



# ACTIVITY PACK

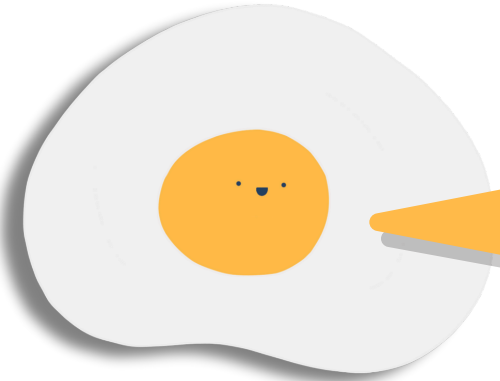
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# Modest but mighty

## Nutrients in eggs explained by Megg



### What is a nutrient?

A nutrient is a substance found in food that your body needs to grow, stay strong and have energy. They help build muscles and bones, and keep your brain and body working well.

### Did you know?

Eggs contain **13 essential nutrients** that help keep you healthy!

## Nutrients found in eggs

### Vitamin B12

Helps make red blood cells and keeps nerves healthy.

### Vitamin D

Helps build strong bones and teeth.

### Folate

Helps make new cells and supports growth.

### Iron

Carries oxygen in the blood.

### Selenium

Protects cells and supports the immune system.

### Choline

Supports brain development and memory.

### Phosphorus

Builds strong bones and teeth.

### Riboflavin (Vitamin B2)

Turns food into energy and keeps skin and eyes healthy.

### Pantothenic Acid (Vitamin B5)

Helps the body use energy from food.

### Iodine

Supports healthy thyroid function.

### Vitamin E

Protects cells from damage.

### Lutein and Zeaxanthin

Support healthy eyes and vision.

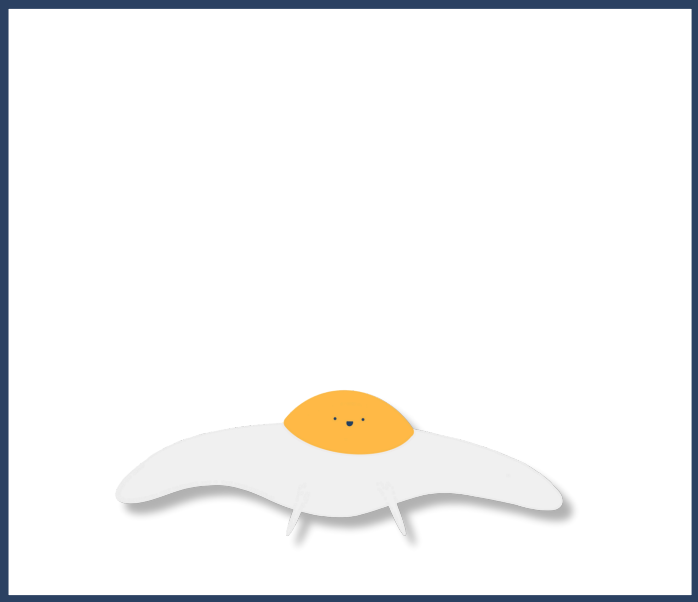
### Vitamin A

Keeps eyes, skin, and the immune system healthy.

# Create your own World Egg Day story

Use the space below to draw and write Megg's story. Make sure to show how she is providing nutrition across the globe!

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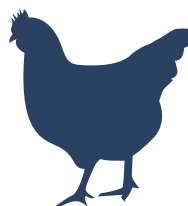
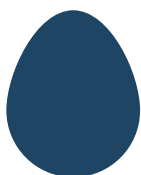
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# I Spy...

How many chickens and eggs can you count?



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