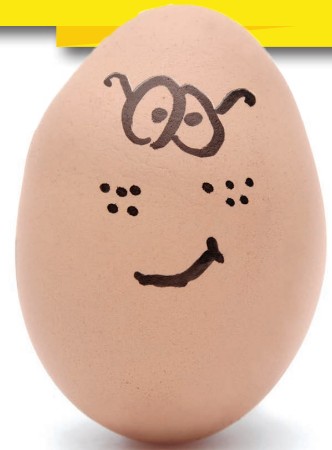


# Eat Like an Egghead



## Your Brain on Eggs

Everyone knows an egghead is a brainiac. And when you eat like an egghead—with eggs as part of your healthy diet—you literally increase your brain power! That's because eggs contain choline, which helps your brain maintain the structure of cell

membranes and relay messages from the brain through the nerves to the muscles.

Test your egghead power with these brain teasers to identify lunch, snack, and dinner dishes that feature eggs. Then find out how to prepare each dish at the recipe link at [incredibleegg.org](http://incredibleegg.org).

## Egghead Lunch Codes

Replace each letter of the code with the letter that comes after it (A = B, Z = A, etc.).

1. O Z C S G Z H

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2. A Q N B B N K H B G D C C Z Q E Q H S S Z S Z

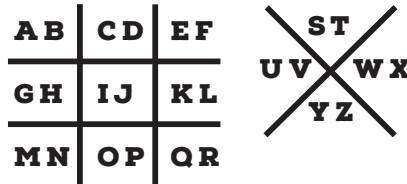
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3. D F F R Z K Z C R Z M C V H B G

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## Egghead Snack Ciphers

The section of the box or the “V” part of the “X” shown at right represents the letter you are decoding. The second letter in the box or in the “V” has a dot in the middle.



For example, “eggs” are represented as

1. Snack:

2. Snack:

3. Snack:

## Egghead Dinner Mysteries

These recipes are missing some vowels. Fill them in to reveal the recipe name.

1. Bkd ggs nd Spnch:

\_\_\_\_\_

2. Crmy Pst nd gg Skllt:

\_\_\_\_\_

3. Hm nd sprgs Strrt:

\_\_\_\_\_

Now choose one of the dishes featured in the lunch or dinner word games. Use it to create a menu that meets **MyPlate** guidelines for a balanced lunch or dinner. Write your menu on the other side of this sheet to take home and enjoy with your parents.