

incredible!

American Egg Board

Grade 7

Name _____ Conducting a short research project (W.7.7)

Cracking the Code!



Selenium, folate, choline—just what do all the terms on a nutrition label mean anyway? Crack the code by selecting one of the nutrients found in one large egg. Use reference materials to complete the form, using the back of this page if necessary. List your sources on the back of this page or another sheet of paper stapled to this page. Then prepare a short report to share with the class.

Some of the Nutrients in One Large Egg

- | | |
|-------------|------------|
| Protein | Selenium |
| Choline | Phosphorus |
| Riboflavin | Calcium |
| Folate | Iron |
| Vitamin D | Zinc |
| Vitamin A | Potassium |
| Vitamin B12 | |

Nutrient: _____

How much do our bodies need each day? _____

What foods besides eggs are rich in this nutrient? _____

How does this nutrient benefit your body and overall health? _____

What happens if you do not get enough of this nutrient? _____

Interesting facts about this nutrient: _____

What other question about this topic could you research further? _____