

# EGG FACTS

- Most popular chicken breed raised for egg production is the White Leghorn.
- Eggs are used as ingredients in such foods as cakes and cookies, or they can be scrambled, fried, poached, or hard-boiled.
- A hen requires 24 to 26 hours to produce an egg. Thirty minutes later, she starts the process over again.
- The egg shell may have as many as 17,000 tiny pores over its surface. Through them, the egg can absorb flavors and odors. Storing them in their cartons helps keep them fresh.
- Eggs age more in one day at room temperature than in one week in the refrigerator.
- A hard-boiled egg will spin because it's solid inside, a raw egg will wobble because it's liquid inside.
- Eggs are included in the meat group on the food pyramid because they are the highest quality protein available after mother's milk.
- The average laying hen begins producing eggs at 5 to 6 months of age and can produce between 250 and 300 eggs per year.

