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.

Some of the Nutrients in One Large Egg

- Protein
- Choline
- Riboflavin
- Folate
- Vitamin D
- Vitamin A
- Vitamin B12
- Selenium
- Phosphorus
- Calcium
- Iron
- Zinc
- Potassium

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? ______________
________________________________________________________________________
________________________________________________________________________