Name _____

Read.

Eating Eggs

Talk About It!
What does the author mean by "Smart Start"?

Brain Boost

Do you want to give your brain a boost? Eat eggs. When you eat an egg, it is like giving your brain fuel. It helps your body grow well. It also helps your muscles get strong.

Smart Start

Breakfast is a perfect time to eat eggs. It starts your day right. It gives you energy that lasts a long time.

Not Just for Mornings

Any time can be a good time to eat eggs. They are great for breakfast. They are great for snacks too. Be sure to eat all of the egg. The egg white is good for you. The yellow part, or yolk, is good for you too!

Circle **yes** or **no**.

1. Eggs are good for your brain.   yes   no

2. Eggs are good for you any time of day.   yes   no

3. Only the white of an egg is good for you.   yes   no

4. Eggs give people energy.   yes   no

Note to the teacher: To prompt students' responses to the "Talk About It!" question, reread the paragraph with the matching heading. Guide students to realize that breakfast isn't the only good time to eat eggs, but it is a smart choice since eggs provide high-quality protein and long-lasting energy. Point out that students who start the day with a nutritious breakfast are more likely to do better with schoolwork, tests, and other important tasks.

Answer Key for "Eating Eggs"

1. yes
2. yes
3. no
4. yes

Name _____

incredible!
American Egg Board
Grade 1

Family Favorite

Read. Show three ways you can solve the problem.
Write the answer.

Eggs give me energy and wake my brain!

Baxter and his family love to eat eggs for breakfast!
Today Baxter eats 3 eggs.
There are 9 eggs left.
How many eggs did Baxter and his family have to start?

I can draw a picture.

I can use a number line.

1 2 3 4 5 6 7 8 9 10 11 12 13 14

I can write an equation.

The Answer
Baxter and his family had
_____ eggs to start.

Answer Key for "Family Favorite"

Baxter and his family had 12 eggs to start.

Bonus: Answers will vary.

incredible!

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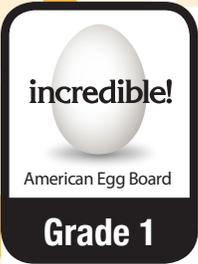
From Hen to Home

Read and do.

A lot happens before an egg gets from a farm to your plate! First, an egg farmer gathers eggs. Some farmers have machines that collect eggs. Some farmers get the eggs by hand.

Next, the eggs are washed. After the eggs are clean, the farmer checks them. He looks at the shells. He looks inside the eggs, but he does not break them. How does he see what's inside? Special lights help him see.

If the eggs look good, he puts them in cartons. He puts large eggs with large eggs. He puts small eggs with small eggs.

The eggs are packed on trucks that keep them cool. The trucks take the eggs to stores. Then people buy the eggs and take them home!

1. Circle the word **gathers**. Circle the word below with the same meaning.

   plants   cooks   collects   gives

2. How does the farmer sort the eggs? Explain. _____
   _____
   _____

3. Underline the first sentence. Write three details that support it.
   _____
   _____
   _____

Answer Key for "From Hen to Home"

1. collects
2. The farmer sorts the eggs by size.
3. Answers will vary but should include three facts from the passage.