

TEACHERS NOTES

FACT OR FALLACY WORKSHEET



The Fact or Fallacy worksheet has been developed to provide an introductory discussion activity that could lead to further research. It aims to make the students aware of fallacies surrounding the egg. The facts or fallacies can be read to the students and then discussed. The students can then decide whether they are true or false. The answers are designed to show clearly why the answers are true or false.

(Do not read these until after the discussion).

NB. It may be necessary to explain to students: a fact is what is the truth, and a fallacy is what is incorrectly believed.

Answer YES or NO to the following facts.

1. BROWN SHELLED EGGS ARE BETTER FOR YOU THAN WHITE SHELLED EGGS.

NO There is no difference in nutritional value or taste. The only difference is that brown shells are often slightly stronger than white shells. Eggshell colour depends on the breed of hen.

2. A BLOOD SPOT ON THE YOLK MEANS AN EGG HAS BEEN FERTILISED.

NO This is due to the breed of hen or if the hen is upset during the formation of the egg. When the yolk is forming inside the hen, sometimes a blood vessel breaks. Commercially produced eggs are not fertile. Blood spots will not hurt you but if you don't like them simply remove them with a knife or a spoon.

3. FREE RANGE EGGS ARE BETTER FOR YOU THAN CAGED SYSTEM EGGS

NO The differences in nutritional value are insignificant.

4. BRIGHTER YOLKS ARE HEALTHIER FOR US THAN PALER ONES.

NO There is no nutritional difference. Yolk colour depends on what the chickens are fed. The colour comes from carotenoids found in feeds such as maize, clover and grass. The more carotenoids in the hen's feed, the brighter the yolk will be.

FACT OR FALLACY WORKSHEET



NAME:

ANSWER YES OR NO TO THE FOLLOWING FACTS AND EXPLAIN WHY.

1. BROWN SHELLED EGGS ARE BETTER FOR YOU THAN WHITE SHELLED EGGS.

2. A BLOOD SPOT ON THE YOLK MEANS AN EGG HAS BEEN FERTILISED.

3. FREE RANGE EGGS ARE BETTER FOR YOU THAN CAGED SYSTEM EGGS

4. BRIGHTER YOLKS ARE HEALTHIER FOR THAN PALER ONES.
