

Cracking eggs

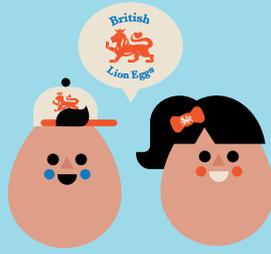
Fun and engaging teaching resources, interesting facts and information about eggs for 5 - 11 year olds

Healthy food heroes

Can you match each healthy food hero to his or her description?



egginfo.co.uk/schools



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I'm broccoli!

I have vitamin K, which helps your blood clot when you cut yourself.

I'm an egg!

I have lots of protein and vitamin D to help your bones grow.

I'm wholemeal bread!

I have fibre, which helps you digest your food.

I'm a carrot!

I have lots of vitamin A, which helps your eyes to see.

I'm chicken!

I have lots of protein to grow your muscles and iron for healthy blood.

I'm milk!

Dairy products like me have lots of calcium, which helps your bones and teeth grow.

I'm a potato!

I have lots of vitamin C, which helps to keep your skin and gums healthy.

I'm a banana!

I have potassium, which helps your muscles work.

I'm salmon!

I have essential fats that help you grow.

