

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

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

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

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

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

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

tofu. A soft, custard-like food made from soybeans.

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