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.

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? __________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Some of the Nutrients in One Large Egg

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

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