Grade 1

even	trunk
next	blimp
cram	shine
scoop	dare
mess	stew
file	backpack
gulp	cakewalk
Friday	church
broth	twice
scan	army
flock	grapevine
fate	ballroom
study	shamrock
proud	locker
brace	bookworm
rainy	homework
harsh	
	next cram scoop mess file gulp Friday broth scan flock fate study proud brace rainy



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!

CANSPELL STUDY LIST

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 !®



Grade 3

nacho	channel	closet
apron	crisis	blissful
target	nugget	compact
beaming	cusp	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!



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

blizzaro	d	clarinet	thermostat
virtue		plague	pyramid
antelop	e	tourism	carnival
blatant		waiver	evidence
confect	tion	imitate	microphone
realty		larceny	sequel
ingredi	ent	altogether	carpenter
fanzine	1	toilsome	replete
widget		perturb	pungent
recruit		delved	jealousy
airborn	е	cleave	trespass
peruse		mischief	hurriedly
genius		interpret	muscular
eclipse		exotic	envoy
unread		laborious	vegetarian
defiant	ly	defunct	damageable
acroba		audience	

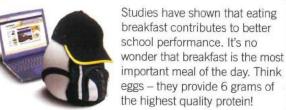


Make breakfast a snap with a Microwave Egg Cooker! Less than a minute is all it takes to prepare a nutritious and healthy breakfast. Visit eggs.ca for microwave and egg recipes.

Grade 7

brochure	jubilant
punctual	syllable
condiment	fajitas
hostile	allerger
fascinating	barrack
impel	technic
serenade	remorse
hydrogen	emphas
ecstatic	conjure
leisure	animati
municipal	frivolou
nocturnal	intercep
schooner	disappo
elegant	pursuit
stratosphere	lullaby
telepathic	livelihoo
calzone	embryo

juvenile accrued duress matrimony nic parasite S desperately ian eful chickabiddy size onslaught puree competently on allocation pristine pt oint gourmet adequate potassium od ulterior



CANSPELL STUDY LIST

Grade 8

militar audito surrea
surrea
panicl
feign
philos
romaii
exagg
chored
tentati
gouge
refere
phylun
luxurio
systen

stem nt orium alist kiness sophize ine gerate ographer tiveness endum m ous matic

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!



Challenge List - Grade 9

debris simulcast resuscitable niagara jambalaya cellophane miscible slantindicular cartilage tutelage posthumous harassment niche ensemble extrapolate laconic beatific mortgage pituitary afghan linguistically scythe retrospect dramaturgy polenta annotate extraordinarily expressionism behemoth akimbo pugilist cornea timorously hexameter

vehemence facade cholera perseverance stroganoff reminiscent carbohydrates astrophysicist immaculate circumlocution literati tableau extemporaneous clemency polyglot mezzanine

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.

