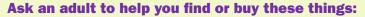


CRESS EGG HEADS



YOU WILL NEED:

- eggs butter knife kitchen towel cotton wool or a cotton pad cress seeds •
- felt-tip pen (to decorate the eggs) wholemeal bread (to make a sandwich) •



Using the back of a butter knife, crack an egg into a bowl by giving it a firm tap close to the top of the egg. (You can use the egg in the bowl to make scrambled eggs or for baking after you've finished).



Carefully separate the two parts of the shell and ask an adult to give the larger part a good wash. This is really important as raw egg can contain things that can make you ill!



Wet a piece of kitchen towel. Screw it up and gently put it inside the shell, making sure you don't break it.



Next, wet a thin piece of cotton wool or cotton pad and put this on top of the kitchen roll.



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



Rest the eggshell in the base of your egg box or in an egg cup. If you have more egg shells to use, you can make more.



Leave in a warm, light place and sprinkle with drops of water every day – the cress should start to sprout in a few days. As your cress starts to grow, draw a face on each shell.



Once the cress is about 5cm tall, snip it off with some clean scissors.

Now you can use it to make an egg and cress sandwich!

