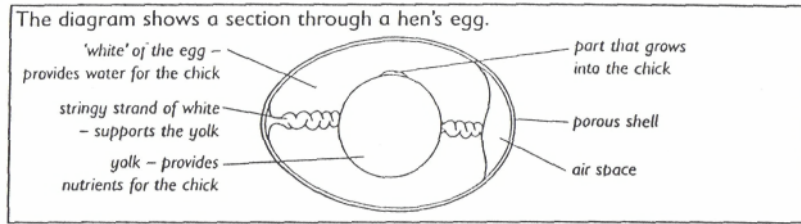


# Nutrition

## Eggs



- 1 a Why must the nutrients be inside the egg before it is laid?  
b Why does the developing chick need: i protein? ii water?
- 2 Oxygen passes in through the shell.  
a Which process in a chick's cells uses oxygen? b  
Write a paragraph about this process. Include the word equation for the process.

Humans eat eggs. Table 1 gives nutritional information about eggs, per 100g. The British Heart Foundation recommends eating only four eggs a week. The World Health Organisation suggests an upper limit of ten eggs per week from all the food we eat, including foods such as mayonnaise and biscuits. Table 2 gives advantages and disadvantages of eggs.

**Table 1.**

Water in g	Energy in kJ	Protein in g	Carbohydrate in g	Fat in g	Fibre in g	Sodium in mg	Iron in mg	Calcium in mg
74	147	12.5	a trace	10.8	0	140	1.9	57

**Table 2.**

Advantages of eggs	Eggs can be stored easily. Eggs are a convenient and cheap source of protein. Eggs are rich in vitamins and minerals.
Disadvantages of eggs	Eggs have a high fat content. Some people are allergic to eggs.

- 3 a To which group of nutrients do sodium, iron and calcium all belong?  
b One group of nutrients is present in eggs but is missing from table 1.  
What is the name of this group of nutrients?
- 4 An average size 3 egg weighs 57g. Calculate how much of the following four size 3 eggs would give.  
a fat  
b protein  
c water  
d energy
- 5 Explain why eating up to four eggs per week is good as part of a balanced diet, but why it is not healthy to eat as many as ten eggs.  
Use your answers to question 4 and the information in table 2