



# Exploring Food Science – What's On Your Plate?

## Eggs Are Exceptional

### The Right Heat for the Eggs You Eat

#### Activity 2.1 Glossary

#### **Aeration**

The process during which air is incorporated into a substance, in this case a food, making the food item light and fluffy.

#### **Albumin** (al-'byü-mən)

The clear liquid portion of an egg, rich in protein. It is also commonly referred to as the egg white.

#### **Chalaza** (kə-'lā-zə)

The part of the egg which anchors the yolk in the center of the egg. It looks like a tiny, thin, white twisted rope.

#### **Coagulation**

The process of a liquid changing into a solid form such as a gel.

#### **Egg White**

The clear liquid portion of an egg, also called the albumin.

#### **Emulsifying Agent**

A substance (such as lecithin in egg yolks) that prevents two other substances from separating, (such as water and oil).

#### **Functional Properties**

The role an ingredient performs in a recipe.

#### **Grades of Eggs**

The quality rating given to eggs by U.S.D.A. Eggs are classified from highest to lowest quality in accordance with the following: Grade AA, Grade A, and Grade B. Grade B eggs can only be sold to food service establishments and are not available at the grocery store.

#### **Protein Denaturation**

An irreversible process that changes the structure of the protein.

#### **Syneresis**

The separation of liquid from a gel, such as when beaten or whipped egg whites stand for a period of time, a liquid seeps out of them.

#### **Yolk**

The yellow portion of the egg which contains protein, saturated fat and cholesterol plus naturally occurring emulsifying agents.