

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



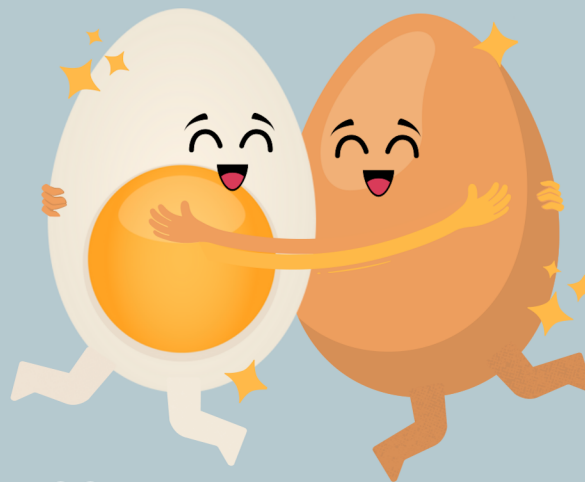
ZINC

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?



MY WORLD EGG DAY RECIPE

Create your very own World Egg Day recipe!

It doesn't need to be something you have tried before, it can be completely made up. Just make sure to use the wonderfully nutritional egg as one of the main ingredients!

Ingredients:

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Instructions:

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MY WORLD EGG DAY RECIPE

My drawing of the finished recipe: