

Adventures in Food and Nutrition! © 2016
Chapter 23: Incredible Eggs and Legumes—Glossary

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

chalazae. Two white string-like 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.