

CANSPELL STUDY LIST

Grade 1

cub	even	trunk
jazz	next	blimp
sniff	cram	shine
gasp	scoop	dare
crate	mess	stew
lots	file	backpack
pill	gulp	cakewalk
bolt	Friday	church
tack	broth	twice
large	scan	army
sweet	flock	grapevine
strong	fate	ballroom
salt	study	shamrock
drill	proud	locker
twig	brace	bookworm
rake	rainy	homework
bunch	harsh	



Get Cracking into lasting energy!

Eggs are one of the few foods considered to be a complete protein. Six grams of protein and 14 key nutrients will give you the energy to keep you going!

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Grade 2

sparkle	gleeful	format
mixer	tiring	windchill
stench	handcuffs	basket
cherry	gravy	title
jumbo	batter	chowder
drawer	crabby	blooper
bagpipe	shears	crutch
scent	ginger	clinic
lobby	chef	tangy
whisk	stern	wallet
muse	midday	sunflower
fleet	firefly	mumps
steam	spinal	solve
tongs	pitcher	drifting
hangnail	doze	cricket
hamper	frugal	nibble
tough	chapter	

Did you know?

Eating a well-balanced breakfast that includes protein such as eggs provides mental and healthy energy and will help you feel fuller longer. Get Cracking!®



CANSPELL STUDY LIST

Grade 3

nacho	channel	closet
apron	crisis	blissful
target	nugget	compact
beaming	cusped	wizard
reflect	twirl	broadcast
major	serious	shovel
pudding	mimic	explore
witness	harmless	keyhole
swallow	turkey	wombat
herbs	scramble	shuffle
wooden	lonely	folly
hula	helmet	drizzle
kitchen	carefree	quote
wingspan	grumpy	pupil
decide	freckle	feeble
wreck	migrate	praise
jewel	garnish	

Come join the Egg Farmers of Canada's Facebook page for daily updates on everything about eggs! Become an EGG fan!

www.facebook.com/eggs



CANSPELL STUDY LIST

Grade 4

dreadful	faithful	reason
simmer	rugged	mallet
easily	dismal	trio
commute	rabies	glimpse
gossip	leftovers	kidney
skillet	mustard	fronds
intense	weigh	wardrobe
mumble	twinkly	demanding
shawl	ponder	jitterbug
upright	disgust	absorb
butterflies	giggle	perky
consider	twitter	nephew
aboard	sourly	screenplay
relish	blessing	caper
droll	rascal	treadmill
cement	dryness	vital
mural	brainstorm	

Kick-start your day the right way!

Eggs are an excellent source of protein and contain no sugar. Two eggs and a slice of whole-grain toast in the morning provide 15 grams of protein and only 3 grams of sugar (from toast). This will keep you mentally alert!



CANSPELL STUDY LIST

Grade 5

stellar	eyelet	foreground
reckon	tissue	veil
axle	posture	midriff
talons	thermos	munchkin
heroic	fashion	kindergarten
stomach	chorus	marshmallow
patriot	humane	question
episode	ugliness	bristle
cabinet	ransom	delighted
murmur	flannel	echoed
uniform	fragrance	therapy
racial	prevail	mortar
compass	sinus	intruder
prism	weasel	terrific
wriggle	oasis	curtain
journal	quarrel	calculator
assign	lightning	

Eggs give you brain power!

Scrambled, poached or in omelettes, eggs are part of a well-balanced breakfast that will give you the energy to perform better throughout the day and help you develop healthy eating habits.



CANSPELL STUDY LIST

Grade 6

blizzard	clarinet	thermostat
virtue	plague	pyramid
antelope	tourism	carnival
blatant	waiver	evidence
confection	imitate	microphone
realty	larceny	sequel
ingredient	altogether	carpenter
fanzine	toilsome	replete
widget	perturb	pungent
recruit	delved	jealousy
airborne	cleave	trespass
peruse	mischievous	hurriedly
genius	interpret	muscular
eclipse	exotic	envoy
unreadable	laborious	vegetarian
defiantly	defunct	damageable
acrobat	audience	



Make breakfast a snap with a Microwave Egg Cooker!

Less than a minute is all it takes to prepare a nutritious and healthy breakfast. Visit eggs.ca for microwave and egg recipes.

CANSPELL STUDY LIST

Grade 7

brochure	jubilant	juvenile
punctual	syllable	accrued
condiment	fajitas	duress
hostile	allergenic	matrimony
fascinating	barracks	parasite
impel	technician	desperately
serenade	remorseful	chickabiddy
hydrogen	emphasize	onslaught
ecstatic	conjure	puree
leisure	animation	competently
municipal	frivolous	allocation
nocturnal	intercept	pristine
schooner	disappoint	gourmet
elegant	pursuit	adequate
stratosphere	lullaby	potassium
telepathic	livelihood	ulterior
calzone	embryo	



Studies have shown that eating breakfast contributes to better school performance. It's no wonder that breakfast is the most important meal of the day. Think eggs – they provide 6 grams of the highest quality protein!

CANSPELL STUDY LIST

Grade 8

harmonious	syringe	ecosystem
compromise	residue	militant
insulation	siege	auditorium
inflammable	fedora	surrealist
chromosome	irritability	panickiness
gloaming	carnage	feign
controversy	leniency	philosophize
intrigue	impenetrable	romaine
malevolent	fluoride	exaggerate
correspondence	adolescence	choreographer
disappearance	epilepsy	tentativeness
loathe	Camelot	gouge
reimbursable	incidental	referendum
manifestation	parody	phylum
dilemma	whimsical	luxurious
hospice	genesis	systematic
thoroughbred	amphibian	

Looking for a quick breakfast or snack?

Hard-cooked eggs are perfect for a quick and nutritious breakfast or snack during the week. Cook a dozen on Sunday night, store in a covered container in the fridge, and enjoy protein on the go for the rest of the week!



CANSPELL STUDY LIST

Challenge List - Grade 9

debris	simulcast	vehemence
resuscitable	niagara	facade
cellophane	jambalaya	cholera
miscible	slantindicular	perseverance
cartilage	tutelage	stroganoff
posthumous	harassment	reminiscent
niche	ensemble	carbohydrates
extrapolate	laconic	astrophysicist
mortgage	beatific	immaculate
pituitary	afghan	circumlocution
scythe	linguistically	literati
dramaturgy	retrospect	tableau
annotate	polenta	extemporaneous
expressionism	extraordinarily	clemency
behemoth	akimbo	polyglot
pugilist	cornea	mezzanine
timorously	hexameter	

Did you know?

The 100 folds in a French chef's toque represent the 100 ways that a classically trained chef should be able to cook eggs.

