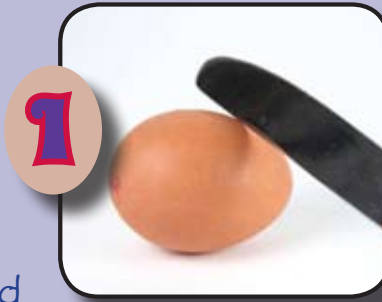


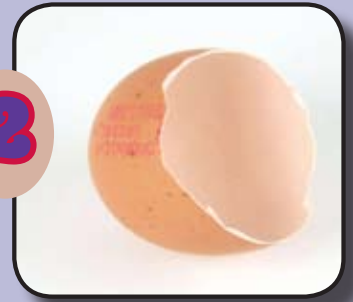
CRESS EGG HEADS

You need

- some eggs
- a butter knife
- kitchen roll
- cotton wool
- cress seeds
- felt-tip pens
- wholemeal bread (to make the sandwich)



Use the back of a butter knife to crack an egg into a bowl. Give it a firm tap close to the top of the egg.



Carefully separate the two parts of the shell. Ask an adult to give the larger part a good wash.



Wet a piece of kitchen roll then screw it up inside the shell. Then, wet a thin piece of cotton wool and put this on top.



Scatter a layer of cress seeds on top of the cotton wool. Sprinkle on some water.



Rest the eggshell in the base of your egg box or in an egg cup, then do the same with some more eggshells.



Leave in a warm, light place and sprinkle with drops of water every day. The cress should start to sprout in two days.



As your cress starts to grow, draw a face on each shell.



Once the cress is about 5cm tall (in about a week), snip it off with some clean scissors. You can use it to make a cress and boiled egg sandwich!

• One egg can have as many as five yolks – but most have just one!

• The most popular way to eat an egg in the UK is boiled.

• White eggs are just as good for you as brown ones! Eggshell colour depends on the breed of the hen.

• Eggs give you protein – your body needs this to grow.

Eggy Facts

Try adding some avocado to your sandwich too!