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American Egg Board

Grade 6

Name \_\_\_\_\_

Writing an argument (W.6.1)

# An Eggcellent Idea

In the United States, the Food and Drug Administration (FDA) monitors and enforces food labeling laws. Food labels—such as those found on the egg carton in your refrigerator—must be accurate.



**Directions:** Complete this and two other copies of this page to plan an essay that argues the claim below. Remember: an argument is an opinion that is supported by facts, or evidence.

**Claim:** Reading nutrition labels can be an effective way to maintain a healthy lifestyle.

**Main Point #1:**

When you read the nutrition label on an egg carton, you'll learn that one egg has **six grams of all-natural, high-quality protein**. That's great news for anyone who wants to make sure what he eats does his body good!



Supporting fact/evidence:

Source:

Supporting fact/evidence:

Source:

Supporting fact/evidence:

Source:

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Name \_\_\_\_\_ Finding percent of a quantity as a rate per 100 (6.RP.A.3c)

# Breakfast—It's a Big Deal!

Which is a better breakfast—a couple of breakfast bars or a couple of scrambled eggs? Find out which breakfast meets more of your daily nutritional requirements by comparing the percent of daily values they meet.



One way to find percent is to create a part to whole ratio.

There are 30.8 micrograms of selenium in two eggs. You need 70 micrograms of selenium each day.

Part	Whole
30.8	70
$p$	100

$$\frac{30.8}{70} = \frac{p}{100}$$

$$0.44 = \frac{p}{100}$$

$$44\% = \frac{p}{100}$$

If you eat two eggs for breakfast, you will consume 44% of your daily selenium requirements.

**A** Complete the table. Show your work on another page.

Nutrient	Daily Values	Nutrient Content in 2 large eggs	Percent of Daily Values Met	Nutrient Content in 2 oatmeal breakfast bars	Percent of Daily Values Met
Calories	2,000	144		220	
Total Fat (grams)	65	9.6		10	
Sodium (milligrams)	2,400	142		148	
Potassium (milligrams)	3,500	138		168	
Protein (grams)	50	12.6		6	
Vitamin A (International Units)	5,000	540		75.6	
Selenium (micrograms)	70	30.8	44%	8.2	

**B** Study the table. Which food do you think provides a more nutritious breakfast? Explain. \_\_\_\_\_

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**Bonus:** Two eggs also provide 24% of the 1.7 milligrams of riboflavin you need in one day. How many milligrams of riboflavin are in two scrambled eggs?



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### Answer Key for “Breakfast—It’s a Big Deal!”

A.

Nutrient	Daily Values	Nutrient Content in 2 large eggs	Percent of Daily Values Met	Nutrient Content in 2 oatmeal breakfast bars	Percent of Daily Values Met
Calories	2,000	144	7.2%	220	11%
Total Fat (grams)	65	9.6	14.8%	10	15.4%
Sodium (milligrams)	2,400	142	5.9%	148	6.2%
Potassium (milligrams)	3,500	138	3.9%	168	4.8%
Protein (grams)	50	12.6	25.2%	6	12%
Vitamin A (International Units)	5,000	540	10.8%	75.6	1.5%
Selenium (micrograms)	70	30.8	44%	8.2	11.7%

B. Answers will vary.

Bonus: .41 milligrams