

Egg & cress dip

KS1 | Home cooking



Age: 5–7

Time: 20–25 minutes

Adult support: Required throughout

Why do this recipe at home?

Children learn:

- to make a healthy snack.
- that eggs and vegetables help our bodies.
- fine motor skills such as, mashing, mixing, and peeling.
- to talk about what they are doing.
- Encourages healthy eating habits.

Important information

- An adult must stay with the child at all times.
- Adults should do any boiling or chopping with sharp knives.
- Encourage handwashing before and after the activity.
- Make sure your child has no allergies to any of the food before starting.

Before you start (adult preparation):

Parents can prepare this before the activity or talk through it while doing it:

1. Cook the eggs. Place the eggs in a medium pan of cold water. Place on the hob and slowly bring to the boil, when boiling simmer for 7 minutes.
2. Drain the eggs, rinse in cold water and tap the shells all over, leave to cool.

Curriculum link:

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

Ingredients for 1 child:

- 4 British Lion eggs
- 4 tablespoons mayonnaise
- 1 small handful of cress (finely chopped)
- A small selection of things to dip, e.g.:
 - Cucumber sticks
 - Carrot sticks
 - Breadsticks
 - Pitta pieces

Equipment:

- Saucepan
- Small bowl
- Fork
- Spoon
- Plate or napkin
- Paper towel or mat
- Apron (optional)



Let's make the dip!

Step 1: Peel and mash the eggs

- Carefully, your child can peel the eggs and place the eggs into a bowl (check for any pieces of shell and remove these).
- Mash the eggs with a fork until the egg is in small pieces.
- Child adds a spoonful of mayonnaise to the egg and stirs.

Talking points

"What do you think eggs help our bodies do?"

"Are eggs healthy or unhealthy?"

Step 2: Add the cress

- Child sprinkles in the finely chopped cress to the mixture.
- Mix everything together.
- Optional: Add salt and pepper to taste.

Talking points

"You could discuss with your child how adding seasonings (salt and pepper) changes the flavour. They could tell you whether they think it needs seasoning."

Step 3: Serve

- Child spoons the dip into smaller pots and places their selected dippers around it.

Talking points

Discuss with your child what dippers they have chosen and why.

Finish

- Dip the chosen dippers into the egg and cress dip and enjoy.

Talking points

Discuss with your child what it tastes like and if they would make any changes if following this recipe again.

Learning extension

Drawing

- Draw the dip and dippers.

Writing

- Write a simple sentence, for example:
 - "I made egg and cress dip."

Speaking & sequencing

- Ask your child to tell you the steps you followed in order.
- Ask: "What did we do first?"

Parent tip

Keep the focus on talking and trying, not perfection. Praise effort, independence, and creativity, this is exactly what learning in KS1 looks like.