



ACTIVITY PACK 4



The Power of Protein



Protein is an important nutrient that your body needs every day. It supports cell growth and repair, healthy muscles and your body's natural defences.

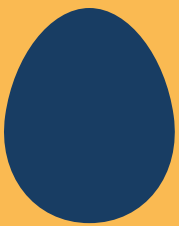
What are amino acids?

Protein is made up of building blocks called amino acids. Your body uses them to make new proteins (such as muscle and bone).

There are about 20 kinds of amino acids that combine in various patterns to make different proteins. 9 of these are known as **essential amino acids** because your body cannot make them, so you need to get them from your diet instead.

Did you know?

Eggs naturally contain all 9 essential amino acids, making them a source of **'complete protein.'**



Protein and muscles

During sports or play, tiny tears are made in your muscles, which is why you sometimes feel a bit sore the next day.

Protein supplies amino acids that repair these tiny tears in your muscles, helping you maintain and build strength.

Where can you get protein?

The best way of consuming enough protein is by eating small amounts with every meal.

For example, adding an egg at any meal time is a great way to boost your protein intake! Most importantly though, a balanced diet that includes other protein and nutrient sources is crucial for your body and brain health.

Snack-sized superfood!

One large egg contains **6-7g of high-quality protein**, among lots of other nutrients that help you grow, repair and be active.

Protein powers your body and protects your overall health. Including sources of high-quality protein, such as eggs, contributes to muscle maintenance and growth, immune support, and healthy development.

Plan a World Egg Day event

Imagine you are organising a World Egg Day event to celebrate how the high-quality protein in eggs powers and protects.

Write about your event:

What will happen?

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Where will it take place?.....

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What time will it be from and to?.....

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What activities will people enjoy?

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What equipment will be needed?

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How will your event help people learn about eggs and protein?

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Design the event poster

Create a colourful poster to advertise your World Egg Day event. Include a title, pictures and key information to encourage people to join the celebration!



True or false?



Read each statement and decide if it is true or false.

		True	False
1	Protein supports your body as it grows and develops.	☐	☐
2	Protein only helps your muscles.	☐	☐
3	Protein helps your body repair and maintain tissues.	☐	☐
4	Eggs are not a source of high-quality protein.	☐	☐
5	Protein helps your body grow, repair tissues and maintain healthy muscles.	☐	☐
6	Only adults need protein.	☐	☐
7	Protein supports your body's natural defences.	☐	☐
8	Protein is important for an active lifestyle.	☐	☐

Score: / 8

True or false?



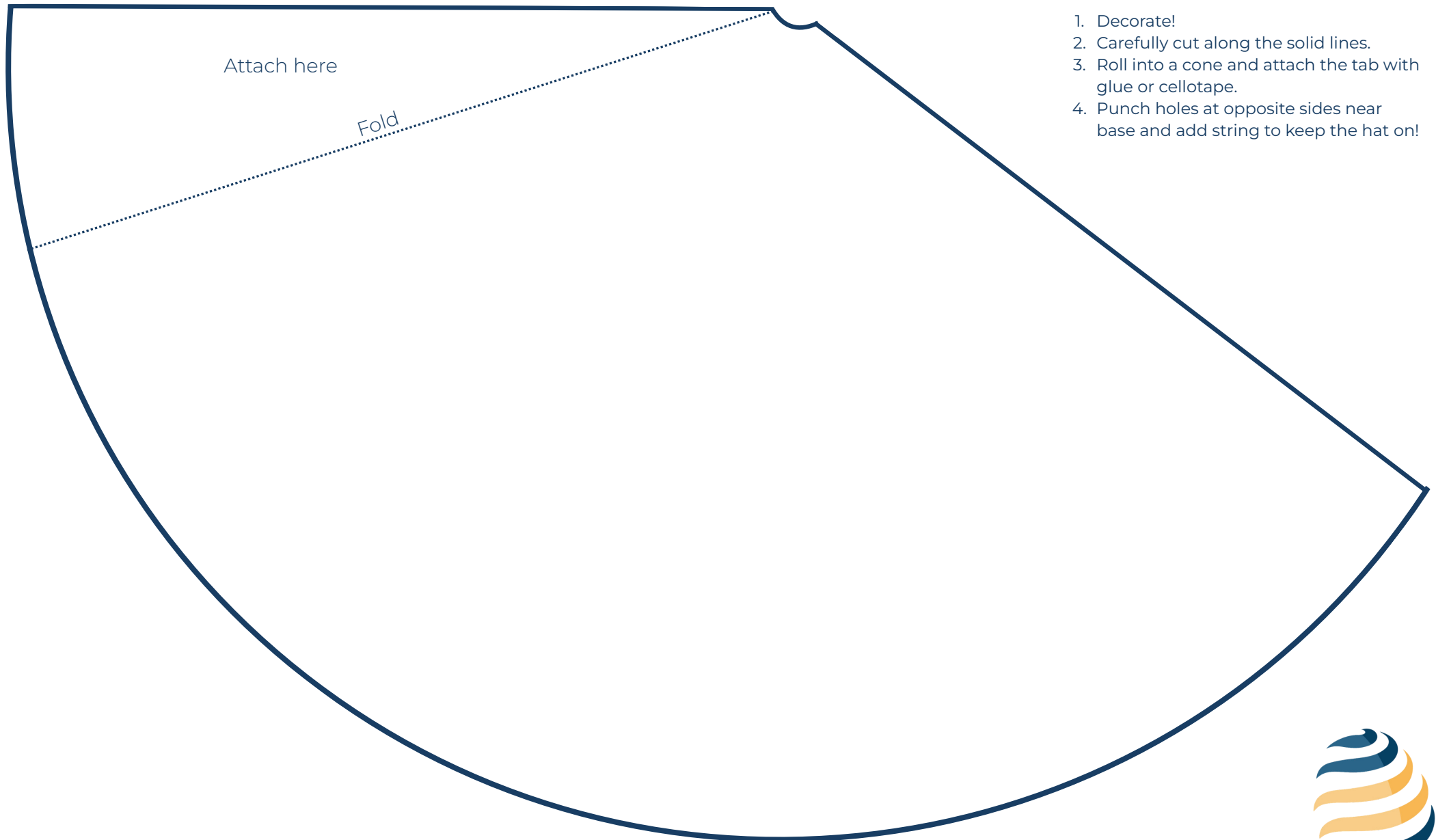
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ANSWERS

		True	False
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		Score: / 8	

Decorate your own party hat

Join the 30th anniversary celebrations of World Egg Day!



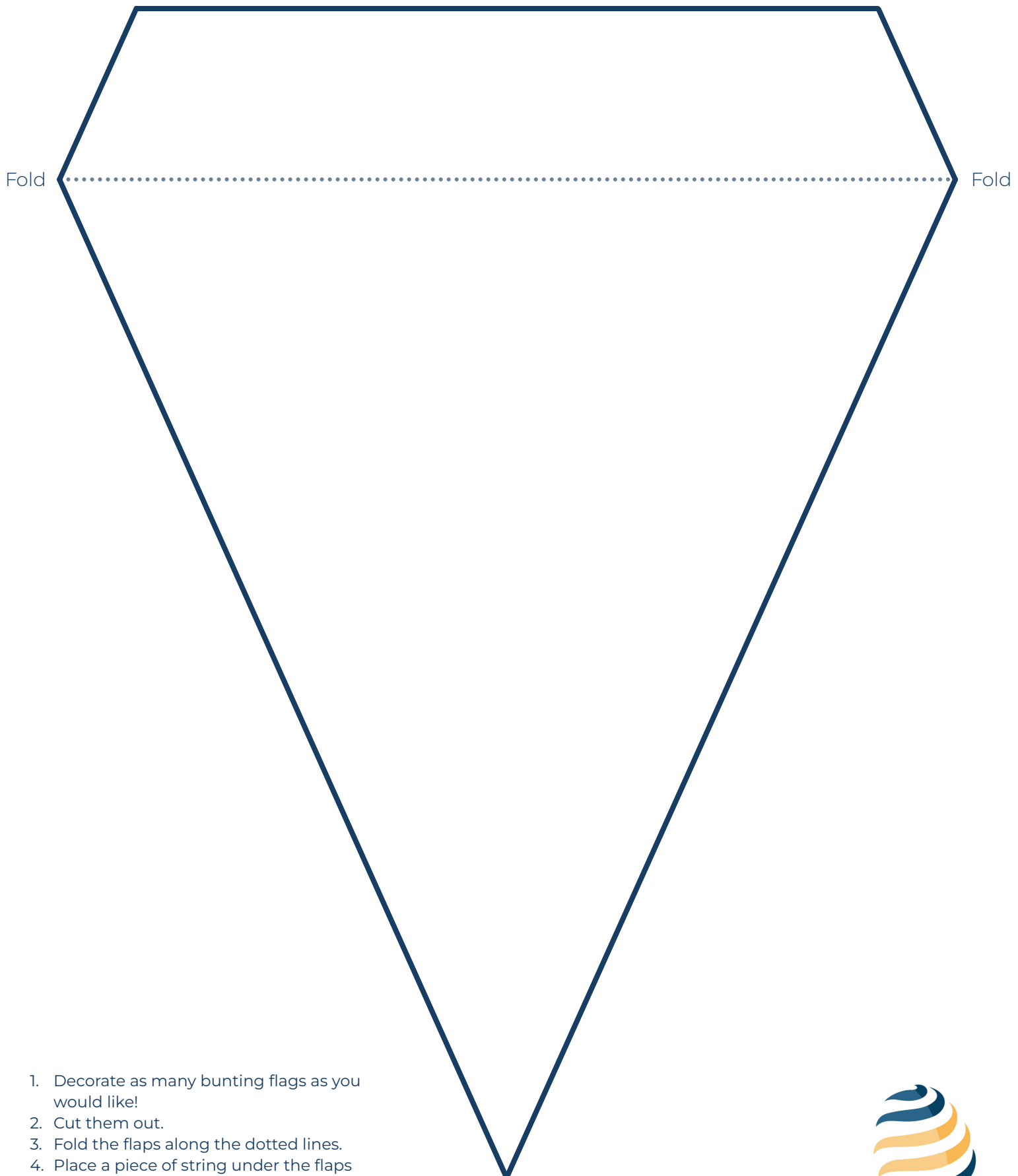
1. Decorate!
2. Carefully cut along the solid lines.
3. Roll into a cone and attach the tab with glue or cellotape.
4. Punch holes at opposite sides near base and add string to keep the hat on!



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.

