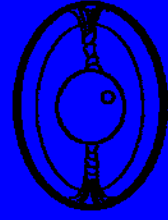


The Egg



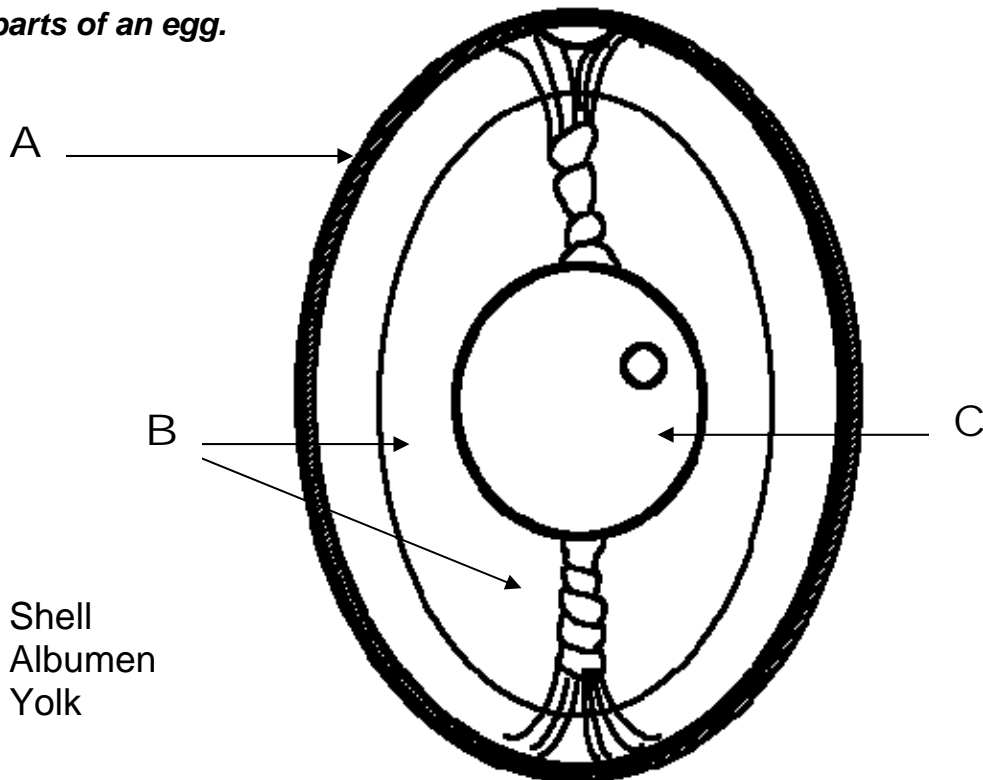
The egg is one of the best foods known to man. An egg contains proteins, vitamins and minerals.

Protein is used by our bodies to help our muscles grow.

Eggs contain the vitamins our body needs, but not vitamin C. Vitamin C is found in vegetables and fruit juices. Vitamin A is important for our eyes.

Eggs contain iron. Iron helps transports oxygen in the blood.

The parts of an egg.



- A Shell
- B Albumen
- C Yolk

The shell is the hard part of an egg. The shell is usually brown, cream or white.

The albumen is the white inside the egg. The yellow part of an egg is the most nutritious. It is called the yolk.

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The Egg

Questions

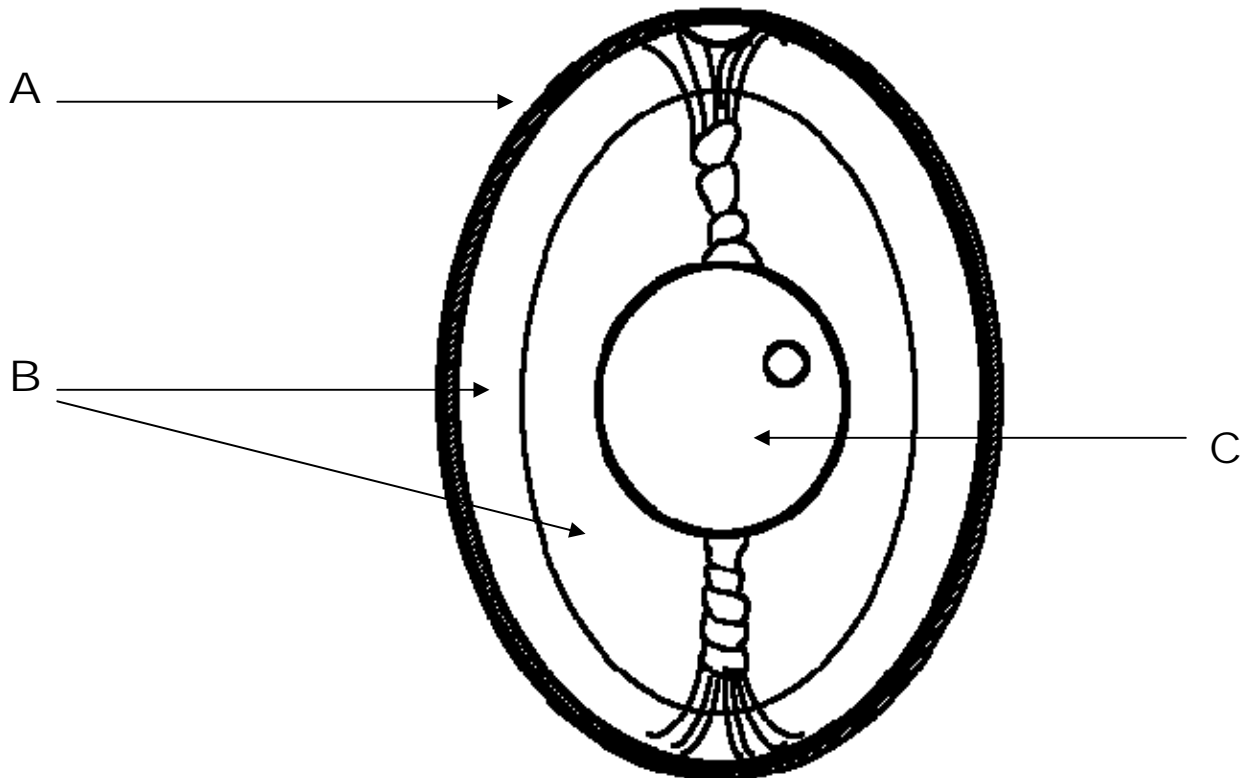


What helps our muscles grow? _____

Which vitamin is important for our eyes? _____

What helps transport oxygen in our blood? _____

Label the different parts of an egg.



Shell

Yolk

Albumen

1. What do we call the hard part of an egg? _____

2. What is another name for the white of an egg? _____

3. What is the yellow part called? _____

Draw a chick hatching out of an egg!