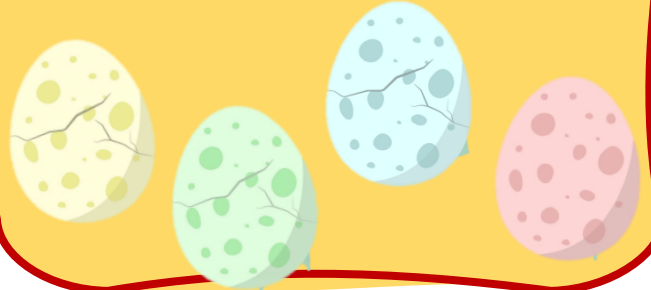


During the Spanish colonial period – 1521-1898, Philippines – millions of egg whites were used to build churches as this made them more robust. The left over yolks then had to be used up by bakeries in Filipino desserts!

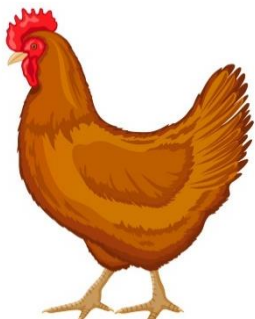
Chicken eggs can be all sorts of colours depending on the breed – including white, cream, blue, green, pink and brown!



Eggs provide us with protein, found in the white of the egg, as well as Omega-3 and plenty of vitamins, found in the yolk.

EGGS

Humans have used eggs for food for 6 million years! Jungle birds were domesticated for egg production by 3200BC – the same time Stone Henge was constructed!



Only the female chicken – called a hen – can lay eggs. They lay around 1 egg every day.

Did you know...? Not just chicken eggs can be eaten. Duck, quail, goose and even ostrich eggs are consumed across the globe – though chicken eggs are most common.