

Long Answer question

ans-1 A hard but thin protective outer covering called egg shell.

- there is white jelly inside the egg is called albumen or egg white

- there is a yellow liquid is called yolk.

ans-2 Always take your meals in a pleasant environment

- Eat balanced diet

- Eat at regular intervals

- Eat Fresh and clean food.

- Chew the food well before swallowing

- Drink 8-10 glasses of water every day