

Name: \_\_\_\_\_



# WORLD EGG DAY!

World Egg Day is a global event that recognizes the nutritional value and versatility of eggs, and celebrates their importance as a food staple in diets all around the world.

**Directions:** Use your math skills to find the value of each icon and the '?' in the puzzle below.

$$\text{Carton of 8 eggs} + \text{Carton of 8 eggs} + \text{Bowl of ramen with 2 hard-boiled eggs} = 36$$

$$\text{Plate of 2 fried eggs} = \text{Rooster} - \text{Plate of 2 fried eggs}$$

$$\text{Carton of 8 eggs} + \text{Rooster} + \text{Rooster} = 28$$

$$\text{Carton of 8 eggs} = \text{Bowl of ramen with 2 hard-boiled eggs}$$

$$\text{Carton of 8 eggs} + \text{Plate of 2 fried eggs} + \text{Rooster} + \text{Bowl of ramen with 2 hard-boiled eggs} = ?$$

My Answer: ? = \_\_\_\_\_

**Answer Key:**

Egg Carton=12

Chicken=8

Fried Eggs=4

Ramen=12

**?=36**

**Fun Fact:** Eggs are one of nature's most perfect foods in terms of nutritional composition; they contain a little bit of almost every nutrient the human body needs. One large egg has varying amounts of 13 essential vitamins and minerals, high-quality protein, and healthy fats, all for about 70 calories. Additionally, the egg white is rich in protein, while the yolk is a source of both fat-soluble vitamins and essential fatty acids, making eggs a dietary powerhouse.