

# Cracking the Code!

name \_\_\_\_\_

Conducting a short research project (W.7.7)



Protein, choline, vitamin B12 – just what do all the nutrients on a nutrition label mean anyway? Eggs are a good or excellent source of eight essential nutrients. Crack the code by selecting one of the nutrients found in eggs. 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	Selenium
Choline	Riboflavin(B2)
VitaminB12	Pantothenic Acid(B5)
Biotin(B7)	
Iodine	

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? \_\_\_\_\_

\_\_\_\_\_

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