The next time you eat an egg think about this. Someone in another part of the world may be eating an egg, too! Chickens lay eggs around the world. Eggs are eaten around the world. People like eggs fixed in different ways. This is true where you live. This is also true around the world. But all egg dishes have things in common. They all include eggs, of course. This makes all egg dishes rich in protein. Many egg dishes are made by stirring eggs together and cooking them in a pan. What is added to the egg dishes is what makes them different. In China, shredded cabbage and grated carrots are mixed with eggs. In Russia chopped kale and onions may be added. In Spain, sometimes potato slices and chopped onions are cooked first. Then stirred eggs are poured on top and cooked until done. Different cooking spices are used, too. No matter where you live, eggs are a great food choice!

Follow the directions

1. Underline the main idea of paragraph one. Use a blue crayon.
2. Underline the main idea of paragraph two. Use an orange crayon.
3. Write two things all egg dishes have in common.
   1. _______________________________________________________________________
   2. _______________________________________________________________________
4. Circle the names of three countries. Use a green crayon.
5. Explain how the underlined sentences support the main idea of paragraph two. _______________________________________________________________________
6. Tell why you think people in different parts of the world prepare eggs differently. _______________________________________________________________________

name
1. Eggs are eaten around the world. *(underlined in blue)*
2. People like eggs fixed in different ways. *(underlined in orange)*
3. All egg dishes include eggs. All egg dishes are rich in protein.
4. China, Russia, Spain *(circled in green)*
5. The sentences describe different ways to fix eggs.
6. Answers will vary.