



From Egg to Plate: How Are Eggs Transformed?

OBJECTIVE

Compreender como os **ovos** se transformam através de diferentes métodos de preparação e processamento, distinguindo **transformações simples** de **mais intensivas**, e refletir sobre o impacto dessas escolhas na saúde.

YOUR MISSION

Escolhe **uma forma de consumo do ovo** que conheças bem e acompanha o seu percurso desde o **ovo cru** até ao prato.

Step 1 – Identify the egg

- **Forma escolhida:** ☐ cozido ☐ escalfado ☐ mexido ☐ omelete ☐ frito ☐ incorporado noutra receita
- **Refeição em que o costumas consumir:** _____

Step 2 – From the peel to the plate

Mark the steps you think are part of the transformation:

- ☐ Collection and classification
- ☐ Storage and refrigeration
- ☐ Hull Breaking
- ☐ Baking/frying
- ☐ Added fat or salt
- ☐ Incorporation into other foods (e.g. cakes, pasta)

WHICH OF THESE STEPS ALTER THE ORIGINAL EGG THE MOST? WHY?



Step 3 - Degree of transformation

Classify the chosen form of consumption

- ☐ Slightly transformed
- ☐ Moderately transformed
- ☐ Heavily transformed

WHAT LED YOU TO THIS CHOICE?

Step 4 – Health impact

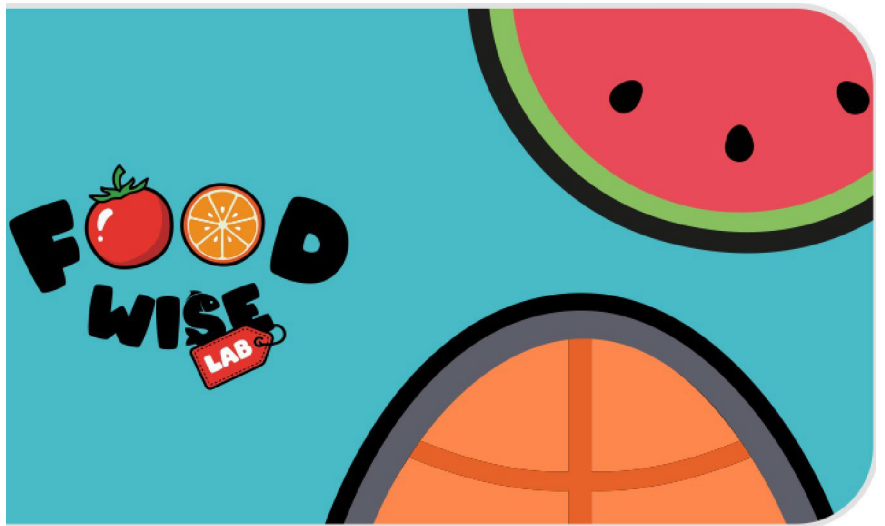
Think and reply:

- Does this form of preparation maintain the **egg as main ingredient**?
- Is there **addition of fat, salt or other ingredients**?
- Which method appears to be the most balanced for everyday?

REFLECTION:

FINAL REFLECTION

If you had to choose between two ways of preparing eggs (more or less transformed), **which one would you choose more often and why?**



FOODWISELAB TIP

Boiled, poached or plain omelette **eggs** are less processed and allow better control of the amount of fat and salt than fried versions or integrated into ultra-processed products.