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

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!

Circle yes or no

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

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.
Eating Eggs

Answer Key

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