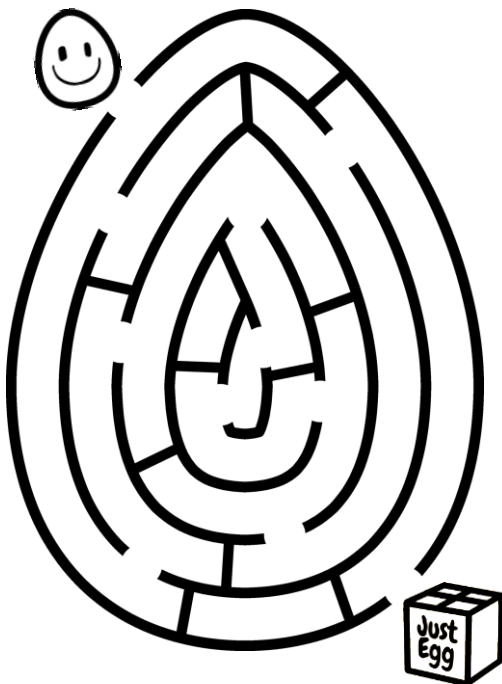




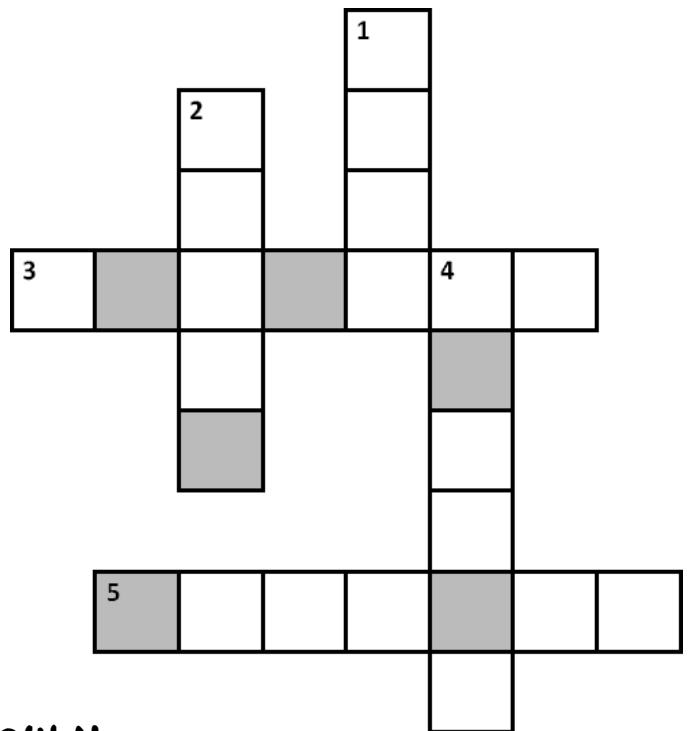
- BAKING
- OMELETTE
- BOILED
- PICNIC
- BREAKFAST
- POACHED
- CHICKEN
- PROTEIN
- DEVILED
- SCRAMBLED
- EASTER
- SHELL
- FRIED
- SUPERFOOD
- HEALTHY
- VITAMINS
- HEN
- WHITE
- MAYO
- YOLK

DID YOU KNOW? Eggs contain 6 grams of protein, which helps build strong muscles!

Oops, one of our hard boiled eggs is lost! Can you guide him through the maze to reach the JustEgg box?



FUN FACT
Eggs contain Vitamin D, which is the same nutrient you get from being out in the sun! Vitamin D helps to maintain strong teeth and bones.



DOWN

1. What's the yellow part of an egg called?
2. How has this egg been cooked?
4. What time of year do people decorate eggs?



ACROSS

3. What animal lays the eggs that we eat?
5. Eggs contain 6 grams of which nutrient?

Can you unscramble the letters from the grey boxes to name one of our newest egg products? _ _ _ _ _

EGGS ARE NATURE'S SUPERFOOD

This means that they're full of vitamins and nutrients, making them very healthy. Create your own superhero egg by colouring in the super egg below!

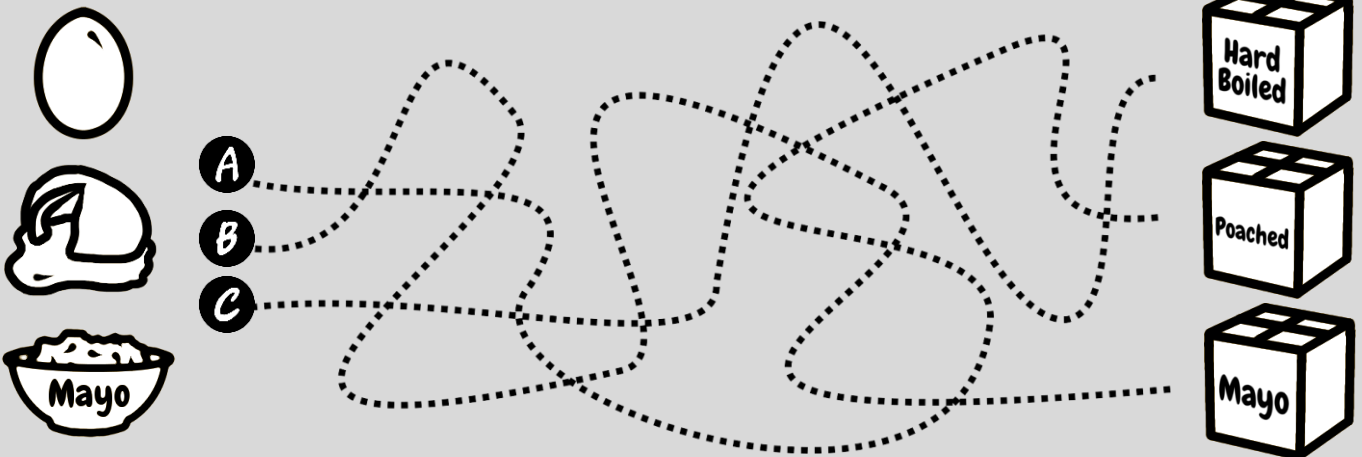


Superhero Name: _____

Special Power/s: _____

About Your Superhero: _____

Oops, we've had a bit of a mix up at the JustEgg Factory! Can you find out which path takes each egg to its correct box?



WHAT'S IN AN EGG?

Can you solve these math puzzles to find out the nutritional information for an egg?

$8 - 6 =$ % of your daily Calcium needs

$4 + 2 =$ grams of protein

$5 \times 2 =$ % of your daily Vitamin D needs

$3 + 4 =$ grams of fat