

## 'Eggcellent' egg sandwiches

There are so many different ways to promote learning with this 'eggcellent' activity!

### Learning aims

- Find out about living things
- Understand where our food comes from
- Practice good hygiene procedures
- Make healthy choices
- Gain independence and self-care skills
- Work with others
- Learn to share and take turns
- Making choices



### Resources

- Eggs
- Small bowls
- Pan
- Slotted spoon
- Children's cutlery knives
- Tomatoes
- Cress
- Bread
- Butter
- Recipe books
- Images/books with pictures of eggs/hens etc.

## Activity Outline

- Introduce the activity
- In small groups, show the children the eggs and ask if they know where they come from. Talk about different types of eggs e.g. hen eggs, duck eggs etc.
- Give each child an egg to hold. Encourage them to handle the egg gently so it doesn't break. Talk to them about the shell of the egg and what it feels like
- Break an egg into a bowl. Talk about the different parts of the egg (white and yolk) inside the shell. Encourage children to talk about what they see
- Next, explain you are going to cook the egg. Talk about the importance of handwashing between handling the raw egg and the cooked egg. Also remind children about the dangers of hot water and keeping safe
- Boil the eggs in the kitchen away from children and allow them to cool
- In the meantime, encourage children to wash their hands, talking about the importance of good hygiene procedures when handling food
- Get the children to help prepare and set out the ingredients and resources needed for making sandwiches
- Support children to butter their own bread and prepare the additional filling e.g. slice/chop tomatoes, pick and wash the cress
- When cool give each child an egg. Talk about the differences between the raw and cooked eggs, and support children to remove the shell of the egg
- Help children to chop up the egg and choose an additional filling e.g. tomato, cress. Support them to make their own sandwich whilst discussing the health benefits of eggs and the other fillings
- Enjoy!

## Extending the activity

- Carry out a baking activity, such as making cakes, to show how eggs can be used in baking
- Make scrambled egg with the children. Encourage them to whisk the raw eggs and notice the difference when cooked - then serve it up!
- Visit the shops to buy ingredients
- Visit a farm to find out more about where eggs come from.

## Special considerations

- *Children with egg allergies.*