

After a busy day of adventuring, it is important to refuel the correct way.

Eggs are a great way to boost your energy levels while also continuing to keep you healthy! They taste even better when you can enjoy them with people you love.

Take a look at some of the nutrients you can find in eggs.



PROTEIN

Builds and repairs muscle



CHOLINE

Good for your brain



CALCIUM

Keeps teeth strong



VITAMIN E

Fights nasty germs



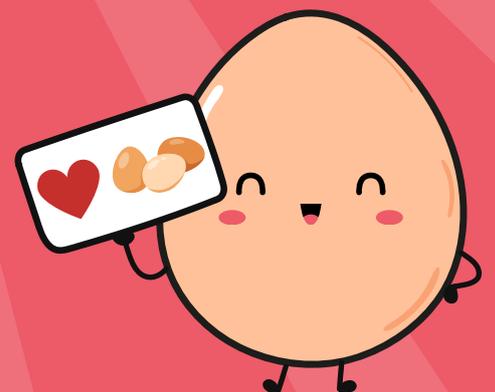
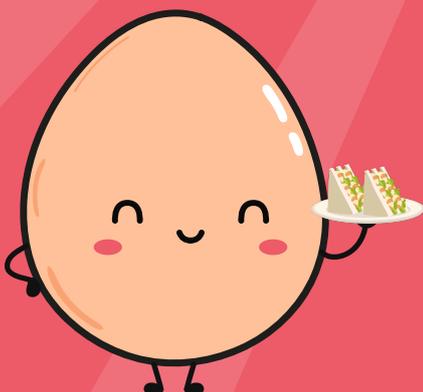
ZINC

Helps you grow



VITAMIN A

Helps your eyesight

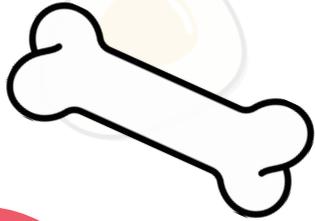


 world
egg day

Match the **nutrients** found in eggs to their **benefits!**

Eggs can help to unite us, spreading good health!

Because of the long list of nutrients that eggs contain, they are good for human health at all ages. Can you match each of the important nutrients below to the body parts they are most beneficial for? Remember, some have more than one answer!

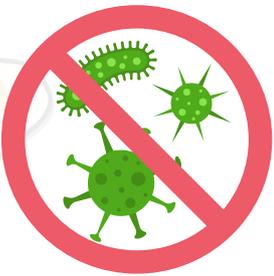


Vitamin D

Choline



Vitamin E



Protein



Iron



Vitamin A

Vitamin B12



Riboflavin

Vitamin B5

Phosphorus

Folate

Iodine

Selenium



Lutein &

Zeaxanthin



Match the nutrients found in eggs to their benefits!

Did you get them all? Here's the answers...

