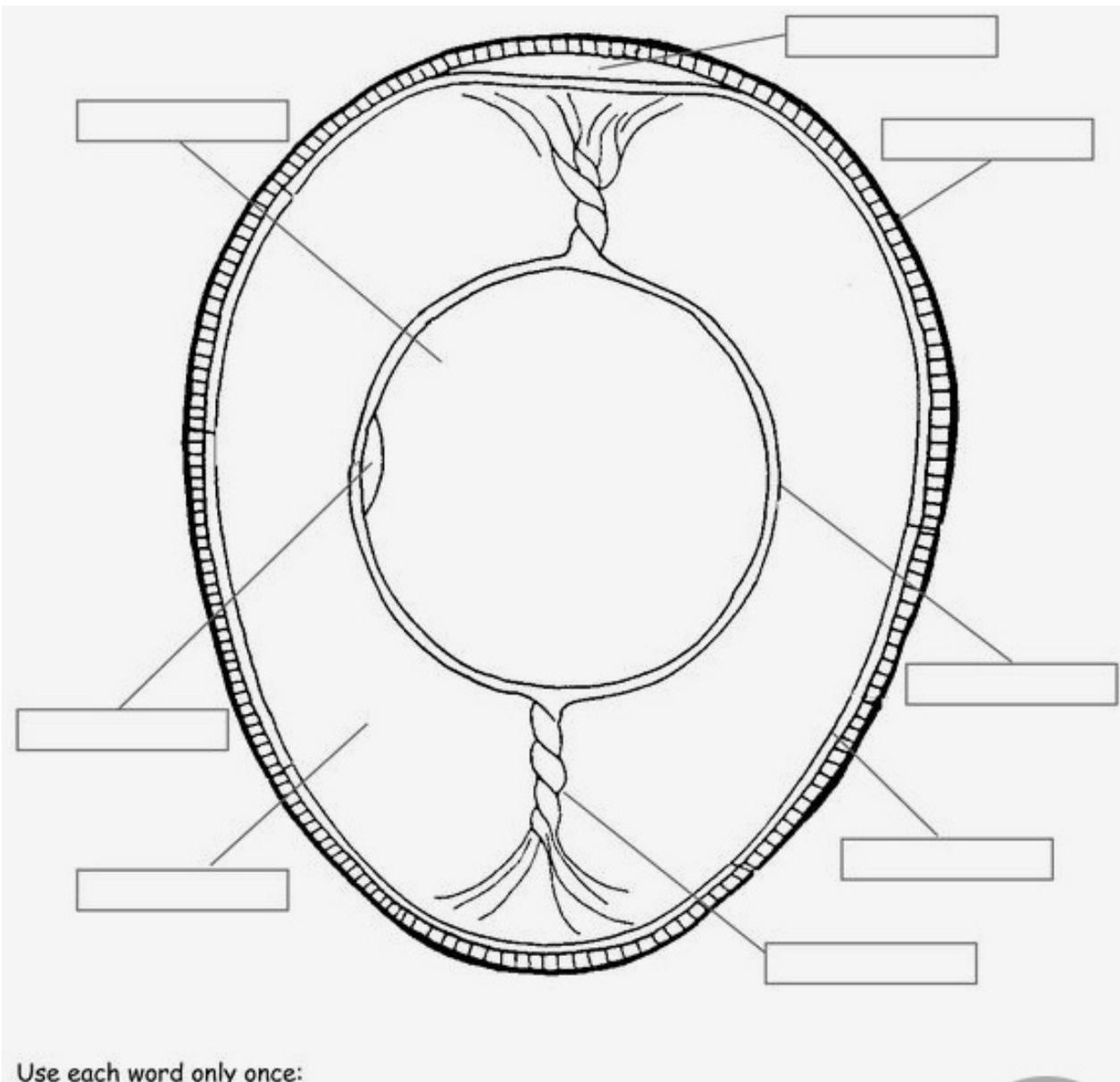
**If you would like us to see or mark your work please email it or send a photo of your completed work to:**

**ppitt@glebe.bromley.sch.uk**

**Thank you**

# PARTS OF AN EGG

Colour egg part of the egg a different colour and label each part of the egg.



Use each word only once:

Air Cell  
Germinal disc  
Vitelline Membrane

Albumen or white  
Membranes  
Yolk

Chalaza(cord)  
Shell