

Egg and cheese quesadilla

KS2 | Home cooking



Age: 7-10

Time: 20-30 minutes

Adult support: Required throughout

Why do this recipe at home?

Children learn:

- to make a healthy snack and explore healthy eating.
- to weigh and measure out ingredients accurately.
- practical cooking skills, such as cracking eggs, spreading, folding and cutting safely.

Important information

- An adult must stay with the child at all times.
- Adults should do, or closely supervise, any steps with frying pans and knives.
- Encourage handwashing before and after the activity.
- Make sure your child has no allergies to any of the food before starting.

Curriculum link:

Design & Technology – Cooking and Nutrition: Use the basic principles of a healthy and varied diet to prepare dishes.

Ingredients (makes 1 portion):

- 1 large British Lion egg
- 1 small carrot
- 1 small courgette
- 1 small pepper
- 2 small flour tortillas
- 30g cheddar cheese, grated
- (Optional) a pinch of dried herbs, basil or chives
- Sunflower or vegetable oil

Multiply ingredients for more children.

Equipment:

- Mixing bowl
- Fork or whisk
- Grater
- Chopping board
- Knife (adult supervised)
- Frying pan (adult use only)
- Plate and napkin
- Spoon
- Apron (optional)



Let's make egg and cheese quesadillas!

Step 1: Prepare

- Wash hands and tie back hair.
- Set up your workstation with all ingredients and equipment.

Talking points

"Why do we wash our hands before cooking?"

"Why is it important to have a clean workspace?"

Step 2: Crack the egg

- Crack the egg into a mixing bowl carefully.
- Tap on the side of the bowl and pull apart the shell.
- Look for any shell pieces and remove with larger piece of shell or fingers.

Talking points

"Why do we crack eggs carefully?"

Step 3: Prepare the vegetables

- Wash the carrot, courgette, and pepper.
- Peel the carrot and trim the ends of the carrot and courgette.
- Grate the carrot and courgette.
- With an adult, chop the pepper into small pieces.

Talking points

"Why do we wash vegetables before using them?"

"How do the vegetables feel before they are cooked?"

Step 4: Mix the filling

- Add the vegetables, eggs, and most of the cheese into the mixing bowl.
- Add herbs if using.
- Fold gently with a spoon or spatula to combine.

Talking points

"What happens to the egg when we mix it?"

"Why do we fold gently instead of stirring very fast?"

"Which ingredient do you think will change the most when it's cooked?"

Step 5: Cook the quesadilla

- Ask an adult to place the quesadilla on a hot griddle, frying pan, or baking tray.
- Cook for 2–3 minutes on each side until golden and the cheese has melted.

Talking points

"What changes can you see as the quesadilla cooks?"

"How can you tell when the quesadilla is ready?"

Step 6: Serve and enjoy!

- Allow the quesadilla to cool slightly.
- Cut into small triangles.
- Eat and enjoy!

Talking points

"Would you change anything if you made this again?"

Finish

- Talk about the taste, texture, and smell of the quesadillas.
- Tidy up and wash hands.

Talking points

"What do you like about it?"

"How could we make this healthier next time?"

Learning extension

Cooking & Nutrition

- Children could sort the ingredients into food groups (protein, vegetables, dairy, grains)
- Children could talk about why eggs and cheese help keep us feeling full and give us energy.

Science

- Explain or write about what happens to eggs and cheese when they are heated, including how the egg sets and the cheese melts.
- Children could describe the changes they see, smell, and feel during cooking.

Parent tip

Cooking with your child is about learning, talking and trying, not making something look perfect. The most important part of this activity is the process.

- Let your child touch, smell and look closely at the ingredients.
- Talk about what changes as you cook: colour, texture and smell.
- Ask open questions like:
 - "What do you notice?" or "What do you think will happen next?"
- Let your child choose how much filling to add or how much cheese to sprinkle.
- Encourage them to think about what they might change next time.

Remember, KS2 learning is about confidence, curiosity, and skill-building. The goal is to enjoy cooking together, explore flavours, and develop independence, not to create a perfect quesadilla.