MANAGEMENT UPDATES

* You should still be feeding a grower diet. You will use this feed until about the end of the fourth month.
* If you have a female chicken, she will start laying in a couple of months. Now is a good time to start thinking about a nest box. You should have one ready for her by the time she is 16 weeks old.

WHAT IS IN AN EGG?
The egg is composed of four main parts – the yolk, albumen, chalaza and germ spot. The yolk is the yellow part of the egg.

The yolk contains large amounts of the fat, protein, vitamins and minerals that are essential for normal embryonic development.

The albumen is the white of the egg. Albumen is composed of protein and water.

The chalaza are two white cords of protein attached to the yolk. They hold the yolk in the center of the albumen.

The germ spot is the “living” part of an egg. It is the white spot found on the surface of the yolk. If the egg is fertilized and if it were incubated, the chick embryo would begin developing on the germ spot. Most eggs purchased from the store are infertile.

Eggs are very nutritious. While the chicken egg is a vehicle for reproduction, it also serves as a source of food for human consumption. The nutritional value of eggs has been known for centuries. The high nutritional value, low caloric content, blandness, and ease of digestibility are characteristics that make eggs ideal for people of all ages.

Chicken eggs contain almost 75% water, but they also have four major nutritional components: protein, lipids, all necessary vitamins (except vitamin C) and minerals. Eggs are classified in the protein food group with meat, poultry and fish. One egg contributes the same dietary requirements of protein as 35 grams of meat.

Can you eat eggs from other poultry species? Yes.

Duck eggs are typically 20-35% larger than chicken eggs, weighing on average 73g. They are nutritious, have more fat and protein, and contain less water than chicken eggs. They are often used in cooking and make excellent custards and ice cream. Eggs incubated until just before the embryos form feathers produce a delicacy known as balut in the Phillippines. Salted eggs are popular in China and Southeast Asia.

Goose eggs, although much larger, taste much like chicken eggs.

Quail eggs taste like chicken eggs. They are often served hard boiled, pickled, fried or scrambled. Because of their small size they make attractive snacks or salad ingredients. They provide an alternative for some people who are allergic to chicken eggs.
Break a fresh egg onto a plate. Draw what you see in the space below. After you complete your drawing, label all the parts you can identify from the descriptions given on the previous page.

Composition of an egg.

Match the egg to the species of poultry:

A. 
B. 
C. 
D. 

Choices: Quail, duck, goose, chicken