Selenium, folate, choline—just what do all the terms on a nutrition label mean anyway? Crack the code by selecting one of the nutrients found in one large egg. Use reference materials to complete the form, using the back of this page if necessary. List your sources on the back of this page or another sheet of paper stapled to this page. Then prepare a short report to share with the class.

**Nutrient:** ________________________________________________

How much do our bodies need each day? ______________________

_________________________________________________________________________________________________

What foods besides eggs are rich in this nutrient? ________________

_________________________________________________________________________________________________

How does this nutrient benefit your body and overall health? __________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

What happens if you do not get enough of this nutrient? ____________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

Interesting facts about this nutrient:  ____________________________________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________

What other question about this topic could you research further? _______________________________________________

_________________________________________________________________________________________________

_________________________________________________________________________________________________