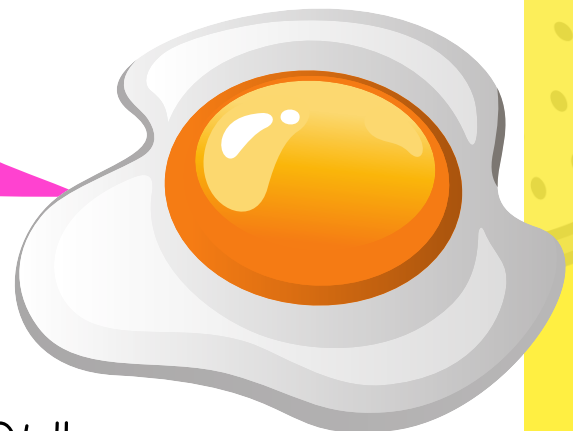




EGGS

- The largest egg ever laid measured 9.1 inches in 2010 by a hen named Harriet
- A hen takes between 24 and 26 hours to develop an egg
- The highest quality protein you can buy comes from an egg!
- Egg yolk is a good source of Vitamin D
- If you drop an egg on the floor, sprinkle it with a lot of salt for an easy clean up
- There are over 100 different ways to cook an egg!

Chef hats traditionally have pleats equal to the number of ways that you can cook an egg



THE MORE YOU KNOW!