

# Start With Eggs-tra Energy

**PART 1:** Crack open these eggs for some breakfast egg-ducation. If you need help, visit the Health and Nutrition and Eggsyclopedia links at the American Egg Board’s website, [incredibleegg.org](http://incredibleegg.org), to find the answers to these questions. Add a fact about egg nutrition that you find interesting for fact #6.

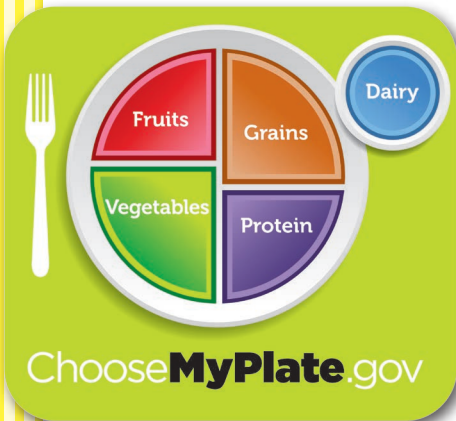
## Eggs...

1. ...help maintain energy levels and ability to focus throughout the morning. Why? \_\_\_\_\_
2. ...contain all nine essential amino acids. How is that important? \_\_\_\_\_
3. ...contribute to building muscle mass and strength. Why? \_\_\_\_\_
4. ...support weight management. Why? \_\_\_\_\_
5. ...aid brain function. How? \_\_\_\_\_
6. ... \_\_\_\_\_

**PART 2:** An egg may be small, but it packs lots of power. One egg is the equivalent of one ounce of lean, high quality protein, and USDA **MyPlate** guidelines include protein as one of the main building blocks for a healthy diet. The USDA Recommended Daily Amount of protein for boys and girls ages 9-18 is between 5 to 7 ounce-equivalent servings.

So, how’s that cereal bar for breakfast working out for you lately? Odds are, you are running out of energy before the first bell. Find out why by comparing the food energy found in an egg to that provided by a cereal bar.

Use the egg nutrition label found at [eggnutritioncenter.org/wp-content/uploads/2012/04/Large-Egg-Nutrition.pdf](http://eggnutritioncenter.org/wp-content/uploads/2012/04/Large-Egg-Nutrition.pdf) and a label from a package of cereal bars to complete the chart below by comparing their nutritional value. Remember that the protein in a cereal bar can never compare to the high quality protein found in eggs. By the time you are finished, you will see that eggs *are* all they are cracked up to be!



**PARENTS!** Here’s a breakfast wake-up call to good nutrition for your child. Whether you choose a two-minute microwave egg scramble or a hard-boiled egg cooked and packed the night before, eggs can be prepared almost as quickly as your child can grab a breakfast bar. One large egg is packed with 6 grams of high quality protein, 13 vitamins and minerals, and other important nutrients.

To learn more, visit [incredibleegg.org](http://incredibleegg.org) for quick, easy, and delicious egg recipes and [choosemyplate.gov/healthy-eating-tips/ten-tips.html](http://choosemyplate.gov/healthy-eating-tips/ten-tips.html) for great nutrition tips.

AMOUNT PER SERVING	EGG		CEREAL BAR	
	G/Mg	%DV	G/Mg	%DV
Calories				
Total Fat				
Cholesterol				
Sodium				
Total Carbohydrates				
Protein				
Number of Vitamins and Minerals				