

# the eggs press

FALL/WINTER 2014

## Scramble

HINT: Eggs are...

E E O T T L M

R E L M S C A B D

I G Y A L N

Y N U N R

Y V R E A O E S

## Mystery Letters:

UNSCRAMBLE THE LETTERS  
TO SOLVE THE PUZZLE

## Mystery Word:



Egg Farmers  
of Alberta

## Eggcellent E.L.T.

- |          |                |
|----------|----------------|
| 1        | egg            |
| 1        | tomato         |
|          | lettuce        |
| 1 piece  | bacon, cooked  |
| 1        | english muffin |
|          | or             |
| 2 slices | bread          |
| 1 tbsp   | mayo 15 mL     |

- Carefully toast the English muffin or bread in a toaster.
- Spray the measuring cup with cooking spray.
- Carefully crack the egg into the measuring cup. Pierce the egg yolk and whites several times with a fork.
- Cover the measuring cup with plastic wrap.
- Microwave the egg on medium for

about a minute.

- Carefully take the measuring cup out of the microwave. Leave the egg to sit for a couple of minutes.
- While you are waiting, spread some mayonnaise on your toasted English muffin and add a slice of tomato and some lettuce.
- Carefully turn the egg out of the cup onto your muffin.
- Sprinkle the bacon pieces on top, add the other half of the English muffin.

If your taking your E.L.T. to school, be sure to pack an ice pack in your lunch bag to keep it fresh and delicious!



## Egg Lanterns

### What You Need:

- Easter egg dye (optional)
- permanent markers
- 6 eggs
- 6 battery powered tealight candles
- glue

### What you need:

- If you'd like your lanterns to be a colour, dye the eggs in the egg dye according to the instructions on the package.
- Ask an adult helper to blow out your eggs for you.
- Using the permanent markers to

decorate your eggs if you wish.

Draw jack o' lantern faces on the eggs, or leave them solid colours to make Christmas light style lanterns.

- Ask you adult helper to make a small hole on the large part of the egg, just big enough so that the top of the battery powered tealight will fit into the egg.
- Add a drop of glue where the egg will touch the base of the tealight. Carefully place the egg on top of the tealight.
- Turn on the light and you have your own glowing egg decoration. Perfect for any occasion!

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).



## Autumn Eggperiment

Beware the falling eggs!

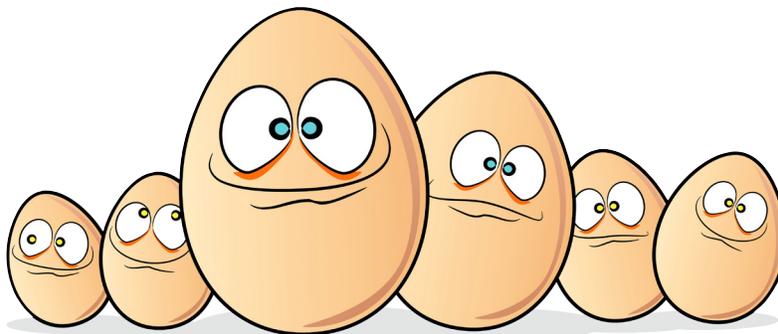
### What You Need:

- 6 eggs
- a tape measure
- adult helper
- ladder
- large sheet of plastic or tarp
- cutting board or hard surface
- bubble wrap
- egg carton
- cardboard
- washcloth
- duct tape

### How it Works:

1. Ask your adult helper to help you set up the ladder in a safe place outdoors.
2. Place the sheet of plastic on the ground in front of the ladder. Set the cutting board or other hard

- surface on top of the plastic sheet.
3. Carefully cut one section of the egg carton out. Place an egg inside and tape it closed with a small piece of duct tape.
4. Wrap the next egg in some bubble wrap and use some duct tape to secure it.
5. Wrap another egg in newspaper and tape it on.
6. Wrap the forth egg in a thin sheet of craft foam and tape it on as well.
7. Leave the last egg unwrapped.
8. Ask you adult helper to climb up the ladder. Carefully hand and them the unwrapped egg and ask them to drop it. What happens?
9. Ask your helper to repeat the eggperiment with each of the eggs from the same height. Which wrapping protects the egg best?



## Molding Hard-cooked Eggs:

You can shape hard-cooked eggs with a little patience.

Ask an adult to help you because freshly cooked eggs can be hot!

1. Ask an adult helper to peel a hot hard-cooked egg for you.
2. Gently squeeze it so the pointed end gets squashed into a sphere.
3. Hold this for a few minutes and you will get a perfectly round egg.

## Yolks of the Month

**Q.** How does Santa feel after Christmas?

**A.** Egg-zosted!

**Q.** How did the egg cross the road?

**A.** It just rolled!

**Q.** How many eggs can you put in an empty carton?

**A.** Only one, then it won't be empty anymore!



## Did You Know?

- October 10th is world egg day! Celebrate by including delicious and nutritious eggs in your breakfast, lunch or dinner. What recipe will you make?

