

Are you an eggspert?

1. An egg is

- a) A protein
- b) A vitamin
- c) A multivitamin
- d) A carbohydrate

2. A basic omelette should be cooked

- a) In a frying pan
- b) In a pan of boiling water
- c) In the microwave
- d) In the oven

3. Poaching is

- a) Putting an egg in the microwave
- b) Flipping an egg
- c) Cracking an egg then cooking it in boiling water
- d) Cooking an egg in boiling water

4. When making scrambled egg you would use

- a) A frying pan and spatula
- b) A pan and whisk
- c) A chopping board
- d) A knife



5. To keep hygienic in the kitchen you need to

- a) Keep long hair tied back
- b) Wash your hands carefully
- c) Keep surfaces clean
- d) All of the above



6. Instructions for making food are called

- a) A recount
- b) An interview
- c) A recipe
- d) A book review



7. Proteins are good for us because

- a) They help our bodies grow and repair themselves
- b) They give us energy
- c) They make our bones strong
- d) They help our digestive system work properly

8. When an egg is cooked

- a) The egg changes from a solid to a liquid
- b) There is no change to the egg
- c) The egg changes from a liquid to a gas
- d) The egg changes from a liquid to a solid

9. A balanced diet means

- a) Standing on one leg when eating
- b) Eating only things from one part of the Eatwell plate
- c) Eating the right proportions from each part of the Eatwell plate
- d) Only eating crisps

10. Eggs should be stored

- a) In the cupboard
- b) In their carton in the fridge
- c) In the microwave
- d) In a bowl on the kitchen bench