



# the eggspress

WINTER 2013

## Scramble

HINT: Fun to make!

S M A R

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L N R G I O L

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S F A C R

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R A T C R O

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T R W E N I

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T I M N S T E

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O F T S Y R

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## Mystery Letters:

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UNSCRAMBLE THE LETTERS TO  
SOLVE THE PUZZLE

## Mystery Word:

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## Egg Carton Bells

### What You Need:

- 1 cardboard egg carton
- scissors
- ribbon or yarn
- small craft bells
- tempera paint
- pony beads
- pen
- glitter glue (optional)



### How it Works:

1. Ask your adult helper to cut the egg carton into 12 cups.
2. Paint each cup your desired colour. You might want to paint the inside of the cup a different colour than the outside.

3. Let the cups dry completely. This could take a couple of hours.
4. Using the pen, carefully punch a small hole in the top of each bell.
5. Thread a length of ribbon or yarn through the hole. You may need to ask an adult to help you.
6. Tie a craft bell on the end that will be inside the bell.
7. String a bead on the end that pokes through the top of the bell and tie a knot or two in the ribbon or yarn above the bead.
8. If you wish, you can decorate the bell with glitter glue. Allow the glue to dry completely.

Now you can deck the halls with your very own jingle bells!

## Unbreak-eggble Eggs

Note: Be careful, this could be messy!

### What You Need:

- 2 raw eggs
- plastic wrap

1. Carefully wrap each egg in plastic wrap so that it is completely covered.
2. Lay the egg in your hand lengthwise so that you can wrap your fingers completely around the egg.
3. Squeeze!

Tip: If you wash your hands before performing this eggsperiment, the inside of the egg can be refrigerated in an airtight container and used later.

## Did You Know?

The arched shape of an egg is what gives it egg-ceptional strength. It can take over 2.5 kg (5.6 lb) of pressure to break an egg.

*What do you observe? Try this egg-speriment with a friend. Can they break the egg? Send your answers to [eggspress@eggs.ab.ca](mailto:eggspress@eggs.ab.ca) to win a prize.*



The **EGGSp**ress is a newsletter for kids! It features interesting egg facts, egg-speriments, recipes, tricks, puzzles, crafts, jokes and other egg-citing activities. Although these activities are targeted to kids, we recommend involving an adult helper. To sign up for this newsletter in PDF format, just email [eggspress@eggs.ab.ca](mailto:eggspress@eggs.ab.ca).



## Snowstorm Salads

- 6 eggs, hard-cooked
- ½ tbsp mustard 8 mL
- ¼ cup mayonnaise 50 mL
- ¼ tsp salt 1 mL
- ¼ tsp pepper 1 mL
- 18 peppercorns, black
- 1 carrot, sliced into small wedges
- 1 red or green pepper, sliced
- 3 cups mixed greens or 750 mL other lettuce
- salad dressing (optional)

1. Ask your adult helper to cut each hard-cooked egg in half lengthwise.
2. Carefully scoop out the egg yolks.
3. Mix the yolks with the mustard, mayonnaise, salt and pepper.
4. Carefully fill each egg with the yolk mixture and turn them over you're your serving plate so that only the egg white is showing. Place the eggs halves on top of each other so that each snowman will have a body and a head.

5. Decorate your snowman using peppercorns for buttons, a carrot sliver for a nose, and small pieces of red or green pepper for eyes. Use larger slices of carrot or peppers to make arms for your snowman.
6. When you're finished decorating, surround your snowman with washed and dried mixed greens to make a delicious snowstorm salad.
7. Top with salad dressing if desired.

Remember to keep your creation refrigerated until it's time to eat it. Both eggs and snowmen need to stay cold!



### Bright Idea (For Adult Helpers)

Feeling adventurous? No time to heat water? You can hard-cook eggs in the oven! Just be prepared for the possibility of a small eggs-plosion!

1. Place 12 eggs in a muffin pan.
2. Preheat the oven to 170°C (325°F) and bake for 30 minutes.
3. Remove the eggs from the oven and immediately place in ice water.
4. When the eggs are completely cool, peel and serve!



## Yolks of the Month

- Q. Why isn't the Chef getting anything for Christmas?
- A. He beats the eggs!
- Q. How does Santa get into the chicken barn?
- A. The hen-trance.
- Q. What do chickens study for at school?
- A. They work around the cluck.
- Q. What is smarter than a talking chicken?
- A. A spelling bee!



## Egg Fact

Female chickens are called pullets until they are 19 weeks old and they begin laying eggs. Then they are called layers. In Britain, all chickens are called chooks.