

Egg faces

KS1 | Home cooking



Age: 5–6

Time: 20–30 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, spreading, mixing, and placing.
- to talk about what they are doing.

Important information

- An adult must stay with the child at all times.
- Adults should do any boiling, peeling, 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:

Cook the eggs (adult only). Place the eggs in a medium pan of cold water. Place on the hob and slowly bring to the boil. When boiling begins simmer for 5 1/2 minutes.

Drain the eggs, rinse in cold water and tap the shells all over, leave to cool.

Once the eggs are cool, peel the eggs.

Cut one egg into slices and reserve for the eyes. Chop the other egg into small pieces.

Cut the roll in half.

Prepare the vegetables.

Curriculum link:

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

Ingredients for 1 child:

- 2 British Lion eggs
- 1 wholemeal roll or slice of bread
- 1–2 spoons of mayonnaise
- A small selection of vegetables, e.g:
 - Cucumber
 - Cherry tomatoes
 - Red pepper
 - Olives
 - Cress or salad leaves

(Use what you already have at home.)

Equipment:

- 1 bowl
- 1 spoon
- Plastic knife or spoon for spreading
- Plate or napkin
- Paper towel or mat
- Apron (optional)



Let's make egg faces!

Step 1: Make the egg mix

- Put the chopped egg into the bowl.
- Add mayonnaise.
- Your child mixes with a spoon.

Talking points

"What do you think eggs help our bodies do?"
"Are eggs healthy or unhealthy?"

Step 2: Spread the egg

- Give your child half a roll.
- Help them spread the egg mix on top.
- Place two egg slices on top for the eyes.

Talking points

"Can you spread it to the edges?"

Step 3: Make a face

- Your child chooses vegetables to make a face.
- Encourage them to add:
 - Eyes
 - Nose
 - Mouth
 - Hair

Talking points

"What vegetable are you using?"
"What colour is it?"

Finish

- Eat the egg face together.
- Tidy up and wash hands again.

Learning extension

Drawing

- Draw the egg face and colour it in.

Writing

- Write a simple sentence, for example:
 - *"I made an egg face."*
 - *"My egg face has cucumber hair."*

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.