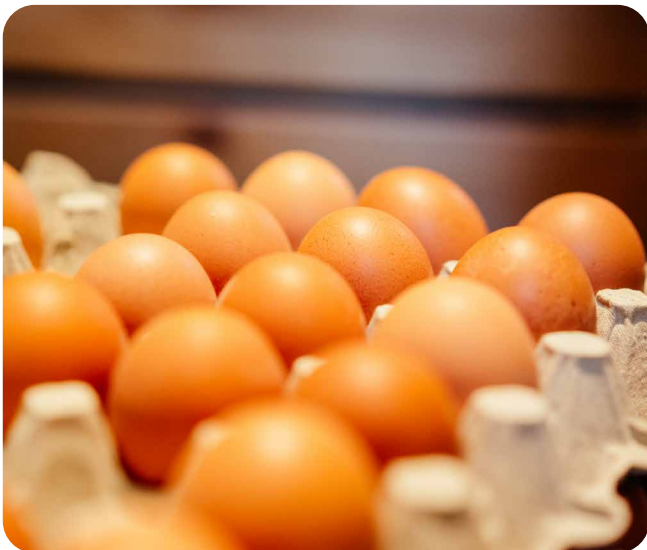


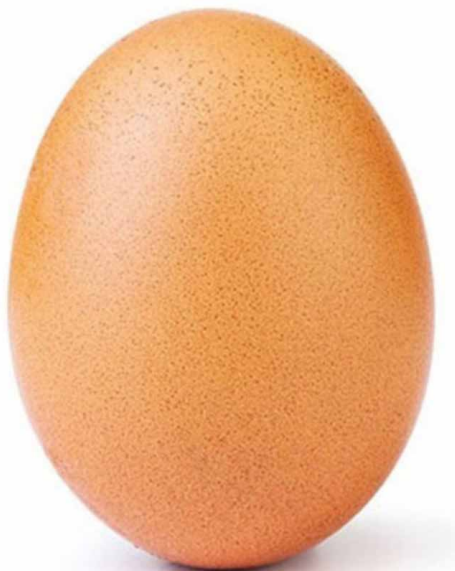
Egg-cellent Eggs

*We don't mean chocolate eggs!
We mean real eggs that you can scramble,
fry, poach & use to bake*



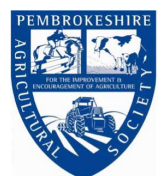
**Eggs are good for your eyes.
They contain lutein
which prevents cataracts
and muscle degeneration**

**Egg yolks are one
of the few foods that
naturally contain
Vitamin D**



**It takes a
chicken 24 to 26
hours to produce
an egg**

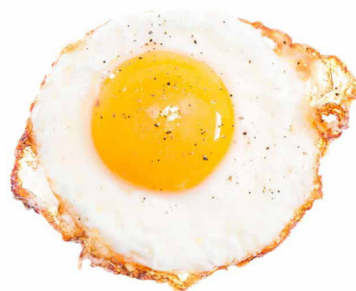
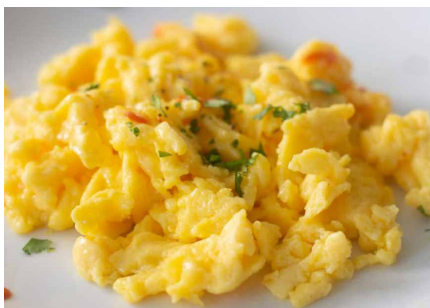
No Farmers = No Eggs



Chicken & Egg Facts



- * An eggshell can have as many as 17,000 pores.
- * Egg shell and yolk colour can vary but have no effect on taste or quality.
- * Breed determines eggshell colour. Commercial eggs are brown or white, but some breeds can also lay blue, green, or pink eggs.
- * Brown eggs are more expensive because the hens that lay them are larger and require more feed.
- * Eggs are rich in choline which promotes normal cell activity.
- * If you drop an egg on the floor, sprinkle it heavily with salt for easy clean up.
- * Eggs age more in one day at room temperature than in one week in the refrigerator.
- * An average hen lays 300 to 325 eggs per year.
- * As hens age, their eggs become larger.
- * A hen turns her egg nearly 50 times a day to keep the yolk from sticking to the side.
- * The word “yolk” derives from an old English word for ‘yellow’. Therefore, it is egg white and egg yellow.
- * Harriet, a hen from the United Kingdom, laid the world’s largest egg in 2010. Her astonishing egg measured 9.1 inches in diameter.
- * There are several reasons why commonly we eat chicken eggs instead of duck or turkey eggs. Chickens lay more eggs, they need less nesting space, and they don’t have the strong mothering instincts of turkeys and ducks, which makes egg collection easier.



No Farmers = No Eggs



The life cycle of a chicken...



Eggs



Chicken & Cockerel



Hatchlings

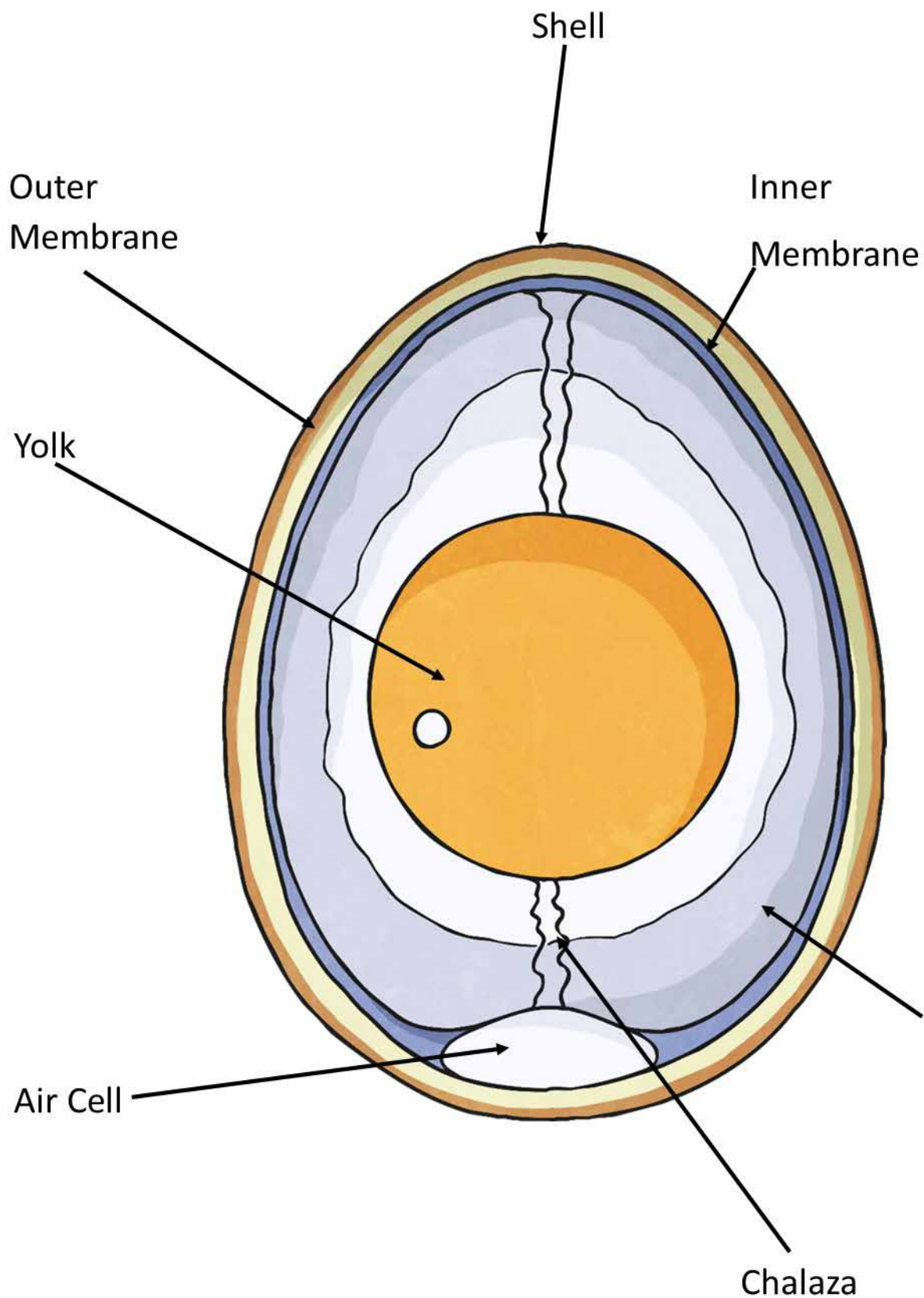


Chicks

No Farmers = No Eggs



Do you know the different parts of an egg?



No Farmers = No Eggs



COMPETITION TIME



Design a poster to promote the types of dishes you can make with eggs here are some ideas...

- * A poster showing the life cycle of chickens and eggs
- * A poster explaining the different sections of an egg
- * A poster promoting the versatility of eggs, showing the different dishes you can make with them.

The winner and highly commended will be displayed at the Pembrokeshire County Show in August.

Email your labelled picture to: foodstory@pembsshow.org or post it to: The Food Story, Show Office, County Showground, Withybush, Haverfordwest, Pembrokeshire, SA62 4BW
Deadline for entries is: 30 April 2023 and the winning entry will win a Family Pass (2 adults and 3 children) to the Pembrokeshire County Show for both days (16th & 17th August 2023)