

Trivia questions for Adults:

True or False: Eggs have the highest quality protein of any food.

TRUE: Egg protein is a complete protein with all nine essential amino acids.

True or False: Half the protein found in eggs is in the yolk.

TRUE: 50% of the protein found in one egg is found in the yolk. *1 serving of whole eggs will have 13 grams of protein.

True or False: The colour of the egg yolk is determined by what the hen eats.

TRUE: If a hen eats corn her yolk will be a darker colour than if she eats wheat.

True or False: The eggs sold in local grocery stores are produced right here in Manitoba.

TRUE: There are 170 regulated egg farmers in Manitoba who produce eggs for you to enjoy.

True or False: Hens are fed a nutritious diet of grains such as corn, wheat and barley.

TRUE: Hens are fed exactly what they need to be healthy and produce healthy eggs.

*A poultry nutritionist develops the feed and reevaluates it weekly as the hens age.

True or False: On average, how many eggs does a hen lay in a year?

TRUE: 340 or approximately 1 per day.

True or False: Egg farmers must follow strict food safety and animal care programs.

TRUE: Egg farmers are audited and must pass national food safety and animal care programs.

True or False: Hens are able to perch and lay their eggs in private nesting areas in enriched housing.

TRUE

True or False: In Manitoba, eggs travel from the farm to the grading station and then to the grocery store within a week of being laid.

TRUE: Typically within 3 – 5 days.

True or False: Eggs contain every vitamin except vitamin C.

TRUE: pairing an egg with a piece of fruit will deliver a meal with complete vitamins.

True or False: Canada's Food Guide recommends 2 eggs as a single serving.

TRUE: 1 single serving of eggs delivers 13 grams of protein to any meal.

True or False: A brown egg has the same nutritional value as a white egg.

TRUE: Brown or white, both are right!

Easy Questions for Children:

What is your favourite way to eat eggs?

What is the yellow part of an egg called?

Answer: yolk

Riddle:

I'm sometimes decorated

Using paint or with a pen

I can be eaten scrambled

And I get laid by a hen

Who tried to put humpty dumpty back together again?

Answer: All the king's horses and all the king's men