

1. Boil the egg

- Ask an adult to fill a small saucepan with water and bring it to a boil.
- Carefully lower the egg into the water.
- Set a timer for 4–5 minutes for a soft-boiled egg.
- Watch safely while the egg cooks.



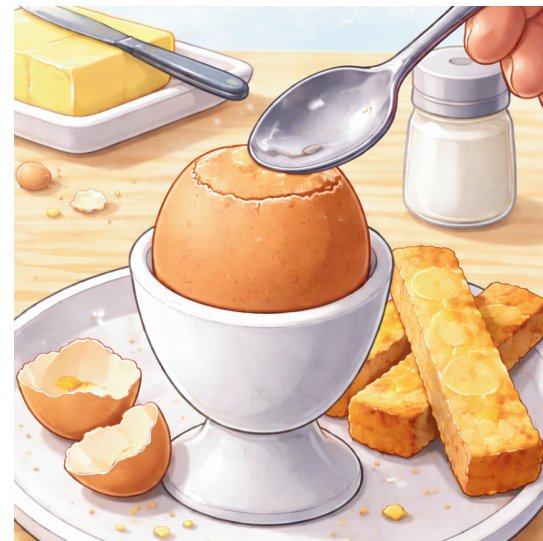
2. Prepare the bread

- Put the bread in the toaster.
- Once toasted, carefully remove it.
- Butter the bread to the edges.
- Cut the toast into long strips called soldiers.



3. Prepare the egg for dipping

- When the egg is cooked, ask an adult to remove it from the saucepan.
- Place the egg in an egg cup and let it cool slightly.
- Gently tap the top with a spoon and peel off the shell.



4. Dip the soldiers

- Pick up a toast soldier.
- Dip it carefully into the soft yolk.
- Enjoy the egg and soldiers while warm.



5. Clean up

- Tidy up your space and put away the equipment.
- Wash your hands and wipe the table.
- Talk about what you liked and what you would do differently next time.

