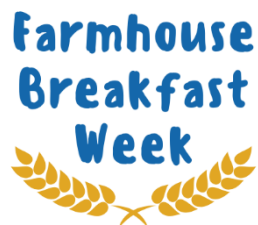


BREAKFAST WEEK ACTIVITY PLAN

Activity: Omelette Making

Key Stage: 2



Curriculum Links:

- Understand and apply the principles of a healthy and varied diet.
- Prepare and cook using a range of cooking techniques.
- Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.

<p>Learning Objective:</p> <ul style="list-style-type: none"> ▪ To learn the skills to prepare and cook an omelette. 	<p>Learning Outcomes:</p> <p>Pupils will be able to:</p> <ul style="list-style-type: none"> ▪ Understand basic food safety rules. ▪ Crack an egg and beat with a fork. ▪ Prepare and make an omelette with supervision. ▪ Identify what they like and dislike about the food they have cooked and how to improve its taste. ▪ Read and follow a recipe.
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TEACHING AND LEARNING ACTIVITIES

Introduction

Explain to the children that during this activity they will be learning about and cooking an omelette.

Go through the expectations about cooking in the classroom:

- Food hygiene and kitchen safety rules
- Working as a group, taking turns
- Reading the recipe/instructions
- Working safely around heat sources – the hob.

Note: Part of this activity is tasting the omelette. Make sure you have checked for any allergies, intolerances or other reasons why children may not be able to taste the omelette.

Raw egg will be handled during this activity, make sure you wash your hands well and clean utensils and surfaces after use.

Questions:

- **What is the key ingredient needed to make an omelette?**
- **What different techniques can you use to crack an egg?**
- **Do you know what the different components of an egg are called?**

Explain the benefits of eggs in supporting a balanced diet. Eggs are an excellent source of iron and are a nutritious source of protein, fat, Vitamins A, D, E, and B12 and choline. They are also a great start to the day, keeping you fuller for longer.

Main Activity	Equipment and Resources
<ul style="list-style-type: none"> ➤ Talk about how to use the hob safely and remind them that only two children can work at the hob at a time. ➤ Organise the children into groups of two and explain that each pair will have a set of equipment and ingredients to make one omelette, which they will divide in half. ➤ Break the eggs into a bowl. The video demonstrates the fork method and using your thumbs to separate the egg from its shell. What other ways can you crack an egg? ➤ Using the fork, whisk the eggs in the bowl. Move around the edge of the bowl until the eggs are all one colour – yellow. The more you do this, the more bubbles will form and the fluffier the omelette. ➤ A responsible adult will need to supervise the next part. ➤ Turn on the gas or electric rings and place your non-stick frying pan on to the ring. Wait for about 1 minute for the pan to heat up. 	<p>Mixing bowl Fork Non-stick frying pan Spatula Heat source – hob. 2 fresh large eggs</p> <p>Video 1 - Omelette making</p>

- Pour the egg mixture into the frying pan (you should hear it sizzle!). Use the handle to gently move the frying pan from side to side, to move the egg mixture until it has covered the bottom of the pan.
- When the edges of the omelette start to come away from the edge of the pan it is starting to cook. When the middle of the egg mixture is looking firm and not runny, it is ready to turn over.
- Using a spatula carefully turn the omelette over and cook on the other side for no more than one minute.
- Use the spatula to lift out the omelette onto a plate.
- Cut it in half and enjoy! The children could taste and evaluate the omelette they have made.
- Discuss **food waste**. Agree how food waste will be disposed of: will it be put in a bin, used as compost or recycled in line with the school arrangements?

Plenary

Question the children about their omelette making experience:

- What did you enjoy about making the omelette?
- What would you change to improve your omelette?
- What other ingredients could you add to the omelette to improve the texture and flavour?

Remind children of the benefits of eggs – they are an excellent source of iron and a nutritious source of protein, fat, Vitamins A, D, E, and B12 and choline. Eating eggs supports a healthy, balanced diet; they are at the core of a diet that will help them grow up healthy, strong and smart.

Remind children how simple and quick the activity was with only 1 ingredient needed:

- Would the children consider having an omelette for breakfast again?