

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.

$$\text{Carton of 6 eggs} + \text{Carton of 6 eggs} = 6$$

$$\text{Rooster} - \text{Carton of 6 eggs} = 1$$

$$\text{Rooster} + \text{Plate of 2 fried eggs} = 10$$

$$\text{Carton of 6 eggs} + \text{Plate of 2 fried eggs} + \text{Rooster} = ?$$

My Answer: ? = _____

Answer Key:

Egg Carton=3

Chicken=4

Fried Eggs=6

?=13

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.