

# Why are eggs good for us?

Here are 8 examples

Draw and colour a picture of yourself. How are eggs good for you? Fill in the blanks.

Eggs have nutrients that are important for \_\_\_\_\_ development and function, such as **Choline**.



Eggs contain lots of vitamins and minerals, including **Lutein** that helps maintain healthy \_\_\_\_\_.



Eggs are packed with **Protein** which is absorbed by the body to build \_\_\_\_\_ and tissues.



**Vitamin A** is in eggs. It helps lots of our organs to work properly, including the \_\_\_\_\_, lungs and kidneys. Vitamin A also helps to keep our eyes and skin healthy too.



**Vitamin E** and **Selenium** are in eggs. Together, they help to prevent illnesses and so we can maintain good \_\_\_\_\_.



**Folate** is a vitamin that is in eggs. It helps to make \_\_\_\_\_ in our bodies, even before we are born.



Eggs can be a great source of **Vitamin B12** and two types of **Iron**. Iron carries oxygen in red \_\_\_\_\_ cells. Getting enough of these nutrients is important to prevent tiredness and illness.



Eggs contain **Vitamin D** which is important for having strong, healthy \_\_\_\_\_ and teeth.

