

EGGS for a healthy future!

Eggs are really good for you! Just take a look at all the vitamins and minerals in them that help you stay healthy:



PROTEIN

Builds and repairs muscle



VITAMIN D

Keeps bones strong



VITAMIN A

Helps your eyesight



IRON

Gives you energy



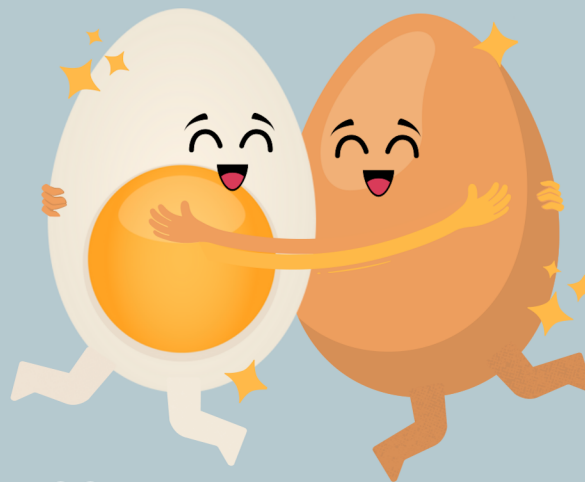
ZINC

Helps you grow



CHOLINE

Good for your brain



CALCIUM

Keeps teeth strong



VITAMIN E

Fights nasty germs

Eggs can be enjoyed at **breakfast**, **lunch** and **dinner time**!

What is your **favourite way** to enjoy eggs?



DECORATE YOUR OWN EGG

Use colours, lines, squiggles and shapes
to create your beautiful egg!

