Eggs – A Wise Buy

Pre-reading

Questions:

• Do you like eggs?
• How do you use them?

Definitions:

• Vitamins – substances needed to keep the body healthy and working well
• Iron – a chemical needed for the growth and life of all living things
• Wise – able to make good decisions

Reading

Mary is grocery shopping. She likes to buy healthy foods. She wants her family to be healthy. She also likes to buy inexpensive foods. She does not want to spend much money. One item she chooses is eggs. They are healthy and do not cost much money. Plus, they taste good!

Eggs are a healthy food. They have a lot of protein. Protein builds muscle in the body. Eggs are also rich in vitamins and iron. Eggs are a healthy choice for people of all ages. Young and old can chew them easily.

Eggs are a good buy. You get many for your money. There are at least 12, or a dozen, in every carton. They cost less than meat and cheese. They cost less than chips and pizza. Medium sized eggs cost about $1.00 a dozen. Large eggs cost about $1.10 a dozen.

Mary is a smart shopper. She knows that buying eggs is a wise choice. She is helping her family stay healthy and is saving them money.

Level 3.5
Understanding

1. Why are eggs a healthy food? ____________________________________________

2. What does the phrase “a good buy” mean? ________________________________

3. If Mary bought 3 dozen eggs, how many eggs did she buy? ________________

4. Why would eggs be a good food for young children? _______________________

5. What does the word inexpensive mean? _________________________________

Writing

In your own words, write about eggs. How do you use them?

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