

Munch Minute

EASY INFORMATION FOR PARENTS



EGGS

Eggs are full of protein that gives us energy AND helps us develop strong healthy muscles. Egg yolks are one of the only natural sources of Vitamin D that we eat.

Did you know?

Eggs come from hens. The average hen lays 250 to 270 eggs a year. The white or brown colour of the egg is determined by the colour of the hen.

Eggs are great for breakfast, lunch and supper! Use eggs in salads, sandwiches, French toast or make delicious quiches and omelettes with your favourite vegetables and cheese.



How do you like to eat your eggs?

