

Eggs in a mug

KS1 | Home cooking



Age: 5–7

Time: 15–20 minutes

Adult support: Required throughout

Why do this recipe at home?

Children learn:

- Make a healthy snack
- Learn that eggs and vegetables are good for your body
- Practise fine motor skills such as, cracking, stirring, and adding ingredients
- Explore cause and effect by observing what happens to eggs when cooked

Important information

- An adult must stay with the child at all times.
- Adults should handle microwaving, chopping, and any slicing.
- Wash hands before and after cooking.
- Check for food allergies before starting.

Before you start (adult preparation):

- Grate cheese if using.
- Pre-crack egg into a small bowl if your child needs help.
- Wash vegetables if using.

Curriculum link:

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

Ingredients for 1 child:

- 1 egg
- A splash of milk (about 1–2 tablespoons)
- A small amount of grated cheese (optional)
- 1–2 cherry tomatoes (optional)
- ½ pitta bread or slice of bread (optional)

(Adjust quantities for siblings or multiple children.)

Equipment:

- 1 microwave-safe mug or small bowl
- 1 fork or small whisk
- Spoon
- Paper towel or table mat
- Apron (optional)



Let's make eggs in a mug!

Step 1: Crack the egg

- Let your child crack the egg into the mug, helping them if needed.
- Look carefully for any pieces of shell and remove them.
- Tip: Use part of the eggshell to pick up any small bits if needed.

Talking points

"What does the egg look like inside the shell?"

Step 2: Mix and add extras

- Add a small splash of milk.
- Mix with a fork until it's all combined.
- Sprinkle a little grated cheese on top if you like.

Talking points

"How does the mixture look now?"
"What do you think will happen when it cooks?"

Step 3: Cook the egg

- Adults put the mug into the microwave for 1 minute on high.
- Wait until the egg is completely cooked.

Talking points

"What happens to the egg when it's cooked?"
"Why can't we eat eggs raw?"

Step 4: Add vegetables (optional)

- Let the egg cool for 30 seconds.
- Add cherry tomatoes if you like.
- Serve with pitta bread or slice of bread.

Finish

- Eat together and talk about what the child enjoyed most.
- Wash hands and tidy up.

Learning extension

Observation & science

- Draw the egg at different stages: in the shell, cracked in the mug, and cooked.
- Ask: "What changed?" "What does it look like now?"

Writing & speaking

- Write a simple sentence:
 - "I cracked an egg in the mug."
 - "My scrambled egg has cheese on top."

Sequencing & memory

- Ask your child to repeat the steps they took in order.
- You could write or draw the steps together.

Parent tip

Focus on talking, observing, and celebrating creativity rather than making the eggs look perfect. Praise effort and curiosity, this builds confidence in the kitchen and supports early science and writing skills.