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.

**Name**

**Cracking the Code!**

Some of the Nutrients in One Large Egg

Protein, Choline, Riboflavin, Folate, Vitamin D, Vitamin A, 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? ____________________________

©American Egg Board. Text and design by The Education Center, LLC