

Eggs in a mug

KS1 | Teacher guide



The recipe in this pack is designed to help younger children explore cooking in a fun and simple way.

An adult should be present for all activities, and should carry out any steps when using knives, the oven, microwave or the hob.

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 KS1 children to make scrambled eggs and vegetables in a mug. It focuses on preparing a fun healthy snack. Children will learn about nutrition and practice fine motor skills.

Before you begin:

Group children into groups of 5. Arrange a workstation for each group or this could be done on rotation with each group. If microwaves are limited, ensure you have enough helpers to allow for group rotations. Ensure that the children have washed their hands prior to starting.

The following steps could be completed by a classroom assistant if available whilst the teacher is delivering an input or setting up the classroom with the children. If possible, this could also be done during the previous lesson.

Grate the cheese and place into small bowls, one for each group.

For children that may find it difficult, pre crack the egg into a small bowl for them to use.

Curriculum link:

Cooking and Nutrition – use the basic principles of a healthy and varied diet to prepare dishes.

Ingredients for 30 children/ 6 groups of 5:

- 30 medium British Lion Eggs
- 2 pints of semi-skimmed milk
- Block of mild cheddar (grated)
- 30 cherry tomatoes
- (optional) 15 pitta breads (halved)

Equipment:

- 30 microwave-safe cups or small bowls
- Fork or whisk for each child
- Spoons for each group
- Microwave(s)
- Paper towels
- Table coverings or mats
- Aprons (if available)



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Step 1

- Instruct the children to crack the egg carefully into the cup.
- Make sure that they check for any shell that may have fallen in and remove it.
- A good tip for this is to use the shell of the egg to get out the small pieces as it sticks.

Step 2

- Children then add a tiny splash of milk into the cup and mix with a fork.
- They can now add a bit of cheese on the top of their egg mixture if they choose.

Step 3

- Tell the children that now the mugs will be put into the microwave. Explain that it is not usually safe to eat uncooked eggs.
- Ask the children if they know what will happen to the eggs whilst they are in the microwave. What will they look like when they come out?
- Place each cup into the microwave for 1 minute on high, ensuring the eggs are completely cooked.

End the lesson

- Remove the mug from the microwave and explain to the children to let their eggs cool down before touching the cup. About 30 seconds.
- Children can now add cherry tomatoes into their mugs if they wish.
- If provided, children can eat their eggs with the pitta bread.
- Lead children in tidying up the workstation and washing hands again at the end to finish.

Optional extension:

- Children could draw a picture of the egg at different stages. In the shell, cracked in the mug and the cooked scrambled egg. Write a sentence about each, explaining the difference. Prompt children to think by asking 'What do you notice about the egg at each stage?' and 'What changed when we cooked the egg?'