



Lesson 2 – Eggs are easy

Learning outcomes:

- To follow instructions carefully to create an end product.
- To demonstrate and describe how to handle foods safely and hygienically.
- To describe how eggs can be cooked.

This lesson involves a hands-on introductory cooking session to familiarise pupils with cooking with eggs and to show them how easy it can be as long as health and safety processes are followed carefully.

Extra adult help from classroom assistants or parents would be beneficial for this session.

Please check that there are **no pupils with allergies to eggs** in your class. A sample **Parental permission letter** is included with this lesson, this can be used to help you obtain this information from parents and to inform them about the cooking session.

1. Health and safety information

In pairs, ask the pupils to brainstorm guidance to follow when working with food, to help keep themselves and others healthy and safe.

Possible ideas might include:

- Wash your hands carefully before you start cooking and after you have touched anything raw.
- Keep your work area and equipment clean by wiping it down frequently with a clean cloth.
- Tie your hair back and wear an apron.

Refer to the health and safety information on the Teachers' page of the Cracking Eggs website for further information.

Discuss with the class why it is important to follow safe procedures for food safety and hygiene.

For example:

- Uncooked foods may contain bacteria that could be passed onto humans and which could make us ill.
- Keeping our hair and clothes out of the way of food preparation helps stop the spreading of germs.
- Hands can move germs from toilets, rubbish, raw foods, dirty dishes, and runny noses or coughs onto food, so it is very important that we wash our hands regularly when in contact with food.



2. Cooking with eggs

This activity involves cooking 'Egg and tomato pitta pockets' with pupils. You might like to do this as a whole class demonstration or in small groups – depending on the resources you have available. If you chose to cook with small groups, the rest of the class could design a poster promoting how to be 'Healthy and hygienic when cooking'. These posters could then be displayed in the school dining area.

(You may wish to cook the eggs first and allow them to cool.)



Egg and tomato pitta pockets

Equipment needed for this session:

- Bowls
- Spoons
- Chopping board
- Sharp knives
- Clean cloths
- Warm water
- Washing up liquid
- Plates or napkins

Ingredients needed (to serve 4):

- 3 large Lion Quality eggs (hard-boiled, still in the shells. Allow the children to peel and chop* the eggs themselves.)
- 2 tbsp low fat mayonnaise.
- 1 tomato chopped (again, allow pupils to chop the tomato themselves)
- Salt and pepper.
- 2 pitta breads (cut into halves so there are two 'pockets' from each pitta).

*Show the pupils how to hold and use a knife safely. Ensure they are supervised closely when handling sharp equipment such as this.

This recipe could be adapted to include a range of other fillings such as cheese, lettuce or peppers. Alternatively, a range of egg-based recipes can be found in the recipe section of the British Lion eggs website at www.britegg.co.uk

Talk through the layout of the recipe on **Activity sheet 2A** with the pupils and discuss the type of information included.

Once the pitta pockets have been made, divide them up equally for the pupils to taste. Ask the class to brainstorm useful words to describe their opinions about the food, for example, lovely, delicious, bland, tasty. They can then use these words to help them complete **Activity sheet 2B**. The activity sheet asks them to note down their own opinions on whether they liked the food or not, and to identify any ways they think the recipe could have been improved.

If the food is not to be eaten straight away, store it in a fridge until needed.

Extension ideas

- The recipe given is for four people. Ask pupils to work out how the measurements would need to change if the recipe was for eight, six or two people.
- Tell the pupils the total cost of the ingredients. Ask them to work out the cost per person. They can then use this information to work out how much it would cost to make the recipe for their family.



The Eggs Factor tasting session

Dear Parent / Carer,

As you may know, we are currently working on a Design and technology planning and making project, in which we are designing egg recipes for our Eggs Factor project. British Lion Eggs have developed these lessons to help encourage pupils to think about the goodness of eggs and how cooking with them can be fun and easy.

As part of this project, we will be making 'Egg and tomato pitta pockets'. After the children have made the dish, we would like everyone to be able to taste it and give their opinion.

The ingredients used will be:

- **hard-boiled eggs**
- **mayonnaise**
- **tomato**
- **pitta bread.**

Please note: strict health and safety procedures will be followed when the children are working with the food.

If your child has an egg allergy or you would not like your child to take part in this exciting tasting session, please sign and return this letter.

Yours sincerely,

