



Grade 4

Name \_\_\_\_\_

Multistep word problems (4.OA.A.2; 4.OA.A.3)

# Breakfast by the Numbers

Read each problem. Write an equation or draw a picture that will help you solve it. Then solve the problem. Show your work; use another page if you need it.

Mom always said breakfast is the most important meal of the day.



**1** Earl E. Byrd's making breakfast. He uses three large eggs to make an omelet. Then he uses seven large eggs to make a quiche. Each large egg has 72 calories. How many more egg calories are in the quiche than in the omelet?

**2** Earl's Wake-Up Wrap is one egg, an ounce of cheese, and a tablespoon of spicy salsa wrapped in a tortilla. One tortilla has nine grams of protein, an egg's got six grams of protein, an ounce of cheese has seven grams, and salsa doesn't have any. If Earl ate two wraps, how many grams of protein would he consume?

**3** Each large egg has 72 calories. But the egg white has 55 fewer calories than the whole egg. If Earl ate four scrambled egg whites for breakfast, how many calories would his breakfast total?

**4** Kids your age should get about 1,300 milligrams of calcium each day. One large egg has 28 milligrams of calcium, and a cup of milk contains 350 milligrams. If Earl has two eggs and a cup of milk for breakfast, how many more milligrams of calcium will he need?

**5** Earl eats two eggs for breakfast every other day of the week. Robin eats six eggs for breakfast each week. Who eats more eggs in two weeks? How many more?

**6** Earl's favorite diner buys nine dozen eggs from a local farmer. The diner buys four dozen more eggs from the grocery store. The cook needs 228 eggs for the week. How many more eggs does the chef need to buy?

**Bonus:** Earl's favorite diner serves 73 scrambled eggs, 44 fried eggs, and 37 poached eggs. How many dozens of eggs did the restaurant use to complete these orders?



**incredible!**

American Egg Board

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**Answer Key for “Breakfast by the Numbers”**

1. 288 more calories
2. 44 grams of protein
3. 68 calories
4. 894 more milligrams of calcium
5. Earl eats 14 eggs. Robin eats 12 eggs. Earl eats 2 more eggs than Robin.
6. 72 more eggs

Bonus: 13 dozen

# Eggs Past and Present



Robotic packaging

## Who Ate The First Egg?

People have been eating eggs for a very long time—about six million years! The first people to eat eggs took them from nests in the wild and ate the eggs raw. There is no way to know who ate the first egg. What researchers do know is people living in Egypt and China were the first to keep hens. It's also believed that when Columbus returned to the New World in 1493, he had chickens on board. Historians suspect the chickens that lay the eggs we eat today are **descendants** of the chickens Columbus had on board.

## The Early 1900s

The United States egg industry began as a backyard business. In the early 1900s, farmers raised laying hens to provide eggs for their families. Extra eggs were sold at local farmers' markets. As the demand for eggs grew, farmers increased the size of their flocks. The farmers had more eggs to sell, but they had more problems, too. The hens were easy prey for **predators**. Fewer eggs were laid in bad weather. Sickness among the hens was also a factor. Researchers soon discovered that when hens were moved indoors, their health and egg laying improved. Many more improvements followed. Raised flooring meant hens no longer came into contact with their waste. Conveyor belts and egg washers were introduced. The result was healthier hens and more eggs.

## The Early 1960s

By the early 1960s, the egg industry was shifting from small farm flocks to larger **commercial** operations. This was due to improved machinery and technology. Today robots are common in commercial operations. Robots move and pack the eggs, and they feed hens. The production of eggs has changed a lot over the years, but one thing has not. Healthy hens and quality eggs are very important to egg farmers.

## Eggs Today

The U.S. population is steadily increasing. This means more eggs are needed. It's estimated that the average American eats about 250 eggs each year. Thanks to a high-quality diet, improved genetics, and healthier hens, egg farmers are meeting the demands.

There are many reasons eggs are so popular. Did you know there are more than 100 different ways to prepare eggs? Eggs are also used in many recipes. Eggs are **inexpensive** too, costing only about 17¢ each. And eggs are good for you. They are packed with high-quality protein. Eggs do contain cholesterol. However, recent medical research has found that the cholesterol in eggs does not increase the risk of heart disease in healthy individuals. To put it simply—eggs are eggceptional!

Write the answers.

- When the demand for eggs increased in the 1900s, what did farmers do? \_\_\_\_\_  
\_\_\_\_\_
- What are three problems early egg farmers faced? \_\_\_\_\_  
\_\_\_\_\_
- Write the bold word from the text for each meaning:
 

a. low cost _____	c. animal hunters _____
b. related to _____	d. moneymaking _____
- What is something about the egg industry that has not changed? \_\_\_\_\_  
\_\_\_\_\_
- Why are eggs a popular food choice? Give three reasons. \_\_\_\_\_  
\_\_\_\_\_



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**Answer Key for “Eggs Past and Present”**

1. Farmers increased the size of their flocks.
2. sickness among hens, predators, bad weather
3. a. inexpensive                      c. predators  
    b. descendants                     d. commercial
4. Healthy hens and quality eggs are still important to egg farmers.
5. Eggs are packed with protein, there are more than 100 ways to fix an egg, and eggs are inexpensive.



Name \_\_\_\_\_ Recognizing and correcting sentence fragments (L.4.1f)

# There Are Eggs in That?

**Grade 4**

Shade each egg that contains a complete sentence.

**1.** Many different foods and products contain eggs and egg products.

**2.** Some of them are sure to surprise you.

**3.** Albumen, or the protein from egg whites, in protein shakes.

**4.** Eggs are often used to make pet foods.

**5.** Dressings such as mayonnaise, Thousand Island Dressing, and tartar sauce.

**6.** Marshmallows are made from egg whites.

**7.** French toast egg- and milk-soaked bread.

**8.** Eggs to make rich and creamy ice cream.

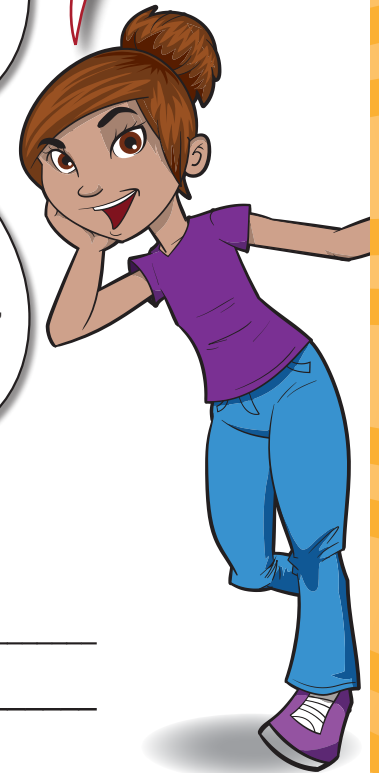
**9.** Eggs' fatty acids are used in make-up and lipstick.

**10.** Are used to make vaccines such as the flu vaccine.







**11.** Beaten eggs brushed on bread dough make the crust golden.

**12.** In some buttercream frosting recipes, egg yolks, sugar, and butter.

***Bonus:** Create an egg-shaped miniposter that explains how to spot sentence fragments.*



Write the number of each sentence fragment in an egg below. Then rewrite the fragment to make it a complete sentence.

 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



**incredible!**

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**Answer Key for “There Are Eggs in That?”**

Statements 1, 2, 4, 6, 9, and 11 are complete sentences.  
Statements 3, 5, 7, 8, 10, and 12 are sentence fragments.  
Students’ corrected sentences will vary.

Bonus: Answers will vary.