

**Astro Egg has just been given his next space mission!  
He needs to find all the nutrients in eggs and re-unite  
them! Then he can enjoy a delicious omelette for  
dinner with all of his friends...**



### **Vitamin E**

Helps to fight  
infections, germs  
and aliens.



### **Calcium**

Makes sure bones  
are strong and  
unbreakable



### **Choline**

Good for the brain  
(important for  
learning how to fly  
a spaceship)



### **Zinc**

Boosts the immune  
system against  
aliens and germs



### **Iron**

Helps the body  
use oxygen

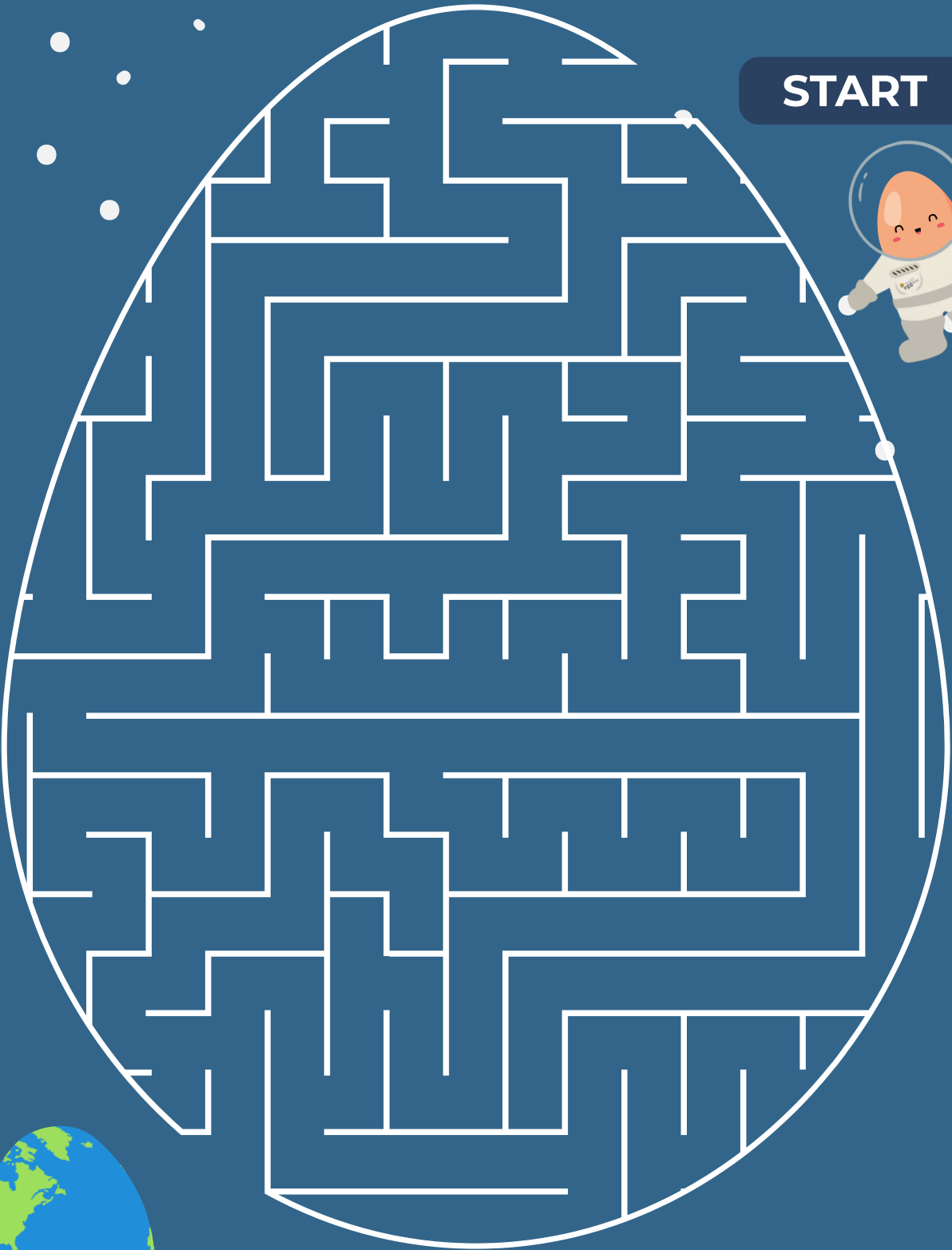


### **Protein**

Helps to build  
strong muscles for  
smashing asteroids

# Help Astro Egg find his way home!

START



 world  
egg day