

Humans have been eating eggs throughout our existence!

Although there are around 200 breeds of chicken, one, the White Leghorn, is by far the most important for the commercial egg industry because they are very productive egg layers.



NUTRIENTS FOUND IN EGGS

- ~ The vitamin A contained in egg yolks is important for vision.
- ~ A large egg is a good source of vitamin B2, which plays an important role in maintaining healthy tissues.
- ~ Your body uses protein to repair tissues. Eggs are a good source of protein.
- ~ Eggs provide phosphorus. This mineral plays a role in maintaining healthy bones and teeth.

People in China and India started raising chickens for egg production in about 7000 B.C.E. (Before the Common Era).



Hens with white feathers tend to lay white eggs, while those with red feathers tend to lay brown eggs.



The eggs that you buy in the grocery store are not fertilized, which means they cannot develop into chicks.



The average American eats 250 eggs each year!

