

Why are eggs good for us?

Answer Key



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



Eggs are packed with protein which is absorbed by the body to build **MUSCLE** and tissues.



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



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



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



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



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



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