

# 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

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

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

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

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

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