

## Read

### BRAIN BOOST

Do you want to give your brain a boost? Eat eggs. When you eat an egg, it is like giving your brain fuel. It helps your body grow well. It also helps your muscles get strong.

### SMART START

Breakfast is a perfect time to eat eggs. It starts your day right. It gives you energy that lasts a long time.

### NOT JUST FOR MORNINGS

Any time can be a good time to eat eggs. They are great for breakfast. They are great for snacks too. Be sure to eat all of the egg. The egg white is good for you. The yellow part, or yolk, is good for you too!

**Talk About It!**  
What does the author mean by **“Smart Start”**?



**Circle yes or no**

- |  |            |           |
|--|------------|-----------|
| 1. Eggs are good for your brain.             | <b>yes</b> | <b>no</b> |
| 2. Eggs are good for you any time of day.    | <b>yes</b> | <b>no</b> |
| 3. Only the white of an egg is good for you. | <b>yes</b> | <b>no</b> |
| 4. Eggs give people energy.                  | <b>yes</b> | <b>no</b> |

**Note to the teacher:** To prompt students' responses to the "Talk About It!" question, reread the paragraph with the matching heading. Guide students to realize that breakfast isn't the only good time to eat eggs, but it is a smart choice since eggs provide high-quality protein and long-lasting energy. Point out that students who start the day with a nutritious breakfast are more likely to do better with schoolwork, tests and other important tasks.

**incredible!**





# Eating Eggs

## Answer Key

1. Yes
2. Yes
3. No
4. Yes

