

# Egg & cress dip

## 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, 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 egg and cress dip. 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. Ensure that all ingredients are pre-measured. Check the class for food allergies and any dietary restrictions.

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.

Boil the eggs. They should be hard boiled and have firm yolks, not runny.

Make sure the eggs are cooled before giving them to the children.

Wash and finely chop the cress (or snip with scissors).

Set up each group table with:

- Bowls
- Forks
- Spoons
- Paper towels

Prepare the food that is being served with the dip:

- Vegetables
- Breadsticks
- Pitta pieces

### 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:

- 24 large British Lion eggs
- 1 jar low fat mayonnaise (roughly 3 tbsps per group)
- Salt and pepper to taste
- 15 pitta breads (halved)
- 1 bag carrot sticks
- 1 box breadsticks

### Equipment:

- 5 large mixing bowls (1 per group)
- 10 spoons (2 per group)
- 15 small bowls (1 between two)
- Small bowls or plates for the vegetables
- Paper towels
- Table coverings or mats
- Aprons (if available)



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## Step 1

- Explain to the children that today they are going to make an egg and cress dip.
- Tell them that the eggs are already cooked and cooled, so they are safe to touch.
- Instruct children to wash and dry their hands and return to their group table.
- Tell the children that they will be practising skills in peeling, mashing and mixing.

*The teacher and classroom assistant can circulate to support as appropriate.*

## Step 2

- In their groups, children need to peel the boiled eggs and place them into the mixing bowl (there are four per group so enough for one between two with one extra). Tell children to look for any shell that may have accidentally ended up in the bowl and remove it.
- Taking it in turns, children pass the mixing bowl around the group and mash the eggs with a fork. Once completely mashed, they add a spoon of mayonnaise and a bit of cress into the mashed egg.
- If you have adult support for this lesson, you may wish for an adult or yourself to circulate the classroom to check that children have enough ratio of egg to mayo and enough cress before continuing.

## Step 3

- Ask children to mix the egg, cress and mayonnaise together until smooth.
- Children can now add salt and pepper into the mixture if they wish and taste it to check they are satisfied with the ratios of cress and mayonnaise.
- Once satisfied, children should spoon a small amount of mixture into the smaller bowls (one between two).

## End the lesson

Children can now take some of the vegetables, pitta or breadsticks and dip into the egg and cress. Lead children in tidying up the tables and washing hands again at the end to finish.

**Optional extension:**

- If you have other ingredients available, children could experiment with adding these into the mixture and talk about how it changes the flavour.

**Future learning:**

- Children could draw or write their own recipe cards following completing this activity, with the steps they followed.
- You could also follow-up this lesson with another egg recipe, observing how an egg changes when it is cooked.