

Egg and cheese quesadilla

KS2 | Teacher guide



The recipe in this pack is designed to help children explore cooking in a fun, practical, and safe way. An adult should be present for all activities. Adults should carry out or closely supervise any steps involving boiling water, handling hot trays or using the hob to ensure children's safety.

Choose recipes that are suitable for your children's abilities, so they can take part safely and enjoy the experience.

This recipe is designed for a class of 30 KS2 children to make egg and cheese quesadillas. It focuses on preparing a healthy, savoury snack or lunch. Children will take part in the food preparation while learning about healthy eating choices, observation skills, and following instructions.

Before you begin:

Group children into groups of 5. Check the class for food allergies and any dietary restrictions (e.g. eggs, dairy and gluten allergies).

This preparation can be done by a classroom assistant during setup or the previous lesson.

- Pre-weigh and prepare vegetables (carrot, courgette and pepper). Each group will receive pre-portioned veg.
- Measure out the cheese, eggs and optional herbs for each group.
- Grate the cheese.
- Set up each group's workstation with:
 - Bowls of pre-measured ingredients
 - Mixing bowl, spoon or spatula
 - Baking tray or frying pan (adult use only)
 - Plates or napkins

Curriculum link:

Cooking and Nutrition – prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

Ingredients for 30 children/ 6 groups of 5:

- 30 large British Lion eggs (1 per child)
- 6 medium carrots
- 4 medium courgettes
- 6 medium peppers
- 900g cheddar cheese, grated
- 30 wholewheat or plain tortillas
- (Optional) herbs, basil or chives
- Sunflower or vegetable oil

Equipment:

- 6 mixing bowls (1 per group)
- Frying pans (adult use only)
- 6 forks or whisks (1 per group)
- Plates or napkins (1 per child)
- Paper towels
- Table coverings or mats
- Aprons (if available)



Egg and cheese quesadilla

Step 1

- Explain to the children that today they are making egg and cheese quesadillas.

Ask if anyone has eaten quesadillas before. Explain that these are a simple, healthy version filled with eggs, cheese, and vegetables.

Step 2

- Instruct the children to carefully crack their eggs into the mixing bowl.
- Demonstrate tapping the egg on the side of the bowl, breaking it open, and then checking for any shell pieces. Remove any shells using a larger piece of eggshell or a finger.

Step 3

- Add the prepared vegetables, grated cheese, and optional herbs into the bowl.
- Fold gently to combine the ingredients. Explain to the children that folding is a mixing technique that keeps the mixture light.
- Ask the children which ingredient they think will change the most during cooking.

Step 4

- An adult carefully pours the egg mixture into a lightly oiled frying pan or onto a baking tray to make a thin omelette layer.
- Cook on a medium heat until the egg is set but still soft.

Step 5

- Lay a tortilla flat.
- Spoon some of the cooked egg mixture onto one half of the tortilla.
- Fold the tortilla over to cover the filling. Sprinkle a little extra cheese on top if desired.

Step 6

- An adult places the quesadillas into a hot frying pan.
- Cook for 2–3 minutes on each side until the tortilla is golden and the cheese has melted.

End the lesson

- Allow the quesadillas to cool slightly before cutting into smaller triangles.
- Talk to the children about the taste, texture, and smell of the quesadillas.
- Ask if they would make any changes next time, such as adding more vegetables or different herbs.

Optional extension:

While the quesadillas are cooking, children could:

- Observe the raw ingredients, describing their colour, smell, texture, and shape.
- Predict how the egg and cheese will change once cooked.
- Draw the quesadilla before and after cooking, labelling the changes.

Future learning:

- Explore the science of cooking eggs and why they bind other ingredients together.
- Use maths to scale the recipe up or down for different group sizes or family portions.