

Eggs-cellent Safety

Egg farmers follow strict grading and inspection guidelines established by the USDA to make certain shell eggs in your supermarket are free of bacteria that can cause food-borne illness. But you also play a role in reducing the risk by practicing egg safety at home. That means you must refrigerate, store, and use eggs properly.

PART A: Complete this puzzle to become an eggs-pert on egg safety!

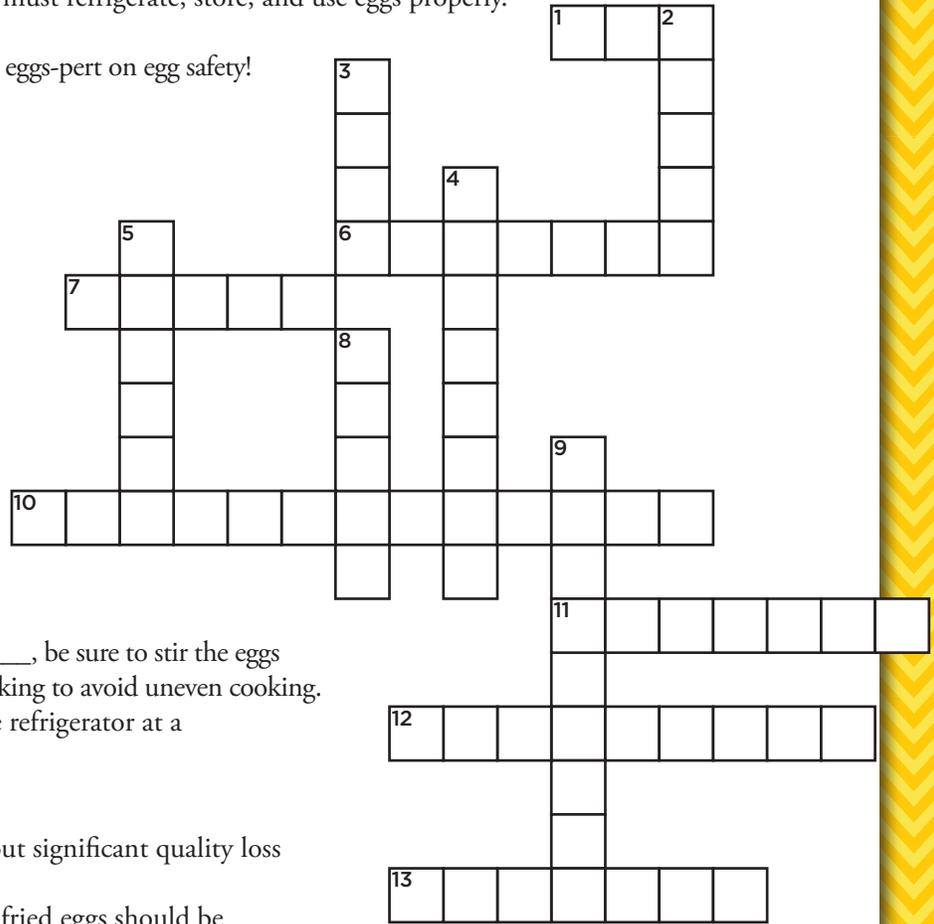
CLUES

Across

1. Thoroughly wash any bowls or utensils that have come in contact with ____ egg mixtures.
6. When a recipe calls for eggs at room temperature, leave them out of the refrigerator no longer than 20-30 _____.
7. Always wash your _____ before and after handling eggs.
10. Separate eggs from other foods in the grocery cart, grocery bags, and in the refrigerator to prevent cross-_____.
11. Discard shell eggs that are _____, broken, or leaking.
12. When cooking scrambled eggs in a _____, be sure to stir the eggs and rotate the dish once or twice during cooking to avoid uneven cooking.
13. Store shell eggs in the _____ part of the refrigerator at a temperature between 33 and 40 °F.

Down

2. Refrigerated raw shell eggs will keep without significant quality loss for four or five _____.
3. Simple egg preparations like scrambled or fried eggs should be cooked until egg whites and yolks are _____.
4. Cook dishes containing eggs until they reach an _____ temperature of at least 160 °F.
5. Store raw shell eggs in the refrigerator in a _____.
8. When properly handled and stored, eggs rarely _____.
9. Eggs accidentally left at room temperature should be _____ after 2 hours, or one hour in warm weather.



Do you have a question about eggs and food safety? Visit these websites to get the answer.

INCREDIBLE EGG

- incredibleegg.org/egg-facts/egg-safety/eggs-and-food-safety#2
- incredibleegg.org/egg-facts/egg-safety/safe-food-handling-tips

USDA

- fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/egg-products-preparation/shell-eggs-from-farm-to-table/CT_Index

Because the eggshell is porous, bacteria can enter and grow if eggs are not stored properly. Handled carefully and cooked thoroughly, eggs are just as safe as any other perishable food.



PART B: Now follow your teacher's directions and use what you've learned to make posters about safe egg-handling practices.