



ACTIVITY PACK

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Protein in Eggs

explained by Eggwin



Eggs naturally contain protein, an important nutrient your body needs every day. But what does protein actually do? Let's find out!

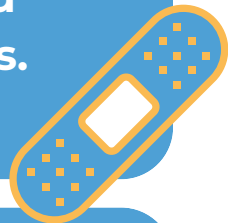
GROWTH

Protein supports your body as it grows and develops.



REPAIR

Protein helps your body repair and maintain tissues.



MUSCLES

Protein helps build and maintain muscles, which you use to move and play.



PROTECT

Supports your body's natural defences and helps your immune system work properly.



Eggs naturally contain high-quality protein, making them a nutritious choice as part of a balanced diet.

Design a comic strip

Create your own World Egg Day comic strip! Join Eggwin on an adventure and show how the high-quality protein in eggs powers and protects people throughout the day.



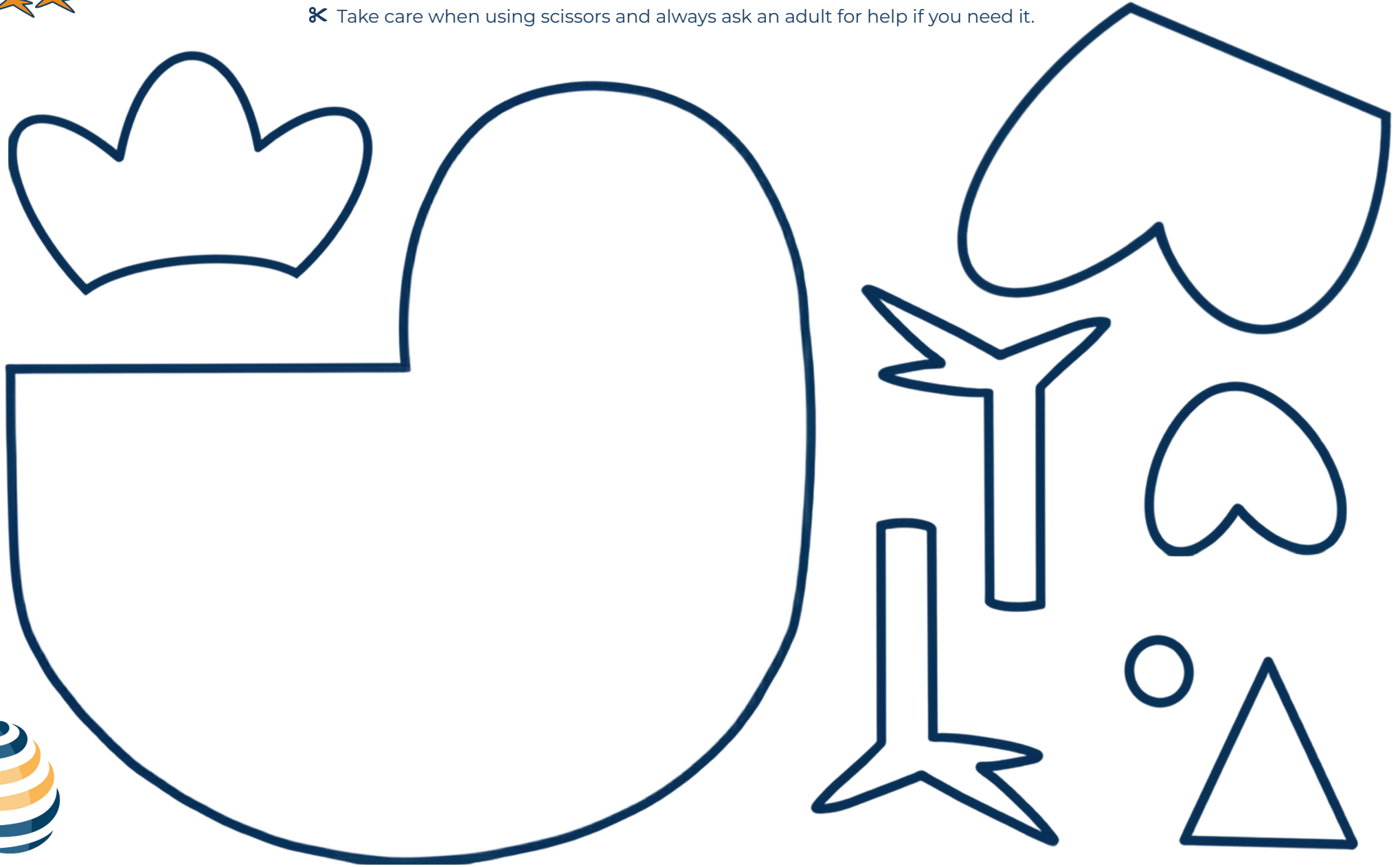




Create a chicken

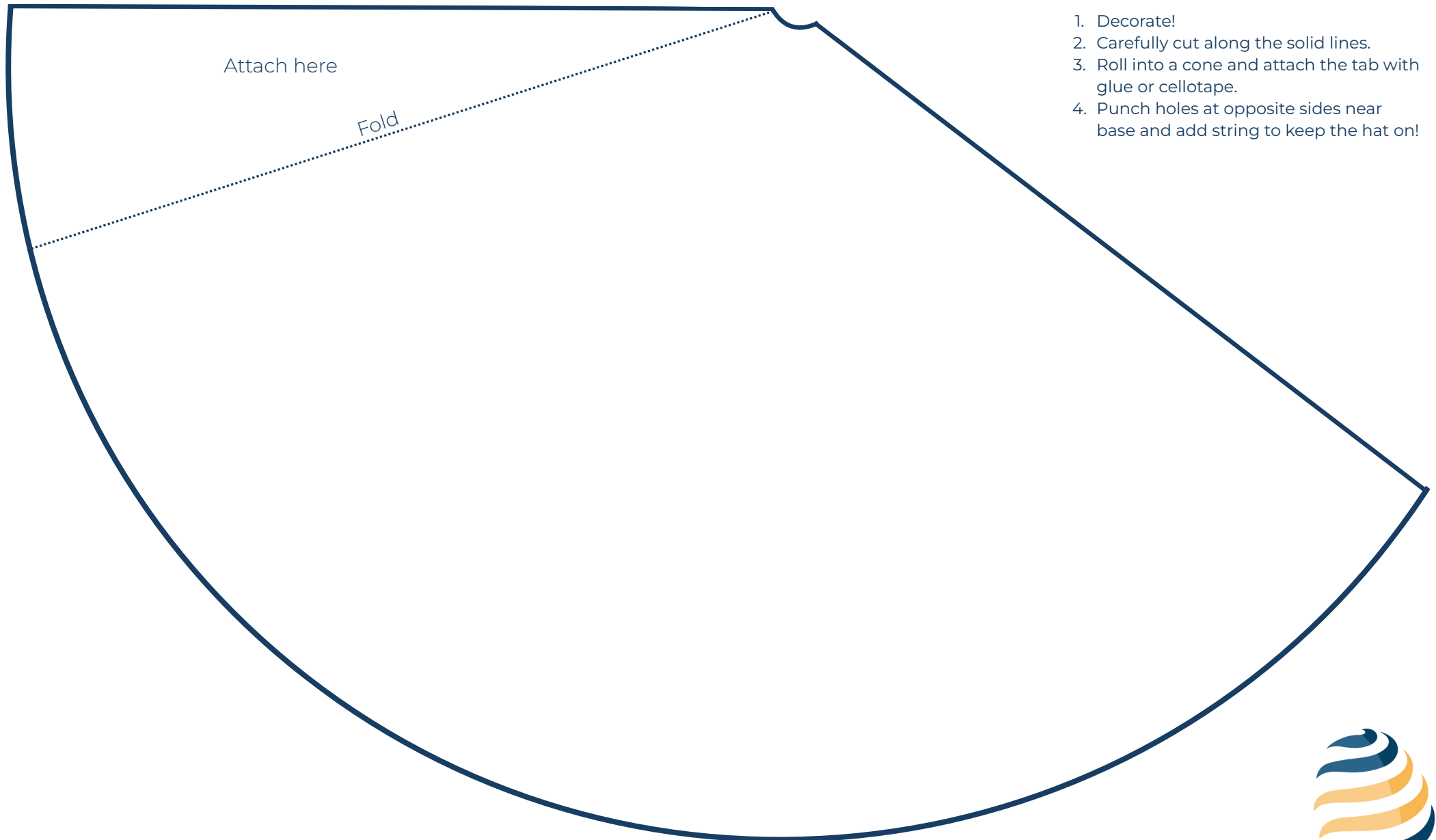
Colour in then cut out the pieces and stick them together to make your own chicken!

✂ Take care when using scissors and always ask an adult for help if you need it.



Decorate your own party hat

Join the 30th anniversary celebrations of World Egg Day!



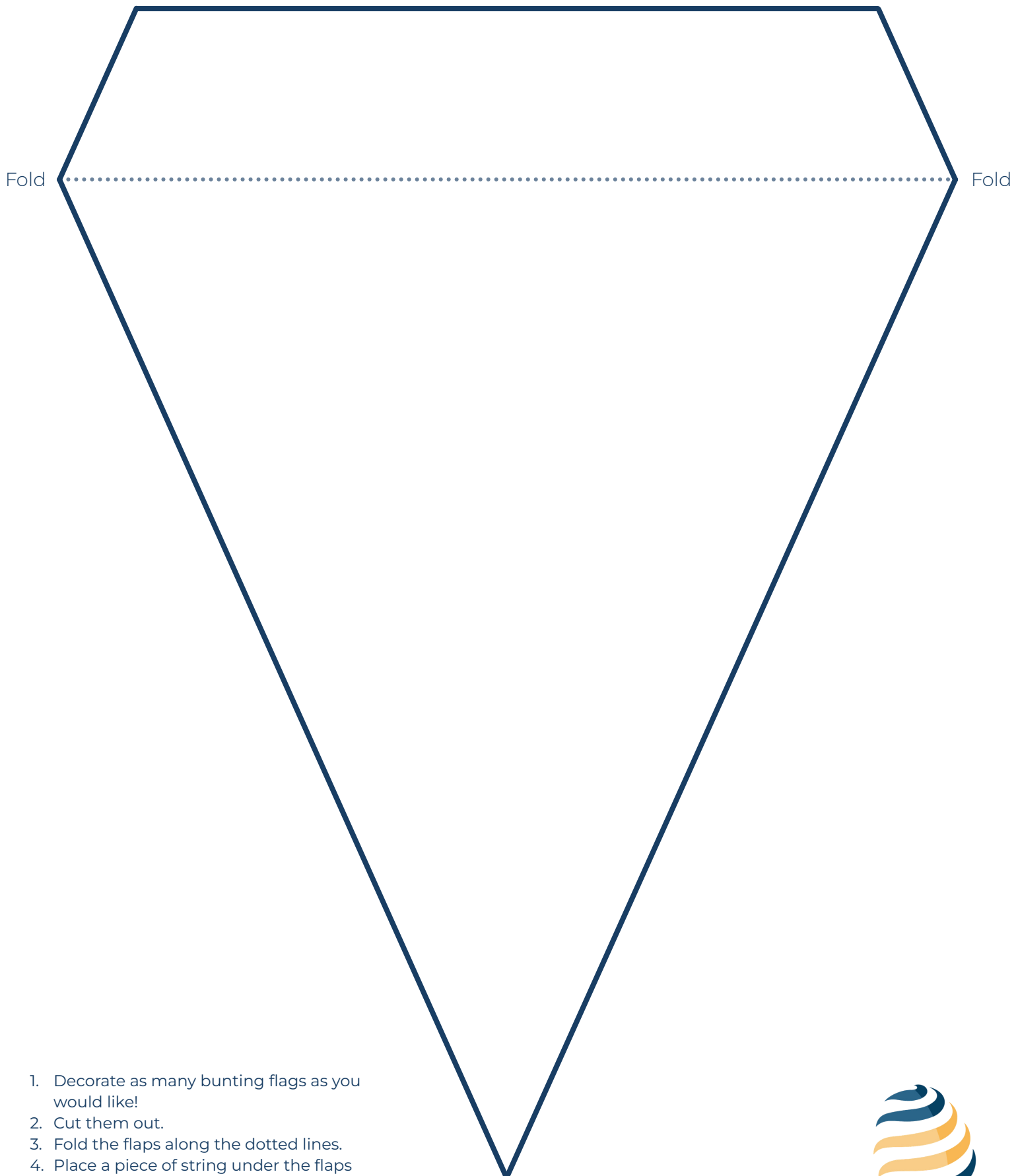
1. Decorate!
2. Carefully cut along the solid lines.
3. Roll into a cone and attach the tab with glue or cellotape.
4. Punch holes at opposite sides near base and add string to keep the hat on!



Create some celebratory bunting

Design decorations for the 30th anniversary celebrations of World Egg Day!

✂ Take care when using scissors and always ask an adult for help if you need it.



1. Decorate as many bunting flags as you would like!
2. Cut them out.
3. Fold the flaps along the dotted lines.
4. Place a piece of string under the flaps and glue them all down to make a string of bunting.

