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Contributors

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THE EGG STORY

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THE NUTRITIOUS EGG

Our bodies need five nutrients from the food we eat – protein for growth, fats and carbohydrate for energy, and vitamins and minerals for growth, health and fitness.

Not only do eggs supply many of these nutrients, but they are also easily digested and are therefore an ideal nutritious food for people recovering from illnesses.

EGGS AND PROTEIN

Protein is found in foods such as eggs, meat, fish, milk, and cheese. Protein is the most important part of our diet, especially for children, and eggs contain the best form of protein.

One egg provides 11% of the amount of protein needed everyday. Egg protein is the best sort of protein we can eat because it contains more amino acids than any other protein.

Eggs are also the cheapest sort of protein you can buy.

Children need protein for growth and adults need protein for repair and to stay healthy.

EGGS AND FAT

Everybody needs to eat some fat to provide energy, but we shouldn't eat too much. There are three types of fat, two of which (monosaturated and polyunsaturated) are better for us than the third (saturated). Eggs are quite low in fat particularly in the 'unhealthy' saturated variety.

EGGS AND CARBOHYDRATE

Carbohydrate is found in foods such as bread, potatoes and cereals. Carbohydrate is important

because it provides energy. Some carbohydrate foods also contain fibre which is good for our digestion.

Eggs contain little carbohydrate and no fibre but they are often eaten with starchy fibrous foods. For example eggs on toast, or brown bread egg and tomato sandwiches are a very healthy choice of food.

EGGS AND VITAMINS AND MINERALS

We all need small amounts of a large number of different vitamins and minerals to keep our bodies healthy. Eggs contain eighteen vitamins and minerals, including iron which keeps our blood healthy; calcium for strong bones and teeth; and Vitamins A, B group and D. The only vitamin not contained in eggs is Vitamin C although eggs are often eaten with foods like potatoes or tomatoes which are high in Vitamin C.

EGGS AND CALORIES

All foods provide energy, which is measured in kilo calories or kilo joules. One egg contains around 80 k calories or 340 k joules which is only about 3-4% of our daily requirement. So eggs are low in calories which means they are a very good and nutritious food for anyone who is trying to lose weight.

FURTHER TEACHING SUGGESTIONS

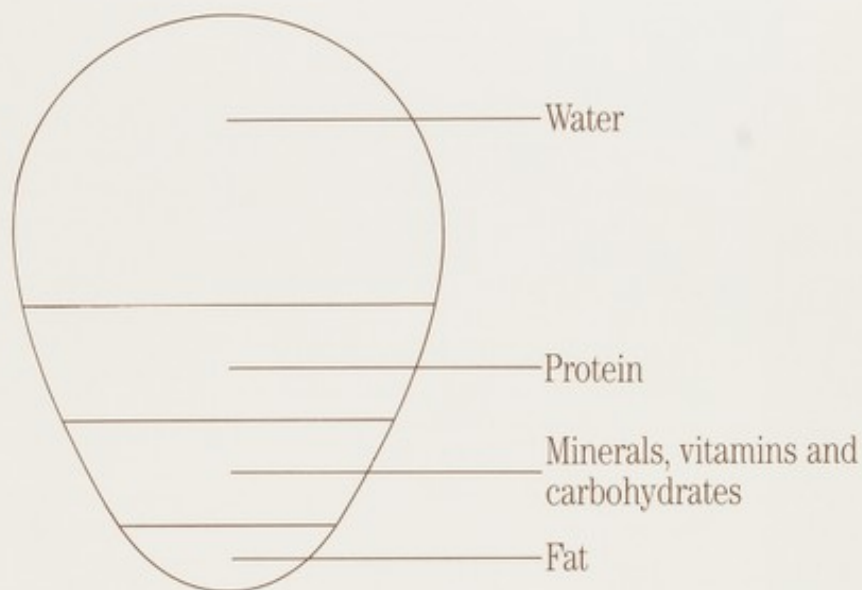
Ask the class what they ate yesterday. Were they protein, carbohydrate or fatty foods?



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This diagram shows what sort of food an egg contains:



1. Trace this diagram into your book.
2. Colour in each section in a different colour.
3. Copy these sentences and fill in the gaps.

Eggs contain protein, fat, minerals, _____,
_____ and _____. Children need
protein for _____. We need fat for
_____. There is only a little carbohydrate in
eggs but often we eat eggs with other carbohydrate foods
like _____ and _____. Eggs
contain _____ vitamins and minerals.

