	Name		Cond	ducting a short research project (W.7.7)
incredible! American Egg Board	Cracking the Code!			
Grade 7				Selenium, folate, choline—just what do all the terms on a nutrition label mean anyway? Crack the code by selecting one of the nutrients found in one large egg. Use reference materials to complete the form, using the back of this page if necessary. List your sources on the back of this page or another sheet of paper stapled to this page. Then prepare a short report to share with the class.
Some of the	Nutrients in On	ne Large Fag	Nutrient:	
Protein Choline Riboflavin	Seleni Phosp	Selenium Phosphorus Calcium		need each day?
Folate Vitamin D Vitamin A Vitamin B1	Iron Zinc Potassium 2	What foods besides eggs	s are rich in this nutrient?	
How does this nutrient benefit your body and overall health? What happens if you do not get enough of this nutrient?				
Interesting facts about this nutrient:				
What other question about this topic could you research further?				