

Egg faces

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 faces (bread rolls with an egg mayonnaise and vegetable topping). 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.

Cook the eggs in a pan of cold water. Slowly bring to the boil. When boiling, lower the heat and simmer for 5 and a half minutes.

Drain the eggs. Allow to cool and then peel away the shells.

Slice 16 of the eggs into 4 slices.

Chop the remaining eggs into small pieces.

Slice each roll in half.

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 medium British Lion eggs
- 1 jar mayonnaise
- 15 soft wholemeal rolls
- 1 cucumber
- 1 pack cherry tomatoes
- 2 red peppers
- Jar of pitted black or green olives
- Punnet of cress or baby leaf salad

Equipment:

- 5 large mixing bowls (1 per group)
- 10 spoons (2 per group)
- Plastic knives (for spreading)
- Plates or napkins (1 per child)
- Small bowls or plates for the vegetables
- Paper towels
- Table coverings or mats
- Aprons (if available)



Egg Faces Recipe

Step 1

- Explain to the children that the egg mix has been made from eggs that have been boiled in water, the shells have been removed, and the egg has been chopped up.
- Instruct the children to make the egg mix.
- Add the mayonnaise and chopped egg into the mixing bowl.
- Mix until the ingredients are combined.

The teacher and classroom assistant can circulate to support as appropriate

Step 2

- Each child gets half a roll, and they take it in turns to add the egg mix to their rolls, ensuring an even spread of the mix.
- Each child to take 2 egg slices and place on top of the egg mix on their roll to be the 'eyes'.

Step 3

- Children select the vegetables they would like to use to make their faces.
- Talk to the children about the different types of vegetables they could use to make their face. Remind them that they should have the eyes, mouth, nose and hair but the children can create whatever they like from the materials available!

End the lesson

Children eat their creations. Lead children in tidying up the tables and washing hands again at the end to finish.

Optional extension:

- Children could draw their egg face character and label each ingredient used.
- Children could write a sentence about the activity they have just done.

Future learning:

This could form the basis of a lesson on instruction writing or sequencing. Ask the children to recall the steps they took to create their egg face and write it down. The steps taken could be printed out and children could put them into order.