

1. Crack the egg

- Crack the egg carefully into the mug.
- Check for any shell that may have fallen in and take it out.



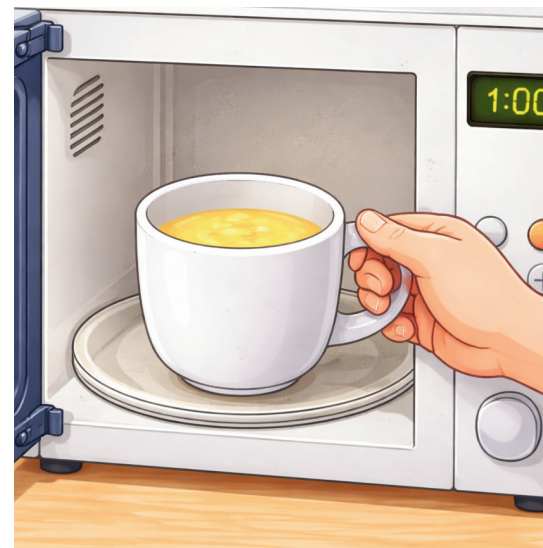
2. Mix

- Add a splash of milk.
- Mix together with a fork.
- Add cheese and mix again.



3. Heat

- Give your mug to an adult to put into the microwave.
- What do you think will happen to your eggs when they get heated up?



4. Eat

- Don't touch your mug until an adult tells you it is safe to do so.
- Add cherry tomatoes on top of the eggs.
- Enjoy your eggs.

