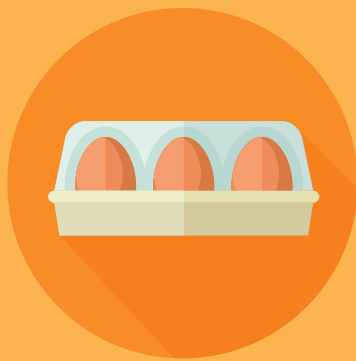


# Excellent Eggs



# Where do eggs come from?



Eggs are laid by female animals of many different species including birds, fish and reptiles. **Animals that lay eggs are called 'oviparious'**. The most commonly eaten egg is laid by the female chicken, called a hen. Egg laying chickens came from the Asian Red Jungle Fowl and are thought to have domesticated 10,000 years ago! Today there are 150 species of domesticated egg laying chickens.

Eggs are very good for you, packed full of protein and zinc. **They also contain 11 essential vitamins** and minerals including vitamin A, D and E.

Recent studies found eggs laid by 'free range' chickens, those that are able to roam around outside, have a higher nutritional value than chickens confined to their barn! Eggs from free range chickens contain 6 times more Vitamin D than a typical supermarket egg.



**Fun Fact: What came first, the chicken or the egg? Experts say the chicken as the formation of the eggs is only made possible from the protein found in the chicken's reproductive organs.**

## Quiz

1. Hens that lay eggs are called oviparous – true or false
2. How many vitamins and minerals do eggs contain?
3. What do experts say came first, the chicken or the egg?