

Adventures in Food and Nutrition! © 2012
Chapter 23: Incredible Eggs and Legumes

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
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candling

Shining a very bright light on eggs in order to judge their quality.

- FOLD -

01 of 07 E-Flash Cards



chalazae

Two white stringlike structures that hold the yolk in the middle of an egg.

- FOLD -

02 of 07 E-Flash Cards



egg white

Part of the egg that is almost pure protein and is fat-free.

- FOLD -

03 of 07 E-Flash Cards



egg yolk

Part of the egg where most of the nutrients, fat, and cholesterol are found.

- FOLD -

04 of 07 E-Flash Cards

legumes

High-protein seeds, such as dry peas, dry beans, lentils, and peanuts, that grow in a pod.

- FOLD -

05 of 07 E-Flash Cards



tofu

A soft, custard-like food made from soybeans.

- FOLD -

06 of 07 E-Flash Cards



vegetarian

Person who does not eat meat, fish, or poultry.

- FOLD -

07 of 07 E-Flash Cards



- FOLD -