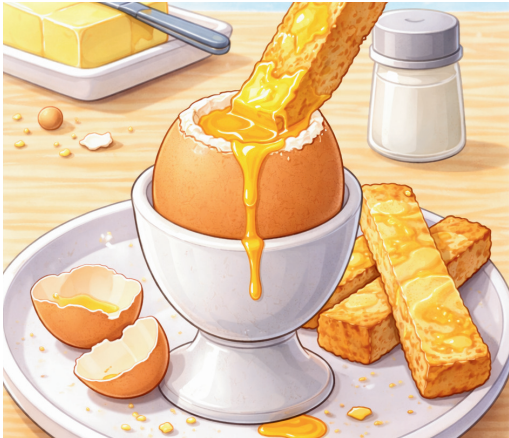


Eggs and soldiers

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.
- learn practical cooking skills, such as cracking eggs, spreading, toasting and cutting safely.

Important information

- An adult must stay with the child at all times.
- Adults should do, or closely supervise, any steps with boiling water, toasters, or 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
- 2 slices of bread (white or wholemeal)
- Butter or spread (to taste)
- Optional: a pinch of salt and pepper

Multiply ingredients for more children.

Equipment:

- Small saucepan with lid (adult use only)
- Toaster (adult supervised)
- Egg cup or small bowl
- Knife (for cutting toast, adult supervised)
- Spoon
- Plate and napkin
- Timer
- Apron (optional)



Let's make eggs and soldiers!

Step 1: Prepare

- Wash hands and tie back hair.
- Fill the saucepan with water and put it on the hob (adult only).

Talking points

"Why do we need to have the water boiling before we put the egg in?"
"Why do we wash our hands before cooking?"

Step 2: Toast the bread

- Place the bread in the toaster.
- Once toasted, carefully remove and spread butter to the edges.
- Cut the toast into long strips. These are the soldiers.

Talking points

"Why do you think the strips of toast are called soldiers?"

Step 3: Boil the egg

- An adult carefully lowers the egg into the boiling water.
- Set a timer for 4-5 minutes for a soft-boiled egg.

Talking points

"What do you think happens to the egg inside the shell?"
"Why do we need to be careful around hot water?"

Step 4: Prepare the egg for dipping

- When the egg is cooked, the adult removes it from the saucepan and places it into an egg cup.
- Allow it to cool slightly.
- Demonstrate how to gently tap the top of the egg with a spoon and peel the shell.

Talking points

"Why must we be gentle with the egg?"
"What changes do you notice about the egg when it's cooked?"

Step 5: Eat and enjoy!

- Dip the toast soldiers into the runny yolk and eat.

Talking points

"What does the egg taste like?"
"How does the texture change when you dip the toast in it?"

Finish

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

Talking points

"What do you like about it?"
"Would you cook the egg differently next time?"

Learning extension

Cooking & Nutrition

- Children could sort the ingredients into food groups (protein, vegetables, dairy, grains)

Science

- Explain or write about how heat changes the egg from liquid to solid.

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 butter to add or how thick to cut the soldiers.
- 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 dish.