



ACTIVITY PACK

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Natural nutrition from eggs for your whole body



Vitamin D and phosphorus help build strong bones and teeth.



Choline helps the brain develop and function properly.



Vitamin A, vitamin E, lutein, and zeaxanthin protect and maintain healthy vision.

Vitamin B12 helps keep the heart healthy and working properly.



The thyroid uses iodine to create hormones to regulate bodily functions.

Vitamin B5 turns food into energy.



Protein supports the build and repair of muscles.

Healthy body development and growth is supported by vitamin A.



Iron, folate, and vitamin B12 are crucial for healthy blood and carrying oxygen around the body.

Selenium is important for healthy nails.



Vitamin B12 helps make DNA.

Selenium, riboflavin (B2), and vitamin E help the body fight off germs.



Vitamin A, selenium and iodine help maintain healthy skin.



My World Egg Day Recipe

Use your imagination and come up with a tasty new dish starring the mighty egg. It does not have to be something you have made before, get creative! Just make sure your recipe highlights the delicious, natural nutrition that eggs bring to every meal.

Ingredients:

This image shows a single sheet of white paper with ten horizontal blue dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Instructions:

This image shows a full page of white paper with ten horizontal dashed blue lines, typical of primary school handwriting practice paper. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.[illegible]

My World Egg Day Recipe

Draw your egg recipe and label the ingredients:





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

Draw a line to match each nutrient found in eggs to the part of the body it helps. Think carefully, some nutrients support more than one area.



Vitamin D

Choline

Vitamin E

Protein

Iron

Vitamin A

Vitamin B12

Riboflavin

Vitamin B5

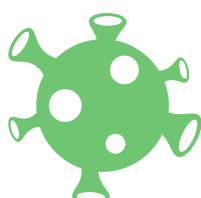
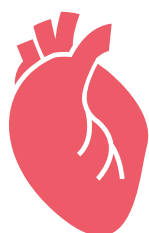
Phosphorus

Folate

Iodine

Selenium

**Lutein &
Zeaxanthin**



ANSWERS



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