

Mini egg muffins

KS2 | Teacher guide



The recipe in this pack is designed to help children explore cooking in a fun, practical, and safe way. An adult should be present for all activities. Adults should carry out or closely supervise any steps involving using knives, handling hot trays, or operating the oven, to ensure children's safety.

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 KS2 children to make mini veg-packed muffins. It focuses on preparing a healthy savoury snack. Children will take part in the food preparation while learning about healthy eating choices, observation skills, and following instructions.

Before you begin:

Group children into groups of 5. Check the class for food allergies and any dietary restrictions.

This preparation can be done by a classroom assistant during setup or the previous lesson.

- Preheat the oven to 190°C (170°C fan / Gas Mark 5).
- Pre-weigh and prepare vegetables (carrot, courgette, pepper). Adults should handle chopping for safety. Each group will receive pre-portioned veg.
- Measure out the cheese, eggs, flour, and optional herbs for each group.

Set up each group's workstation with:

- Bowls of pre-measured ingredients
- Mixing bowl, spoon or spatula
- Muffin tray lined with greaseproof paper
- Plates or napkins

Curriculum link:

Cooking and Nutrition – prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques.

Ingredients for 30 children/ 6 groups of 5:

- 30 large British Lion eggs (1 per child)
- 6 medium carrots
- 4 medium courgettes
- 6 medium peppers
- 900g cheddar cheese, grated
- 900g self-raising flour
- (Optional) herbs, basil or chives
- Sunflower or vegetable oil

Equipment:

- 6 mixing bowls (1 per group)
- 6 lined or oiled muffin trays (1 per group)
- 6 forks or whisks (1 per group)
- Plates or napkins (1 per child)
- Oven (adult use only)
- Paper towels
- Table coverings or mats
- Aprons (if available)



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Step 1

- Explain to the children that today they are making mini egg muffins. Ask if anyone has made muffins before. Explain that the muffins they might have had before probably contain sugar and fruit, but these muffins are savoury muffins filled with vegetables and cheese. Explain that muffins can be savoury or sweet.

Step 2

- Instruct the children to carefully crack their eggs into the mixing bowl. Demonstrate tapping the egg on the side of the bowl, breaking it open and then checking in the bowl for any shell pieces. Remove the shell pieces using a larger piece of eggshell or a finger.

Step 3

- Add the vegetables, grated cheese, flour and herbs (if using) into the bowl.
- Fold gently to combine the ingredients. Explain to the children that folding is a mixing technique that keeps the mixture light.
- Ask the children which ingredient they think will change the most during cooking.

Step 4

- Each group now carefully spoons their mixture into the prepared muffin tins. They can sprinkle a little extra cheese on the top if they wish.
- Adults now collect the trays and put them into the oven. Bake at 190°C / 170°C fan / Gas Mark 5 for 15 – 20 minutes.

End the lesson

- Once cooked, allow the muffins to cool for 5–10 minutes in the tray before lifting out onto a plate or chopping board. Talk to the children about the taste, texture and smell of the food. Ask if they would make any changes to the recipe next time.

Optional extension:

- Whilst the muffins are cooking, children could complete an activity looking at the raw ingredients, describing their colour, smell, texture and shape and predict how the muffins will change once heated. Once cooked, they can check their predictions. Children could also draw the muffins before them going in the oven and draw them again afterwards, labelling what has changed.

Future learning:

- You could look into the science of cooking and why eggs bind ingredients together.
- Children could also use maths to scale this recipe up or down and calculate portions for different sized groups.