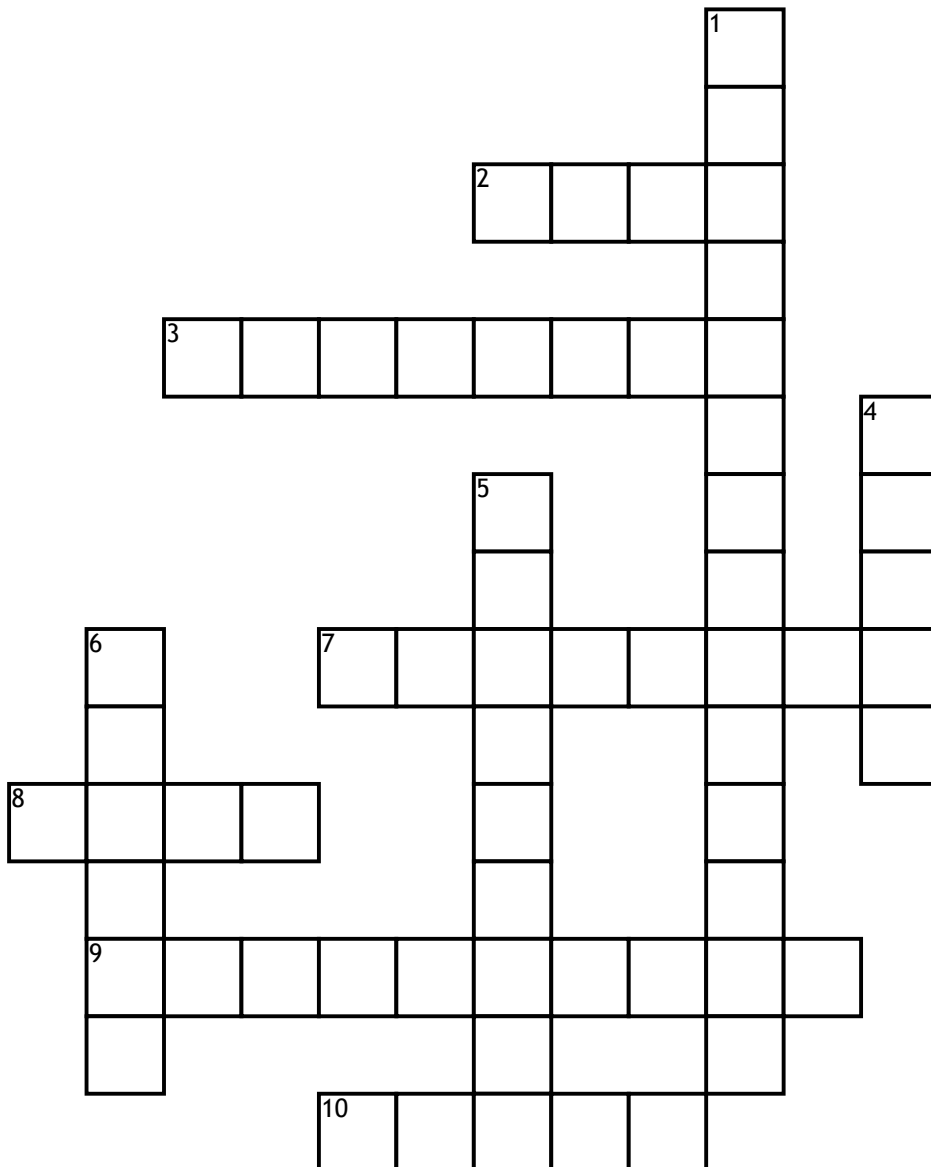


Name: _____

Date: _____

The Incredible Edible Egg



Across

2. Eggs perform different _____ in foods. Ex. binding, thickener
3. Vitamin D is sometimes called the "_____ Vitamin"
7. This part of the egg holds the yolk in place
8. This part of the egg is high in fat and cholesterol
9. Eggs have an _____ date on the carton.

10. This part of the egg protects the egg's contents

Down

1. _____ means milk has been heat treated to remove harmful organisms.
4. We should get at least _____ cups daily from the dairy food group.
5. When eggs are cooked, they _____.
6. Eggs should always be _____ in their original carton.