



Activity 2

COOKING and SCIENCE

Making Egg Salad

Cooking experiences are extremely empowering for young children! Food preparation provides opportunities for children to employ their five senses, hone their fine motor skills, and gain self-confidence by preparing a meal “All by Myself”. Egg salad is perfect for beginner chefs! However, adult supervision is required to ensure it’s a safe and healthy experience. Be sure to reinforce your child’s learning by using the vocabulary from the Five Senses Vocabulary Chart as your child engages in food preparation.

VA Unified Early Learning and Development Standards

- ✓ APL1.1 Being curious learners
- ✓ APL1.2 Being active explorers
- ✓ APL3.2 Building working memory
- ✓ HPD1.1 Learning through all senses
- ✓ HPD3 Fine motor skills
- ✓ CD1.1 Paying attention to the natural world
- ✓ CLLD1.2 Using vocabulary and non-verbal cues to communicate
- ✓ CLLD2.2.1 Paying attention to print as meaningful
- ✓ CD4.4 Using visual arts media to develop skills and express thoughts and feelings

Materials Needed

- Eggs (1 hard-boiled and one raw)
- Mayonnaise
- Mustard
- Salt & pepper (feel free to use other preferred seasonings)
- Bread/crackers

Directions

- o Begin by having your child observe the uncracked egg. Describe how it *looks, feels, and smells*.
- o Crack the raw egg into a shallow dish or bowl (*listen to the sound*). Have your child observe and talk about the raw egg, using descriptive words, e.g. *transparent, wet, slimy, slippery, etc.*
- o Now your child should crack and peel the hard-boiled egg. Be sure to *describe the changes* in the boiled egg, compared to the raw egg.
- o Separate the yolk from the egg. In a small bowl, have your child use a fork or spoon to mash the yolk.
- o Add a small amount of mayo, mustard, salt, and pepper to the yolk to make it smooth and creamy. Let your child taste the ingredients, and encourage them to describe them, using the “Five Senses” vocabulary.
- o With a plastic knife or edge of a fork, have your child cut up the white egg into small pieces. Add this to the yolk mixture and stir.
- o Spread the egg salad on bread, crackers, or celery for a delicious meal!

For an Extra Challenge

Take four or five pictures of your child as they prepare the egg salad. Print the pictures and have your child put them in order, sequencing the steps involved in making egg salad. Glue or tape the pictures onto paper, creating an “Egg Salad Cookbook”. Be sure to write your child’s dictation for each page.