



Iowa Egg Council

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Celebrate May Egg Month: An Egg-Citing Quiz

Whether you know a little about eggs or are an eggspert, try your hand at this quiz. Check your answers at the end to learn a bit more about eggs and the Iowa egg industry. Good luck, and have fun!

1. What percent of our world egg supply is produced in the United States?

- Ø 10%
- Ø 7%
- Ø 4 %

2. Iowa ranks No. 1 in the nation in egg production, producing 15 billion eggs per year.

How many times will that number of eggs circle the earth?

- 0
- Ø 5.79 times
- Ø 21.39 times
- Ø 54.12 times

3. Most eggs are laid between which hours in the day?

- ← Ø 4 AM - 8 AM
- ← Ø 9 AM - 1 PM
- Ø 7 AM - 11 AM

4. How many essential nutrients are in one egg?

- ← 5
- ← 9
- 13

5. What happens when an uncooked egg is spun?

- ← It wobbles
- It spins evenly and easily
- 0 It cracks open
- It turns into a female chick

6. Eggs Benedict is a popular dish featuring eggs cooked what way?

- ← Fried
- Scrambled
- 0 Poached
- Hard-boiled

7. A large egg contains about ___ calories.

- ← 70
- ← 100
- 150

8. How many grams of protein are contained in one egg?

- ← 2
- ← 4
- 6

9. A chef's hat (a toque) is said to have 100 pleats, one each for which of the following?

- 0 For all the eggs a cook has ever made
- For each of the many ways you can cook eggs
- For the number of eggs in a chef's dozen

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Answers:

1. 10% In total, the U.S. produces about 75 billion eggs a year, about 10% of the world supply.
2. 21.39 times
3. 7 AM - 11 AM
4. 13
5. It wobbles
6. Poached
7. 70 calories
8. 6
9. For each of the many ways you can cook eggs
10. 30 years
11. False, NOT all of the protein is found in the egg white.
12. True

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