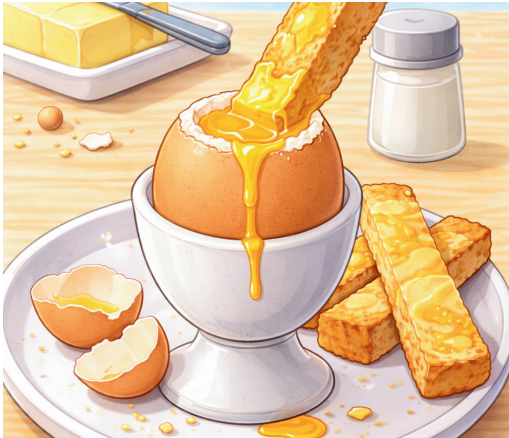


Eggs and soldiers

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 pans, using toasters or cutting, 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 eggs and soldiers. It focuses on preparing a simple healthy breakfast or lunch dish. 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. egg or gluten allergies).

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

- Fill saucepans with water and place on the hob ready to boil (adult use only).
- Set up toasters in a safe area away from children.
- Pre-portion butter for each group.
- Set up each group's workstation with:
 - Plates and egg cups
 - Butter knives (or plastic knives for safety)
 - Napkins
 - One saucepan allocated per group (adult managed)

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)
- 15 – 18 slices of bread (white or wholemeal, 2–3 slices per group)
- Butter or margarine

Equipment:

- 6 saucepans with lids (adult use only)
- 6 toasters (adult use only)
- 6 egg cups (or small bowls)
- Plates (1 per child)
- Butter knives or plastic knives
- Spoons
- Timers
- Napkins or paper towels
- Aprons (if available)



Eggs and soldiers

Step 1

- Explain to the children that today they are making eggs and soldiers, a traditional savoury breakfast dish. Ask if anyone has eaten eggs and soldiers before. Explain that eggs are a good source of protein and help keep our bodies strong and full of energy.
- Show the children a raw egg and discuss where eggs come from and why they must be handled carefully.

Step 2

- An adult carefully lowers the eggs into boiling water. Explain that boiling water is very hot and must only be handled by adults.
- Set a timer for 4–5 minutes for soft-boiled eggs. While the eggs are cooking, ask the children to predict what will happen to the egg inside the shell.

Step 3

- While the eggs cook, children butter their bread slices.
- An adult places the bread into the toaster and supervises removing the toast once cooked.
- Children carefully cut the toast into thin strips called “soldiers”. Explain why they are called soldiers (because they stand up to attention in the egg) and how they are used to dip into the egg.

Step 4

- Once cooked, an adult removes the eggs from the pan and places them into egg cups. Allow them to cool slightly.
- Demonstrate how to gently tap the top of the egg with a spoon and peel away the shell.

End the lesson

Children dip their toast soldiers into the egg yolk and eat. Reflect by asking the children how the egg could be cooked differently next time. End the lesson.

Optional extension:

- Whilst the eggs are cooking, children could observe a raw egg and describe its colour, shape, and texture. After cooking, they can compare the cooked egg to their predictions.
- Children could also draw an egg before and after cooking and label what has changed.

Future learning:

- You could explore the science of cooking by investigating how heat changes eggs from liquid to solid.
- Children could also use maths to calculate how many eggs and slices of bread would be needed for different class sizes or for a family at home.